



# Marinated Jerk Chicken

Recipe by Chef Jouvens Jean

Preparation Time: 24 hours

Cook Time: 12-15 minutes

Serves 1

## Ingredients

2 tbsp granulated onion

2 1/2 tsp dried thyme

2 tbsp granulated garlic

2 tsp ground allspice

2 tsp ground black pepper

1/2 tsp ground cinnamon

1 tsp cayenne pepper

1/2 tsp salt

1 tsp ground ginger

1/2 tsp ground cloves

1/2 tsp ground nutmeg

1 chicken leg quarter (leg and thigh)

2 tbsp coconut oil

## Steps

1. In a small bowl, thoroughly combine all the dry ingredients. Coat the chicken lightly with oil, then rub the seasoning onto the chicken and allow it to marinate for up to 24 hours in the refrigerator.
2. After 24 hours, remove chicken from the refrigerator and place it in a 350°F preheated convection oven for 12 minutes or until 165°F.
3. Remove the chicken from the oven and allow it to rest for 5 minutes.

