



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

Yield: 50 Elementary School servings

Serving Size: 1 piece of cornbread, 1 thigh/drumstick

Ingredients

For Chicken:

2 bunches	Green onions (escallions) , chopped
¼ cup (60 mL)	Dried thyme
½ cup (125 mL)	Fresh grated ginger or 2 Tbsp (30 mL) powdered ginger
2 Tbsp (30 mL)	Ground allspice (pimento)
1 Tbsp (15 mL)	Turmeric (optional)
1 Tbsp (15 mL)	Salt
2 Tbsp (30 mL)	Garlic powder
2 bulbs	Garlic , cloves separated and peeled
2 lb (907 g)	Tomatoes , chopped or 2 (540 mL) cans whole tomatoes
17 lb (8 kg)	Chicken drumsticks or bone-in, skin-on thighs (50 pieces)

For Glaze:

1 cup (250 mL)	Ketchup
1 ½ cups (375 mL)	Barbecue sauce

For Cornbread:

4 cups (1 L)	Cornmeal
3 cups (750 mL)	Whole wheat flour
2 ½ Tbsp (37 mL)	Baking powder
¾ cup (180 mL)	Sugar
2 tsp (10 mL)	Salt
6	Eggs
⅓ cup (80 mL)	Oil or melted butter
3 cups (750 mL)	Milk or buttermilk

Directions

Note: Chicken needs to be marinated overnight (see Step 1 & Step 2). If short on oven space, bake the cornbread first.

1. Place scallions (green onions), thyme, ginger, pimento (allspice), turmeric, salt, garlic powder, garlic and tomatoes in a blender and process until smooth (in batches if necessary).
2. Layer the chicken pieces with ¾ of the marinade in one or two hotel pans and toss to coat evenly. Reserve the remaining marinade and refrigerate. Refrigerate the chicken overnight or up to two days.
3. Preheat the oven to 350°F (175°C). Spread the chicken pieces evenly out onto 2 full-size baking sheets with sides. Rub with the reserved marinade and bake for about an hour, until cooked through. Internal temp should be at least 175°F (80°C).
4. Meanwhile, butter a 2" deep full hotel 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, and whisk to combine. Pour into the prepared pan and smooth into an even layer. Bake for 35–40 minutes, until springy to the touch. Internal temp should reach about 190°F (90°C).

Directions continued on next page...



Equipment

- Blender*
- Two or three full-size hotel pans
- Baking sheet

*Note: If you don't have a blender, finely chop the green onions and tomatoes and combine with spices for Step 1.

Note from the Authors

"This is a mild and delicious chicken dish with Jamaican roots that Doraine Edwards taught us. We first served it at her son Cordel's high school, where it went over very well with both students and staff! Try adding a fruit and yogurt parfait or parfait bar as a tempting and nutritious dessert."

- Jenny & Rosie

5. Combine the ketchup and barbecue sauce. After the chicken has baked for an hour, use a spoon or silicone spatula to distribute this sauce over the chicken pieces and spread it fairly evenly (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.
6. Place the chicken in hotel pans and hold warm until ready to serve. Cut cornbread into 50 pieces (10 by 5) and serve with the chicken. The pan drippings can be mixed with a little coconut milk or water, brought to a boil, and served as a sauce or a dip alongside the chicken. Ensure sauce is heated to a minimum internal temperature of 165°F (75°C).

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Collards** - cooked
- ★ **Callaloo** - cooked
- ★ **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**

Tips & Tricks

Change It Up!

Serve this dish with Rice and Beans. Add 1 (540 mL) can kidney beans, 4 cloves minced garlic, and 1 minced onion to our basic rice recipe (see Egg Roll in a Bowl recipe).

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 so they don't steam and bake at 400°F (200°C) until crispy.

Tasters and Family Recipe

This dish could soon become a family favourite if it's not already. Offer the family-size recipe to try at home. Consider finding a sponsor to serve a reduced-price meal or sample tasters so everyone can try it!