

Tommy Bahama®

FROM OUR *FLAVORS OF THE SOUTHERN COAST* COOKBOOK

Chicken Breast with Jerk Marinade

MAKES 6 SERVINGS

JERK SEASONING (Makes about 3 Tbsp)

2 tsp sugar

1 tsp granulated onion

1 tsp dried thyme

1 tsp ground allspice

1 tsp kosher salt

½ tsp dried oregano

½ tsp freshly grated nutmeg

½ tsp red pepper flakes

½ tsp granulated garlic

¼ tsp ground cloves

MARINADE

1½ tsp whole allspice

6 green onions, white and green parts, coarsely chopped

¼ cup/30 g peeled and coarsely chopped fresh ginger

¼ cup/60 ml fresh lime juice

¼ cup/60 ml malt or cider vinegar

¼ cup/60 ml Japanese soy sauce

8 garlic cloves, coarsely chopped

2 tsp seeded and minced jalapeño chiles

1 tsp seeded and minced habanero or Scotch bonnet chile

1 Tbsp olive oil

1 Tbsp light brown sugar
2 tsp molasses (not blackstrap)
1 tsp coarsely chopped fresh thyme
3/4 tsp dry mustard
3/4 tsp Dry Jerk Seasoning (see below) or commercial jerk seasoning
½ tsp freshly ground black pepper
1/8 tsp ground cinnamon
1/8 tsp freshly grated nutmeg
1/8 tsp kosher salt

CHICKEN

6 chicken breast halves with skin and bone, about 10 oz/280 g each
1 Tbsp Dry Jerk Seasoning (see below) or commercial jerk seasoning
½ cup/120 ml reduced-sodium chicken broth

INSTRUCTIONS

1. **Jerk Seasoning:** Whisk all of the ingredients together in a small bowl. Transfer to a covered jar and store in a cool, dark place for up to 3 months.
2. **Marinade:** Process the allspice in a blender until finely ground. Add the green onions, ginger, lime juice, vinegar, soy sauce, garlic, jalapeños, and habanero and process until the green onions are minced. Add the oil, brown sugar, molasses, thyme, mustard, jerk seasoning, black pepper, cinnamon, nutmeg, and salt and process until well combined.
3. Place the chicken in a jumbo 2-gal/7.5 L self-sealing plastic bag and pour in the marinade. Close the bag and refrigerate, occasionally turning the bag, for at least 4 hours or up to 1 day.
4. **To Cook the Chicken in the Oven:** Position a rack in the top third of the oven and preheat the oven to 450°F/230°C.
5. Remove the chicken from the marinade, shaking off the excess; reserve ½ cup/120 ml of the marinade. Season the chicken with the dry jerk seasoning.
6. Heat a large nonstick skillet over medium-high heat. In batches, add the chicken, skin side down, to the skillet and cook until the underside is well browned, about 3 minutes. Transfer the chicken, skin side up, to an 18-by-13-in./46-by-33-cm baking sheet. Add the reserved marinade to the skillet and bring to a boil. Spoon the marinade over the chicken and pour the broth around the chicken. Cook in the oven until an instant-read thermometer inserted in the thickest part of a breast half registers 165°F/73°C, 35 to 45 minutes.
7. Transfer each chicken breast to a dinner plate and top each with a spoonful of the pan juices. Serve immediately.
8. **To Grill the Chicken:** Soak 2 large handfuls of apple or cherry wood chips in water to cover for at least 30 minutes; drain. Prepare an outdoor grill for indirect cooking over medium-high heat. Remove

the chicken from the marinade; shake off the excess and discard the remains. Scatter the chips over the coals or put in the smoker box of a gas grill. Grill the chicken, skin side down, with the lid closed, over indirect medium-high heat, turning occasionally, until an instant-read thermometer inserted into the thickest part of the breast but not touching bone reads 165F°/73°C, about 45 minutes.