

In recognition of 2021 Black History Month College of DuPage's Culinary Arts Professor, Tim Meyers shares a recipe for a historical dish from the Pan African culture that has influenced aspects of America cuisine.

## **Jerk Chicken with Rice and Beans**

1 chicken, cut into 8 pieces (or 8 pieces of thighs, legs, etc.)

Yield: 8 Servings

### **Preparation for the Oven**

#### ***Jerk Marinade for the Oven***

¼ allspice, ground

¼ cup brown sugar

2 – 3 scotch bonnets (seeded)

3 – 4 cloves of garlic

1 tbsp. dried thyme

1 scallion

½ tsp. ground cinnamon

¼ tsp. freshly grated nutmeg

1 tbsp. soy sauce

Salt and pepper to taste

### **Method**

1. *For the marinade:* Place the marinade ingredients in a blender and process into a thick, uniform paste.
2. *To make the chicken:* Place the chicken and marinade in a Ziploc bag large enough to hold all the pieces. Massage the marinade into the chicken, making sure to get into all the nooks and crannies. Refrigerated for at least 8 hours or overnight.
3. Preheat oven to 450 degrees. Oil a rimmed baking sheet. Arrange chicken on the baking sheet, place in the oven and bake for 1 hour or until done. Turn chicken once after 20 minutes and baste with pan juices. Turn and baste again after 40 minutes.

## **Preparation for the Grill**

### ***Jerk Marinade for the Grill***

1 medium onion, roughly chopped  
3 medium scallions, roughly chopped  
2 Scotch bonnet chiles, roughly chopped  
2 cloves garlic  
1 tbsp. five-spice powder  
1 tbsp. allspice berries, ground  
1 tbsp. ground pepper  
1 tsp. dried thyme  
1 tsp. ground nutmeg  
1 tsp. salt  
½ cup soy sauce  
1 tbsp. vegetable oil

Two 3 ½ - to 4-pound chickens, cut into pieces

### **Method**

1. Combine all of the marinade ingredients in a blender or food process and process to a coarse, uniform paste. Place the chicken and marinade in a Ziploc bag large enough to hold all the pieces. Massage the marinade into the chicken, making sure to get into all the nooks and crannies. Refrigerated for at least 8 hours or overnight.
2. Grill the chicken until well browned and cooked through, 35 to 40 minutes. (For a smokier flavor, cover the grill as chicken cooks.)

## **Rice and Beans**

Yield: 6 to 8

1 cup dried kidney beans, soaked overnight  
3 cups water  
1 small onion, finely chopped  
2 scallions, finely chopped  
3 garlic cloves, minced  
5 allspice berries  
5 sprigs thyme  
1 Scotch bonnet pepper  
½ tsp fresh ginger, grated  
Salt and black pepper to taste  
One 13.5-ounce can unsweetened coconut milk  
2 cups long-grain white rice

### Directions

Drain the beans and place in a large saucepan. Add fresh water to cover and bring to a boil over medium-high heat. Add the onion, scallions, garlic, allspice, thyme, Scotch bonnet, ginger, 2 teaspoons salt and ½ teaspoon pepper. Add coconut milk and bring to a simmer. Cover beans and simmer gently about an hour or until beans are tender. Stir in the rice, cover and simmer over low heat until the rice is tender and the liquid is absorbed, about 30 minutes. Remove from the heat and let sit, covered, for 10 minutes to allow rice to steam. Remove and discard the allspice berries, Scotch bonnet pepper and thyme stems. Gently fluff the rice and beans with a fork and adjust seasoning to taste. Serve hot.