



JERK CHICKEN & BRUSSEL SPROUT HASH

INGREDIENTS

- 4 large chicken legs with thigh connected
- ¼ cup jerk paste (<https://cheoffgeoff.com/2020/10/15/jamaican-jerk-paste-recipe/>)
- 10-12 mini potatoes, chopped
- 2 bell peppers, chopped
- 1 lb Brussels sprouts, quartered
- ½ Spanish onion, diced
- 3 fl oz Jamaican rum
- 2 dash Worcestershire
- 2 tb soy sauce
- 2 cup chicken broth
- 1 can kidney beans
- S+P taste
- 3 sprig rosemary or thyme
- 2 tb BBQ sauce

METHOD:

1. Cut 4 slits along the chicken skin.
2. Marinate the legs for 24 hours.
3. Next day, pre-heat your oven to 400.
4. Sear the chicken, skin side down in a cast iron pan, after 3 minutes flip.
5. Remove chicken, then deglaze with the rum.
6. Add onion, sauté until soft.
7. Add the chopped vegetables, sauté for 5 minutes.
8. Add beans, herbs and all the other liquids.
9. Bring to a boil and simmer for 5-10 minutes to par cook the vegetables.
10. Transfer to a deep pan and roast for 35-40 minutes.
11. When finished, remove 1 cup of the liquid and reduce by half.
12. Add BBQ sauce, then glaze the chicken.