

Bluelady's Recipes

Jamaican Jerk Chicken for the Grill

1 tbsp	ground allspice (place whole allspice in a plastic bag and crush)
1 tbsp	dried thyme
1-1/2 tsp	cayenne pepper
1-1/2 tsp	ground black pepper, freshly ground if possible
1-1/2 tsp	ground sage
3/4 tsp	ground nutmeg
3/4 tsp	ground cinnamon
2 tbsp	garlic powder
1 tbsp	sugar
1/4 cup	olive oil
1/4 cup	soy sauce
3/4 cup	white vinegar

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- 1/2 cup orange juice
 - 1 whole lime, juiced
 - 1 whole habanero pepper (if you aren't feeling so bold, choose the milder serrano pepper)
 - 3 whole green onions, finely chopped
 - 1 cup white onion, finely chopped
 - 4 to 6 chicken breasts, trimmed of all visible fat
1. Finely chop the pepper and onions. Be careful not to rub your eyes while chopping the pepper, and wash your hands right away when you finish.
 2. In a large bowl, combine the allspice, thyme, cayenne pepper, black pepper, sage, nutmeg, cinnamon, salt, garlic powder and sugar. With a wire whisk, slowly add the olive oil, soy sauce, vinegar, orange juice, and lime juice.
 3. Add the pepper and onion, and mix well.

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4. Add the chicken breasts. Cover and marinate for at least 1 hour.
5. Preheat grill.
6. Remove the breasts from the marinade and grill for about 6 minutes on each side. While grilling, baste the chicken with marinade.
7. Bring leftover marinade to a boil, and simmer for 10 minutes. Serve as a side for dipping.

Adapted from [The Sugar Reef Caribbean Cookbook](#) by Devra Dedeaux.