

Helergon Kitchen

# Authentic Jamaican Jerk Chicken

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| **20 min**<br>Prep time | **20 min**<br>Cook time | **40 min**<br>Total time |
| **4**<br>Servings | **Medium**<br>Difficulty | **Jamaican**<br>Cuisine |

## Ingredients

### The Chicken

- [ ] 2 lbs bone-in chicken thighs (about 8 pieces)

### The Jerk Marinade

- [ ] Zest of 1 lime
- [ ] Juice of 2 limes
- [ ] 1 cup chopped fresh pineapple
- [ ] 3 scotch bonnet peppers, seeded and chopped
- [ ] 4 cloves garlic, minced
- [ ] 1 medium onion, chopped
- [ ] 2 tbsp fresh thyme leaves
- [ ] 1 tbsp dried thyme
- [ ] 1 tbsp ground allspice (pimento)
- [ ] 1 tsp ground cinnamon
- [ ] 1/2 tsp ground nutmeg
- [ ] 1 tbsp brown sugar
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp Worcestershire sauce
- [ ] 2 tsp hot sauce (optional)
- [ ] 1/4 cup vegetable oil
- [ ] 1 tsp ground black pepper
- [ ] 1 tsp salt

## Instructions

1. Start by gently pounding each chicken thigh. You just want to even out the thickness so they cook uniformly—no need to go overboard, just a light touch.
2. Now for the magic. Toss your chopped pineapple, scotch bonnet peppers, garlic, onion, fresh thyme, dried thyme, allspice, cinnamon, nutmeg, brown sugar, soy sauce, Worcestershire sauce, hot sauce, lime juice, lime zest, oil, pepper, and salt into the blender. Blend it all until it is lovely and smooth.
3. Pour that fragrant jerk mixture over your chicken. Honestly, I like using my hands to make sure every single piece is fully coated in that spicy goodness.
4. Cover the bowl with plastic wrap and let it chill in the fridge for at least 30 minutes. If you have the patience, 2 hours is better; it really lets the flavors penetrate the meat.
5. Get your heat ready. Preheat your grill to medium-high (about 400°F) or your oven to 425°F. If you're grilling, lightly oil the grates; if you're baking, line a sheet with foil or use a non-stick spray.
6. Carefully place the marinated chicken on the grill or in the oven. Cook for about 7-9 minutes per side. You're looking for an internal temperature of 165°F and a beautiful, lacquered caramelized glaze on the outside.

7. If you're feeling extra, baste the chicken with a little more jerk sauce during the last 2 minutes of cooking to really build up that smoky crust.

8. Remove them from the heat. If you baked them, tent them loosely with foil. Now, the hardest part: let them rest for 5 minutes so the juices can settle.

9. You can slice the chicken into bite-sized pieces if you like, then arrange them on a platter and spoon any leftover glaze right over the top.

10. Serve it while it's hot with rice and peas, coconut rice, or a fresh mango salsa. I love a garnish of chopped cilantro or a few lime wedges for a bit of brightness.

## Nutrition per serving

| 420 kcal | 34 g | 18 g | 24 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- Ensure the chicken reaches 165°F to be safe and juicy.
- Allowing a longer marination time (up to 2 hours) significantly deepens the flavor.
- The caramelization on the exterior is key for that authentic jerk experience.