



cool camping jerk chicken

This might just be our signature dish. Not because it's particularly original or fancy, but because we love it and cook it at every opportunity. It's a simplified version of a few different recipes given to us by various people, including Keisha. Hello, Keisha!

Serves 4

ingredients

4 tbsp of soy sauce
4 tbsp of Worcester sauce
4 tbsp of brown sauce
2 onions, grated
1 fresh green chilli (more if you like it hotter), deseeded & finely chopped
2 garlic cloves, peeled & crushed
1 tbsp of brown sugar – demerara is perfect
A handful of fresh thyme, finely chopped
Freshly ground black pepper
4 chicken breasts or thighs, de-skinned
Salad or rice, to serve

method

Mix all the ingredients, except for the chicken, together in a bowl. Make slashes across the chicken pieces to allow the flavours of the marinade to soak in, then cover the meat with the marinade and place it in a coolbox. Leave it for as long as possible to marinate.

When you're ready to cook, whack the chicken on a barbecue and cook evenly for around 20 minutes, turning regularly. Check the meat is cooked in the middle by inserting a skewer or fork into it – if it comes out piping hot then it's time to serve the chicken with salad or rice.