



River Recipes

All the ingredients found in these delicious recipes can be found at your local Weis Market – Where Freshness Matters.



Jamaican Jerk Chicken And Plantains with Coconut Ice Cream

Jerk Chicken happens to be one of my favorite grilled chicken recipes...lots of flavor-low fat-super spicy...everything you could want! And for dessert- Plantains over Coconut Ice Cream....pretty amazing!

Jamaican Jerk Chicken

The credit for this recipe goes to "The Sugar Reef Caribbean Cookbook," by Devra Dedeaux. Why mess up a good thing....

1 tablespoon Ground allspice
1 tablespoon Dried thyme
1 1/2 teaspoons Cayenne pepper
1 1/2 teaspoons Fresh ground black pepper
1 1/2 teaspoons Ground sage
3/4 teaspoon Ground nutmeg
3/4 teaspoon Ground cinnamon
2 tablespoons Garlic powder or fresh
1 tablespoon Sugar
1/4 cup Olive oil
1/4 cup Soy sauce
3/4 cup White Vinegar
1/2 cup Orange juice
1 Lime juice
1 Scotch bonnet pepper (habanero)
3 Green onions -- finely chopped
1 cup Onion -- finely chopped
4 to 6 chicken breasts --may also use chicken pieces-legs, thighs etc...if you like them
2 cups cooked rice---I love the chicken served over rice- it picks up all the spicy flavor

"JERK: This method of cooking pork and chicken dates back to the Carib-Arawak Indians who inhabited Jamaica. After capturing an animal and thoroughly cleaning and gutting it, the Indians placed it in a deep pit lined with stones and covered with green wood, which, when burned, would smoke heavily and add to the flavor. But first, the carcass was "jerked" with a sharp object to make holes, which were stuffed with a variety of spices. The holes also allowed heat to escape without loss of moisture.

The results were superb. The meat was not only wonderfully spiced, but moist and tender." (Note: Sugar Reef is a restaurant in Manhattan) Seed and finely chop Scotch Bonnet pepper. Trim chicken of fat. In a large bowl, combine the allspice, thyme, cayenne pepper, black pepper, sage, nutmeg, cinnamon, salt, garlic powder and sugar. With a wire whisk, slowly add the olive oil, soy sauce, vinegar, orange juice, and lime juice.

Add the Scotch Bonnet pepper, onion, and mix well. Add the chicken breasts, cover and marinate for at least 1 hour, longer if possible.

Preheat an outdoor grill.

Remove the breasts from the marinade and grill for 6 minutes on each side or until fully cooked. While grilling, baste with the marinade. Bring the leftover marinade to a boil and serve on the side for dipping.

Note: Scotch Bonnet peppers, also known as "Habaneros" are the hottest of the capsicum peppers, they're truly incendiary. Substitute Serranos or Thai Bird Chiles if you can't find them.

Plantains with Coconut Ice Cream

2 Plantains- Split down the middle length-wise
Cooking Spray
½ stick of real butter
2 Tbsp Brown Sugar
Coconut or other tropical ice cream of your choosing

This is similar to a Banana's Foster but the method is different and no one is telling you not to use rum. But for this recipe we are going to keep it family friendly.

Using your grill, spray the plantains and grill grates well. Gently place the plantains on the grill just enough to cook them so they are semi-soft. If you can make a few grill marks on them for effect, all the better.

In a sauté pan, melt the butter and sugar together until melted and frothy. Once it starts to bubble remove from heat.

Assembly: In a serving dish, place a few scoops of Coconut ice cream. and cold Layer the Plantains on top and then drizzle the sauce on top. The creamy melting mixture of coconut ice cream and the hot sugar-butter mix should satisfy the toughest sweet tooth that you know. And of course, if you are like me, chocolate sauce should just go on everything.