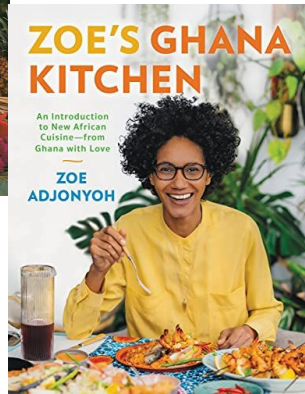
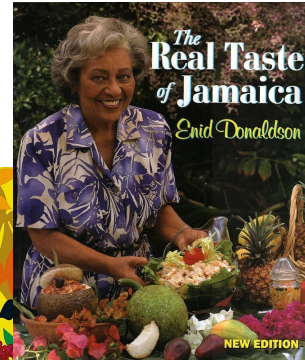
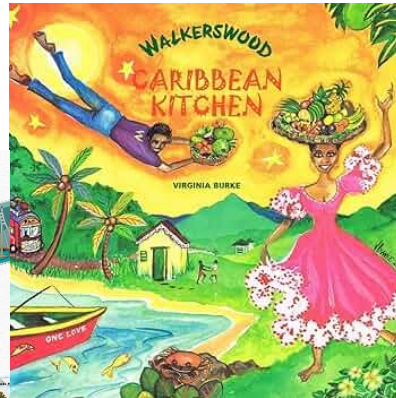
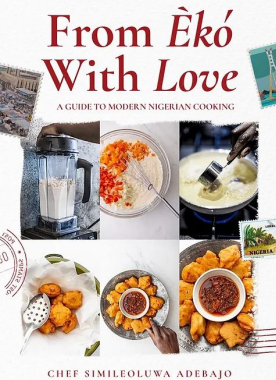
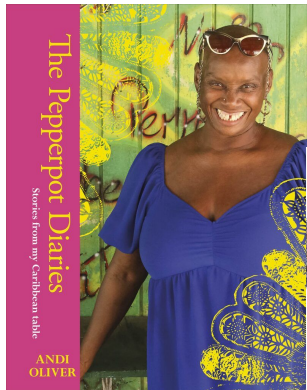


To celebrate black history month some of our year 10 students have made Jerk Chicken with rice and peas. This is one of the most popular and delicious Jamaican dishes.



Black history month this year focuses on the achievements of black women. I have included a few of my favourite Black Female Food writers below. These women champion and promote the beautiful flavours from the Caribbean and Africa [#salutingoursisters](#).

I have also included two recipes of black origin for you to try at home. Jollof Rice, which is a spicy tomato flavoured rice dish from West Africa and Jerk Chicken with Rice and Peas (actually kidney beans) from Jamaica. HAPPY COOKING.



Jollof Rice Recipe

Ingredients.

- 1 small onion, finely chopped at home.
- ¼ any colour pepper, **finely chopped at home.**
- 1 tablespoon of oil.
- ½ tsp ground ginger
- ½ tsp of dried thyme
- ½ tsp cinnamon
- ½ tsp cayenne pepper (optional)
- 150g rice (easy cook, long grain or basmati)
- 1 vegetable stock cube with 500ml
- 1 bay leaf
- 2-3 tbsp of tomato puree.

Equipment.

- Saucepan
- Wooden spoon
- Teaspoon
- Jug

Skills.

- Weighing
- Steaming
- chopping



Method

1. Boil the kettle and break up your stock cube in your jug. **Whilst the kettle is boiling move to step 2.** When the kettle is boiled pour 500ml of boiling water on the stock cube and stir until dissolved. Set aside.
2. Place a pot on the cooker (DO NOT turn the cooker on at this point).
3. Add ½ tbsp of oil, all your onion and peppers. Turn the cooker on to a medium heat and fry for 2-3 minutes.
4. Add the tomato puree, ginger, cinnamon, thyme and cayenne pepper. Stir through until combined.
5. Add the rice and stir through until completely combined with all other ingredients.
6. Add the stock and mix through. Season with salt and pepper
7. Cover the pot and turn the heat to medium and leave to steam for 20 minutes or until all rice is cooked through to your liking.

