



INSPIRED BY AFRICAN AMERICAN GARDEN THE CARIBBEAN EXPERIENCE

JERK CHICKEN & PINEAPPLE SKEWERS

INGREDIENTS

- 1 lb boneless skinless chicken thigh
- Fresh pineapple cut into 1 inch squares
- 1 cup of jerk marinade (can be homemade or store bought)
- Homemade jerk marinade (contains: soy & gluten)
 - 2 tsp ground allspice
 - 1/2 tsp ground nutmeg
 - 1 tsp kosher salt
 - 1 tsp ground black pepper
 - 1 tbsp picked fresh thyme
 - 3 cloves garlic
 - 2 cups chopped scallion
 - 1 scotch bonnet pepper
 - 2 tbsp soy sauce or tamari
 - 6" bamboo skewers
 - 2 tbsp white vinegar

INSTRUCTIONS

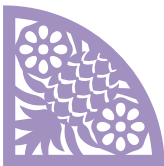
1. Blend all the ingredients for the marinade in a blender or food processor until smooth.
2. Pour the marinade mixture over the chicken thigh in a bowl or food safe storage bag and let marinade/rest for 6 hours in the refrigerator.
3. Grill the chicken over low heat to an internal temperature of 165 degrees.
4. Cool down chicken thigh and cut 2" strips.
5. Soak bamboo skewers in water for 30 minutes before loading chicken and pineapple onto them.
6. Add one pineapple cube and one chicken strip to skewer, repeat the process.
7. Reheat and serve with Gungo Peas and rice.

GUNGO PEAS (AKA PIGEON PEAS) & RICE (contains: coconut)

INGREDIENTS

- 2 cups gungo peas/pigeon peas (store bought in cans)
- 1 whole scotch bonnet pepper (optional)
- 1 lb basmati rice
- 3 cups water
- 1 cup coconut milk
- 1 bunch of fresh thyme
- 1 scallion
- Kosher salt to taste

INSTRUCTIONS

1. Pour gungo peas into a medium sauce pot.
 2. Add coconut milk, water, thyme, scallion, whole scotch bonnet and pinch of salt.
 3. Bring to a boil and let it simmer for 15 minutes.
 4. Add rice and stir. Cover pot and lower heat. Let rice simmer for 15–17 minutes until all liquid evaporates.
 5. Serve with jerk chicken and pineapple skewer.
- 
- 