



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Green Onion



Thyme



Garlic



Tomato



Chicken



Honey

Jamaican-Style BBQ Baked Chicken

By Jenny & Rosie with Doraine Edwards

Serves 4-6 (with extra cornbread left over)

Ingredients

For Chicken:

- 1 bunch
- 1 Tbsp (15 mL)
- 1 Tbsp (15 mL)
- 1 tsp (5 mL)
- ½ tsp (2 mL)
- 1 tsp (5 mL)
- 1 tsp (5 mL)
- 8 cloves
- 1
- 2 ½ lb (1 kg)

- Escaillions (green onions)**, chopped
- Dried **thyme**
- Fresh grated ginger or 1 tsp (5 mL) powdered ginger
- Pimento (Allspice)
- Turmeric (optional)
- Salt
- Garlic powder
- Garlic**, peeled
- Tomato**, chopped or 1 small (475 mL) can tomatoes
- Whole **chicken legs, thighs, or drumsticks**

For Glaze:

- 3 Tbsp (45 mL)
- ¼ Cup (60 mL)
- 1 Tbsp (15 mL)
- 1 tsp (5 mL)

- Ketchup
- Barbecue sauce
- Honey** (optional)
- Soy sauce

For Cornbread:

- 1 ¼ Cups (310 mL)
- ¾ Cup (185 mL)
- 2 ½ tsp (12 mL)
- ¼ Cup (60 mL)
- ¾ tsp (7 mL)
- 2
- 2 Tbsp (30 mL)
- 1 Cup (250 mL)

- Cornmeal**
- Whole wheat flour**
- Baking powder
- Sugar
- Salt
- Eggs**
- Oil or melted **butter**
- Milk**

Directions

Note: Chicken needs to be marinated overnight.

1. Place the green onions, thyme, ginger, pimento (allspice), turmeric, salt, garlic powder, garlic and tomatoes in a blender and process until smooth.
2. Layer the chicken pieces with ¾ of the marinade in a bowl and toss to coat evenly. Reserve the remaining marinade and refrigerate. Refrigerate the chicken overnight or for up to two days.
3. Preheat the oven to 350°F (175°C). Spread the chicken pieces, along with any marinade, in a single layer in a baking dish. Rub with the reserved marinade and bake for about an hour, until cooked through.
4. Meanwhile, butter a 9" x 13" pan or line with parchment paper. In a large bowl, whisk flour, cornmeal, baking powder, sugar, and salt. Add eggs, butter or oil, and milk. Whisk to combine. Pour into the prepared pan and smooth into an even layer. Bake for 20-25 minutes, until springy to the touch (internal temperature should read about 175°F/80°C).

Directions continued on next page...



Note From the Authors

"Leftover chicken and sauce makes a great sandwich the next day!"

- Jenny & Rosie

- Combine the ketchup, barbecue sauce, soy sauce and optional honey. After chicken has baked for an hour, use a spoon or silicone spatula to evenly spread sauce over the chicken pieces (this doesn't need to be perfect). Return to the oven for 20-30 minutes, until the skin is tender and moist and the glaze is browning in spots.
- To make a sauce, add a little water or coconut milk to the pan juices and hold warm to serve over the chicken or as a dip.

Create Your Plate!

Veg It Up

To make a side of sweet potato fries, dust sweet potatoes with a little cornstarch, toss in oil and sprinkle with salt. Spread in a single layer on a baking sheet and bake at 400°F (200°C) until crispy.

Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Collards** - cooked
- ★ **Callaloo** - cooked (Caribbean green)
- ★ **Cabbage** - cooked
- ★ **Carrots**
- ★ **Sweet potato** fries
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Spinach**
- ★ **Peppers**
- ★ **Tomato**
- ★ **Cucumber**
- ★ **Green** or **yellow beans**
- ★ Rice and **beans**
- ★ **Popcorn**
- ★ **Yogurt** parfait
- ★ **Fruit**



Collards



Cabbage



Carrot



Sweet Potato



Slaw



Spinach



Peppers



Tomato



Cucumber



Beans



Beans



Popcorn



Yogurt



Fruit