



weekend advanced

QUICK-SMOKED JERK CHICKEN

Jerk Paste

4 scallion greens, chopped
2 medium red onions, chopped
1 scotch bonnet or habanero pepper, seeded
2 cloves garlic
3 tablespoons brown sugar, packed
2 tablespoons lime juice
2 tablespoons cider vinegar
1 tablespoon extra-virgin olive oil
2 teaspoons ground allspice
1½ teaspoons dried thyme
1 teaspoon salt

1½ teaspoon ground cinnamon
½ teaspoon freshly ground pepper

Chicken

4 pounds bone-in chicken parts
4½ (thighs, drumsticks and/or breasts), skin removed

To prepare jerk paste: Combine scallion greens, onion, Scotch bonnet (or habanero), garlic, brown sugar, lime juice, vinegar, oil, allspice, thyme, salt, cinnamon and pepper in a blender; puree. Transfer the mixture to a bowl.

To marinate chicken: If using bone-in chicken breasts, cut each breast in half crosswise to make two portions; trim visible fat from the chicken. Add to the jerk paste and refrigerate for 1 hour.

To grill chicken: Place 2 large handfuls of hickory woodchips in a large bowl, cover with water and let soak for at least 30 minutes.

Preheat a gas grill to medium or build a two-zone fire (coals on one side of the grill) in a charcoal grill and let it burn down to medium heat (about 400°F).

If using a gas grill, turn off one or two burners (depending on your grill) so one part is no longer lit.

Add one handful of soaked woodchips directly onto the charcoal or into a stainless-steel smoker box.

When the wood begins to smoke, oil the grill rack. Remove the chicken from the marinade and place on the rack above the unlit portion of the grill. (Discard any remaining marinade.) Close the lid and cook, adding the second handful of soaked woodchips after 15 to 20 minutes, until an instant read thermometer inserted into the thickest part of the meat registers 165°F, 33 to 35 minutes.

Serves 8

Active Time: 25m

Total Time: 2h

NUTRITION FACTS

Calorie:s 217

Total Fat: 8g

Saturated Fat: 2g

Monounsaturated Fat: 3g

Cholesterol: 117 mg

Sodium: 306mg

Carbohydrates: 6g

Dietary Fiber: 1g

Total Sugars: 4g

Added Sugars: 4g

Protein: 30g

Potassium: 314mg