

Jerked Chicken

1 tbsp dried thyme
1 ½ tsp cayenne pepper powder...I also like to use smoked Chipotle powder as a substitute
1 tbsp fresh ground allspice
1 ½ tsp fresh ground black pepper
1 ½ tsp fresh ground sage
¾ tsp fresh ground nutmeg
¾ tsp fresh ground cinnamon...different cinnamons can change the flavor of this dish
2 tbsp fresh garlic smashed and finely chopped
1 tbsp raw sugar
¼ c melted coconut oil
¼ c fermented soy sauce
¾ c white wine vinegar
juice of 1 orange juice
juice of 1 lime
¼ c finely chopped green onion
1 c finely chopped red onion
optional: habanero seeded and finely chopped...wear gloves!
4 chicken breasts or thighs

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Remove chicken fat and using a knife or fork poke holes into the meat so that the rub will penetrate into the flesh for the incredible flavor which makes jerk meats...jerk! Set aside on a baking sheet.

In a large bowl, combine the thyme, cayenne pepper or chipotle pepper, allspice, black pepper, sage, nutmeg, cinnamon, salt, garlic and sugar. Using a wire whisk, add melted coconut oil and whisk at the same time, continue whisking and add the soy sauce, vinegar, orange juice and lime juice until you have a nice paste. Now add the Habanero pepper, onion, and mix well. Coat both sides of the chicken being sure that the "sauce" gets into the holes of your chicken and marinate for an hour but not longer than 10 hours.

Bake the chicken at 350 for 45 minutes-1 hour.