

International Flavor Series- Jamaican Jerk Chicken Family Recipe



Part of the international flavor series, this recipe was adapted from an authentic family recipe, prepared and offered to students throughout several schools in Cambridge. The recipe was presented to the district through community outreach and collaboration with the Cambridge Public Health Department, and the Community Engagement Team, Department of Human Services. The International Flavor Series was created in order to bring authentic international recipes, reflecting the diversity of Cambridge students and families, into the school menu.

INGREDIENTS:

Oil, Vegetable	2 Tbsp
Chicken, Drum Sticks, Raw	2 pounds
Jerk Seasoning, Dry*	5 Tbsp
Salt	½ tsp

*Jerk Seasoning Mix (makes ~5 Tablespoons)

Onion Flakes	1 Tbsp
Onion Powder	1 Tbsp
Thyme, ground	2 tsp
Salt	2 tsp
Allspice	1 tsp
Nutmeg, ground	¼ tsp
Cinnamon, ground	¼ tsp
Sugar, granulated	2tsp
Black Pepper, coarsely ground	1 tsp
Chives, dried	2 tsp



This recipe makes 4 servings.

PREPARATION METHODS:

1. In a large bowl toss the drumsticks with the oil and the jerk seasoning.
2. Spread the chicken drumsticks in a single layer in a baking pan. Cover and refrigerate overnight (or for at least 2 hours) to let the spice meld into the chicken.
3. When ready to cook, bake in an oven at 325°F for at least 25 minutes or until a meat thermometer indicates the chicken has reached 165°F internal temperature.
4. Once finished, serve with rice or salad.

