

[Recipe + Video] Very Easy Jamaican Jerk Chicken



This Easy Jamaican Jerk Chicken is a friendly version of the Jamaican famous dish. Let me show you how to enjoy this spicy, tasty dish.

Course	Dinner, Lunch
Cuisine	Caribbean, jamaican
Keyword	easy jerk chicken recipe, jamaican chicken, jerk chicken recipes, spicy chicken
Prep Time	15 minutes
Cook Time	45 minutes
Total Time	1 hour
Servings	6 porciones
Calories	616kcal
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Ingredients

- 12 chicken thighs

The easy way

- Juice of two limes
- 4 tsp of ground cayenne pepper
- 1 tbsp of brown sugar (optional)
- 1 tbsp of garlic powder
- 1 tbsp of ground ginger
- 1 tbsp of onion powder
- A pinch of ground allspice
- 1 tbsp of dry thyme leaves
- 4 tbsp of soy sauce
- 1 tsp of salt
- 4 tbsp of vegetable oil

The super-easy way

- 1 cup of Mizkan's Jamaican Jerk Sauce

Instructions

The easy way

1. **Making the rub:** Mix all the ingredients (minus the chicken and oil) and stir to form a paste. Rub this paste on the chicken, try to get some under the skin too. Drizzle the chicken with oil.
2. **To cook in the oven:** Pre-heat oven to 375 °C (190 °C). Place on a baking tray with a wire rack (Amazon affiliate link) skin side up. Cook in the oven for 45 minutes, or until some of the skin has blackened. Remove from the oven. See notes for safety information.

3. **To cook in the air fryer:** Cook in pre-heated air fryer to 400°F (200°C) for 20 minutes. First skin side down for 10 minutes, then skin side up for the remaining 10 minutes or until the skin is crispy and a bit blackened. See notes for safety information.
4. **To cook on the BBQ:** Cook on medium-low (about 250°F [125 °C]) for 45 minutes skin side down, rotate to skin side up and cook for another 45 minutes, or until the skin is crispy and a bit charred. See notes for safety information.
5. Serve with moro de habichuelas (rice and beans).

The super-easy way

1. **Marinade:** Marinade the chicken for an hour in the Mizkan's Jamaican Jerk Sauce.
2. **Roasting:** Pre-heat oven to 375 °C (190 °C). Place on a baking tray with a wire rack (Amazon affiliate link) skin side up. Cook in the oven for 45 minutes, or until some of the skin has blackened. Remove from the oven.
3. **Serving:** Serve with moro de habichuelas (rice and beans).

Notes

Chicken will be safe to eat when a meat thermometer reads 165°F (75°C) in the middle, or when cut all the juices run clear. I always recommend using a thermometer.

This is SPICY! You've been warned, if you don't like food that is very spicy you may have to reduce the cayenne pepper powder.

Nutrition

Calories: 616kcal | Carbohydrates: 9g | Protein: 38g | Fat: 47g | Saturated Fat: 11g | Cholesterol: 221mg | Sodium: 1235mg | Potassium: 605mg | Fiber: 1g | Sugar: 2g | Vitamin A: 1575IU | Vitamin C: 9.1mg | Calcium: 33mg | Iron: 2.5mg

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