



Recipes from the Green Kitchen

Jamaican Jerk Chicken with Mango Salsa

Ingredients

Makes 4 portions

$\frac{3}{4}$ teaspoon ground cinnamon

$\frac{3}{4}$ teaspoon ground allspice

$\frac{1}{2}$ teaspoon garlic salt (or garlic granules will work too)

$\frac{1}{4}$ teaspoon dried thyme

$\frac{1}{4}$ teaspoon black pepper

$\frac{1}{8}$ teaspoon cayenne pepper (or to taste)

2 tablespoons fresh lime juice – divided in half

1lb boneless, skinless chicken thighs (works out to be about 6)

1 large Mango – diced

2 small shallots, finely chopped

1 large jalapeno pepper, cored, seeded and minced (tip – don't touch the seeds with bare hands!!)

1 tablespoon fresh cilantro, fresh, minced

$\frac{1}{8}$ teaspoon salt (or to taste)

Directions

1. Preheat the grill to a medium heat
2. Combine cinnamon, allspice, garlic salt, black pepper, cayenne pepper and 1 tablespoon of lime juice on a plate: mix it to a paste. Brush both sides of the chicken with seasoning paste; set aside for 10 mins to allow the flavours to blend.
3. Meanwhile, combine mango, shallot, jalapeno, cilantro, remaining tablespoon of lime juice and $\frac{1}{8}$ teaspoon of salt in a bowl.
4. Place chicken on preheated grill. Grill for 10 minutes, flip and grill until cooked through, so about 6 minutes more depending on the size of the thighs. Cut each thigh in half to serve.

5. Serve up and enjoy!!

This is a real crowd pleaser, when making it home save the leftovers as they make a wonderful salad when added to mixed leaves the next day!

Puff Puff

Ingredients

200g plain flour

70g sugar

¼ teaspoon salt

160ml lukewarm water

1 teaspoon active dry yeast

¼ teaspoon nutmeg (optional)

Sunflower oil for frying

Directions

1. In a mixing bowl, mix flour, sugar and nutmeg.
2. In a small bowl mix the water with a teaspoon of sugar, add the yeast and stir well. Leave it for 5-10 minutes to activate.
3. At the end of the 10 minutes the yeast mixture should have formed. If this doesn't happen – discard it and try again otherwise your puff puffs won't rise.
4. Pour the yeast mixture into the flour mixture and mix thoroughly.
5. Cover with cling film or towel and leave to rise for 90-120 minutes or till it doubles in size
6. Pour oil into a deep pan. The oil should be at least 3 inches deep. Let the oil heat up and scoop the batter into the oil with an ice cream scoop (your hand will do if you don't have one).
7. Flip the batter till it's golden brown. Place on kitchen towel to drain the excess oil.
8. These are best served warm – Enjoy!!

To get the best round shape use your hand to scoop the batter! Test the oil by dropping a bit of batter in to it. If it rises up after a few seconds then the oil is ready.