



Foodie Fridays

Let's Cook With Chef... Mark Rowe



Jerk Chicken With Potato Wedges

Ingredients	Method	Time
<p>For the Chicken</p> <p>4 pieces of chicken (Leg and thigh) – can get butcher to take of backbone and leave skin on</p> <p>2 ½ tablespoons of chicken seasoning</p> <p>Tablespoon of garlic paste or clove of fresh garlic</p> <p>black pepper & 2 jerk seasoning (jar)</p> <p>Couple sprigs of thyme</p> <p>3 Pimento seeds (optional)</p> <p>2 tablespoon of soy sauce</p> <p>For wedges</p> <p>Three large potatoes, Olive oil</p> <p>Tablespoon Smoked paprika</p> <p>Greaseproof paper</p>	<p>Instructions</p> <p><i>Soak and wash your chicken for at least one hour in lemon or lime, vinegar, salt, Then wash off and add all seasonings, rub up the chicken, For best results season chicken and leave overnight in the fridge, if not for at least 4-5 minutes</i></p> <p><i>Put chicken in oven for at least 20 minutes Gas Mark 7 180 degrees ,If you have an outdoor BBQ grill, Chicken can then be transferred to the grill turning every 4 minutes for about 45 minutes, If you don't have a grill leave in the oven for 20 minutes, turn over, cook for additional 30 minutes, then turn again and cook for 10 minutes. Chop up chicken into 4 pieces</i></p> <p>To make a jerk sauce</p> <p><i>Tablespoon of jerk seasoning,4 tablespoons of BBQ sauce. Subject to preference you can add tablespoon if ketchup, honey, lime – optional)</i></p> <p><i>Mix all together and brush the chicken with sauce on either grill or oven ensure you brush both sides after 20 minutes brush one side at a time and cook then turn and do on other side</i></p> <p>Wedges</p> <p><i>Peel and wash potatoes Place potato on chopping board and chop sides on tops util potatoes is like a square block (think cutting edges) In the middle chop in half chop that half again until we have wedge strips</i></p> <p><i>Put them in bowl/bag, sprinkle olive oil and paprika and shake up, line a baking tray with greaseproof paper, lay wedges individually on paper cook in oven for about 45 minutes</i></p>	<p>Serves: 4</p> <p>Prep time: 20 mins</p> <p>Cooking time: one hour and 30 minutes</p> <p>Total time: 1 hour and 50 mins</p> <p><i>Can be served with mash potatoes, rice, wedges, mac and cheese and salad</i></p>

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