Jerk Chicken with Rice and Peas.

Ingredients for jerk chicken

A medium whole chicken.

2 tsp of Caribbean all purpose seasoning.

1 lime, juiced

A thumb sized piece of ginger (about 2-3cm)

3 garlic cloves, finely chopped

1 medium /large onion, roughly chopped.

1-2 scotch bonnet chillies, roughly chopped.

3 **tblsp of dark brown sugar**

1 **tblsp of white vinegar**

1 **tblsp browning**

1 **heaped tsp salt.**

1 **tblsp of fresh thyme or 1 tsp of dried thyme.**

2**tsp of ground all spice**

2 **tsp ground cinnamon**

1 **tblsp of oil.**

Ingredients for rice and peas.

200g easy cook or basmati rice.

50g of coconut cream from a hard block.

One 410g can of kidney beans

1 garlic clove, finely chopped.

½ an onion, thinly sliced.

½ **tsp dried thyme.**

Portion the whole chicken.

Use your chicken portioning planning sheet to portion your chicken in the following way.

1. Remove the legs by cutting between the thigh and breast. Cut on the fat line of the drumstick to separate it from the thigh. Place on your tray.
2. Cut carefully along the backbone to remove one breast, keep your knife as close to the carcass as possible. Remove the other breast in the same way.
3. Cut on each wing joint to separate it from the breast. Place all chicken portions and carcass on your tray.

Equipment

Electric blender.

Sharp knife.

Green chopping board

Red chopping board.

Sieve

Table spoon

Citrus press

Saucepan

A line baking tray

Jug

Tea spoon.

Technical skills.

Portioning a chicken.

Using electrical equipment.

Marinating.

Using the hob and oven.



Prepare the Jerk Marinade.

1. Cut your lime in half and use a citrus press to squeeze out the juice from both halves of the lime. Set aside.
2. Place your onion, ginger, garlic, scotch bonnet, 2 heaped tsp of allspice, 2 tsp of cinnamon, 1 tbsp of oil, 1 heaped tsp of salt, the lime juice, 1 tsp of dried thyme or 1 tbsp of fresh thyme, 1 tbsp browning, 1 tbsp white vinegar and 3 tbsp. of brown sugar into the blender.
You may need to do this in two batches. Use an equal mix of all ingredients if doing in batches.
3. Blend the ingredients until your mixture looks like a thick dark brown paste. Taste your mixture to see if it needs anymore salt.

Cook your jerk Chicken.

1. Season your chicken with two teaspoons of Caribbean all-purpose seasoning.
2. Pour the marinade into the bowl with your chicken and mix until the chicken is fully coated.
3. Drizzle some oil over the bottom of your lined tray and place your chicken on the tray. Spoon any excess marinade over the chicken and use the back of the spoon to spread the marinade over the chicken. Place in the oven and bake for 35-40 minutes.
4. Your chicken is cooked when the juices run clear and the meat leaves the bone easily. Your wings and breasts may cook faster than the thighs and drumsticks.
5. **Halfway through cooking brush on the Jerk glaze made by your teacher (2 tablespoons of jerk marinade, 3 tablespoons each of ketchup and syrup. mix together). Brush on again 15 minutes before taking out of the oven for extra zing and sweetness.**

Prepare and cook the rice and peas.

1. Finely chop the creamed coconut.
2. Wash your rice in a sieve until the water is clear.
3. Place your rice, garlic, onion, coconut cream and can of kidney beans (including all the water from the can) into the saucepan with a pinch of salt and a tsp of all purpose seasoning. Stir until all ingredients are combined. **Add up to** 200ml cold water to the rice so the water is approximately 1cm above the rice.
4. Bring the rice and peas to a boil, stir again and then turn the heat to low, cover with a lid and leave to steam slowly.
5. Monitor your rice and peas by checking it regularly. The rice and peas are ready when the rice is soft enough to your liking.
6. Clean-up. Remember to wash your sharp knives first.