



Jerked Chicken with Fire-Roasted Fresh Pineapple

Making “jerked” chicken, pork, goat and fish dates back to both Arawak natives and Jamaican slaves. It’s a technique that imparts a spicy, smoked flavor that’s uniquely Caribbean. Marinated with a salt-free sauce or rub of spices, herbs, chili peppers and lime juice, and grilled over hot coals, jerked chicken makes a great backyard or tailgate entree, especially when complemented with the flavor of grilled fresh pineapple. Grilling caramelizes the sugars in pineapple, intensifying its natural sweetness (no sugar added).

To complete your dinner, serve Jamaican rice and peas (kidney beans or pigeon peas) on the side.

INSTRUCTIONS

Step 1

To prepare the jerk sauce, combine the allspice, thyme, cinnamon and nutmeg in a medium bowl. Add 2 tablespoons oil, vinegar and lime juice, mixing with a wire whisk to blend well. Add the green onion, jalapeño pepper and garlic; mix well. Set aside.

Step 2

Place the chicken breasts in a baking dish. Brush the jerk sauce evenly over both sides of the chicken breasts. Cover and marinate in the refrigerator for at least 1 hour or longer if possible.

Step 3

To cook the chicken, preheat the grill to a medium-high temperature. Remove the chicken from the marinade; discard the marinade. Place the chicken breasts on the hot grill, with the thicker portion facing the hotter part of the grill. Grill for about 6 to 8 minutes on each side. Use an instant-read thermometer to check for doneness; the internal temperature of the chicken should reach 165°F when cooked through. Allow the grilled chicken to rest for 5 minutes, covered, before serving.

Step 4

While the chicken is cooking, brush the pineapple slices lightly with 2 tablespoons oil. Place the pineapple on the grill; cook for 3 to 4 minutes on each side, or until heated through and lightly charred with grill marks. Remove from the grill.

Step 5

Combine the honey with hot pepper sauce in a small bowl; blend well. Drizzle over the pineapple.

Step 6

Serve the jerked chicken breasts with grilled pineapple slices.

COOKING NOTES

*If you prefer more “spicy heat,” as many Jamaicans do, mix another pepper into the sauce, or add a splash of hot pepper sauce.

**For convenience, buy fresh pineapple pre-sliced, rather than trimming, coring and peeling a fresh pineapple.

SERVES 4

INGREDIENTS

2 (10- to 12-ounce) boneless, skinless chicken breasts, cut in half

Jerk Sauce

1 tablespoon ground allspice

1 tablespoon dried thyme leaves

½ teaspoon ground cinnamon

½ teaspoon ground nutmeg

2 tablespoons canola oil

2 tablespoons red wine vinegar

Juice of 1 lime

3 medium green onions, finely chopped

1 jalapeño pepper, chopped*

2 cloves garlic, minced

Pineapple Slices

8 (3½-by-¾-inch) fresh pineapple slices**

2 tablespoons canola oil

2 tablespoons honey

Dash of hot pepper sauce

Nutrition:

Calories: 420

Calories from fat: 160

Total fat: 18g

Saturated fat: 2g

Trans fat: 0g

Cholesterol: 90mg

Sodium: 170mg

Total carbohydrate: 35g

Dietary fiber: 4g

Sugars: 25g

Protein: 32g

Contributor

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