

SPICY JERK CHICKEN CONFIT JERK CHICKEN THIGH, CORN FRITTER & BUFFALO YOGHURT



0 made it | 0 reviews



- Sub Category Name
Food
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 2



Ingredients

SPICY JERK CHICKEN CONFIT JERK CHICKEN THIGH, CORN FRITTER & BUFFALO YOGHURT

Jerk Chicken

- ½ cup white wine
- 2 tbsp dark rum
- 2 scotch bonnets, diced
- 1 red onion, diced
- 4 green onion tops
- 2 tbsp fresh thyme
- 2 tbsp olive oil
- 2 tsp salt
- 2 tsp black pepper
- 2 tsp all spice
- 4 tsp cinnamon
- 4 tsp nutmeg
- 4 tsp ginger
- 2 tsp molasses

Corn Fritter

- 1 cup self-rising flour
- 125ml cup buttermilk
- 2 eggs
- 600g can corn kernels, drained
- 62.5ml finely chopped chives

Methods and Directions

SPICY JERK CHICKEN CONFIT JERK CHICKEN THIGH, CORN FRITTER & BUFFALO YOGHURT **Jerk Chicken**

- To make the Jerk paste, use a food processor to blend the onions, spices, olive oil, peppers and rum together.
- Stir in the white wine and pour over the chicken. Marinate for 24 hours and then cook it sous-vide for 8 hours at 60C.
- Remove the chicken from the bag and using two forks pull the meat away from each other.

Corn Fritter

- Sift flour into a large bowl. Season with salt and pepper and stir until well combined.
- Make a well in the centre and whisk in the buttermilk and eggs. Add to flour mixture with corn kernels and chives.
- Using a large metal spoon, gently fold ingredients together until combined (don't overmix).
- Preheat a non stick frying pan and fry spoonfuls until you have achieved a nice golden colour.