

Chef from the Hood Recipes



Chef:
William Azevedo

Restaurant:
Bistro Allure

Recipe:
Bistro Allure's Jerk marinated chicken breast!

Ingredients:

- 4 large, local range chicken breasts
- 1 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 Serrano pepper, seeded, minced
- 1 medium red onion, diced
- 4 cloves garlic, minced
- 1/8 cup fresh ginger, minced
- 2 teaspoons fresh thyme leaves
- 1/8 cup soy sauce
- 1/4 cup Worcestershire sauce
- 1/4 cup Meyer's dark rum
- 1/2 cup fresh lime juice

Jerking is a 300-year-old Jamaican tradition of preserving meat with spices and slow heat. Runaway Jamaican slaves called Maroons raised jerking to a high art by combining complex flavors in a spicy sweet to hot marinade. Today, the smokey tin sheds on Jamaica's remote Boston Bay each claim the best method. Recipes vary yet all include dried pimento, also known as allspice and grown only in the Caribbean. Chef Azevedo creates his marinade using one of the most complex and exciting taste combinations you'll find anywhere on earth. At Bistro Allure he serves his jerk chicken with mashed sweet potatoes, lightly creamed spinach and a tomato-peanut sauce. Put on some Reggae or Calypso and warm up your kitchen or head out to Bistro Allure for dinner, no passport required!

Mix all ingredients in a medium bowl. Cover and refrigerate for 24 hours. Pre-heat oven 375°. Remove chicken from marinade and sear in a hot oiled pan (skin sound down) for about one minute, turn over breast in the same pan and finish baking in the oven.