

Cha Cha Cha Jerk Chicken

From the restaurant by that name in L.A.
Los Angeles Times food section



DRY MIXTURE:

- 1/4 teaspoon ground allspice
- 2 teaspoons salt
- 4 teaspoons chili powder
- 1 tablespoon black pepper
- 1 1/2 tablespoons dried thyme
- 2 tablespoons minced garlic
- 4 teaspoons red pepper flakes
- 1 teaspoon garlic powder
- 1/2 teaspoon cayenne
- 1 teaspoon turmeric
- 1 teaspoon curry powder
- 1 teaspoon ground ginger
- 1 teaspoon ground coriander
- 1 tablespoon dried oregano

MARINADE:

- 2 cloves garlic, minced
- 1/2 cup worcestershire sauce
- 1 cup orange juice
- 1 cup pineapple juice
- 8 each boned and skinned chicken breast halves

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

*Be sure to read this recipe all the way through before you begin. It is best if allowed to marinate for 24 hours, although I've done it in 6 hours (not as good!). The chicken is partially cooked, removed from the grill, cut in half, then grilled again until it's done. When I make up the herb/spice mixture, I prepare a 4x batch, and store in small plastic bags with a label inside. It's a bit of a nuisance to make the mixture as there are so many different things in it. But, this is a very tasty dish and worth the effort. If you add more marinade to the chicken during the grilling time, be sure it **COOKS**, since the raw chicken was marinated in it and it might contain salmonella bacteria.*

1. Prepare the dry mixture first.
2. In a large heavy-duty plastic bag, combine the dry mixture, adding the fresh garlic, Worcestershire sauce, orange juice and pineapple juice. Mix it up a bit, then add the chicken breasts. Seal the bag and marinate overnight if time permits, turning the bag a few times in that time.
2. Remove chicken from marinade and drain briefly, then place on grill heated to medium heat, and cook about 4 minutes. Remove from the heat (jerk chicken is always cooked twice). Cut each breast half in half lengthwise and use a brush to apply more marinade to each piece. Return to grill and cook until chicken is cooked through - about 4-5 minutes, brushing frequently with more marinade to keep it moist.

Per Serving (excluding unknown items): 193 Calories; 2g Fat (9.7% calories from fat); 29g Protein; 14g Carbohydrate; 2g Dietary Fiber; 68mg Cholesterol; 772mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.