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



Food : Main Courses

## Ingredients

### 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

### 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

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- 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.