

Caribbean Marinated Chicken

There are many variations of a Caribbean chicken marinade, which vary in intensity and spiciness. This recipe uses chicken legs and thighs, but you can also make it with chicken breast meat.

I have also used this marinade with grilled fish, and it was lovely. Just set aside 2-3 tablespoons of freshly made marinade to use as a sauce over the fish prior to serving.

Serves: Two **Marinade Time:** 4-12 Hours **Prep Time:** 30 Minutes

Ingredients:

- 1 teaspoon allspice
- 1 teaspoon dried thyme
- 4 medium garlic cloves
- 1 tablespoon grated fresh ginger
- ½ teaspoon grated nutmeg
- ¼ teaspoon ground black pepper
- 2 tablespoons avocado oil
- ¼ cup pineapple juice
- 2 tablespoons soy sauce
- ½ cup onion, chopped
- 1-2 tablespoons jalapeno pepper, seeds and membranes removed and chopped
- 1 pound chicken (legs and thighs)
- 1 small lime, sliced into wedges

Directions:

Combine above ingredients, except chicken and lime, in a food processor or a blender and process until smooth.

Mix sauce with chicken, refrigerate, and marinate for 4-12 hours, with an occasional stir.

Preheat oven to 375 degrees F.

Heat grill or broiler to medium high, remove excess marinade from the chicken, a thin coating is perfect, and grill on each side for 3-4 minutes until lightly browned. Discard excess marinade that was with the chicken.

Place grilled chicken in an ovenproof pan, transfer to a middle shelf in the oven, and bake for about 15 minutes, until internal chicken temperature reaches 165-170 degrees.

Transfer to a serving plate, drizzle lime juice over the chicken, and serve.

Enjoy,
Steven Masley, MD