

OVERALL time: 105 mins

SWEET N SOUR CARIBBEAN JERK CHICKEN FLATTIE

A 'flattie', for those not in the know, is delightful South African slang for a spatchcock-chicken. Now when it comes to cooking chicken that's been split open and flattened, there really is only one way to do it justice I think, and that's on the braai or barbeque as my American mates call it.

Because it's flat, it's more suited to cooking on a traditional open braai than a chicken left whole would be. Being a lazy 'braaier', I much prefer doing mine on a kettle braai.

Whichever way you roll, up the culinary ante with Cape Herb and Spice's Caribbean Jerk Seasoning. It has a wonderful touch of chilli heat, fragrant thyme and aromatic all spice and cinnamon. I combine it with olive oil, honey and lime to make a sweet 'n sour jerk baste that's seriously moreish.

Metric

Number of servings : 4

ingredients

Main

- 1 Spatchcock free range chicken
- **Cape Herb and Spice Caribbean Jerk**
- Olive Oil
- Runny honey
- Juice & zest of one lemon

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 60 mins | COOKING TIME: 45 mins

Rub the chicken all over with two tablespoons of olive oil. Sprinkle lightly on both sides with jerk seasoning, cover and place in the fridge for 30-60 minutes. Once your fire is ready, put the chicken on. If you are using the direct cooking method with coals under the bird, you will need to turn it occasionally. If you are using the indirect kettle method with coals on the sides, simply pop on the

lid and walk away. (You can see why I prefer this method!)

Mix four tablespoons of olive oil with two tablespoons of honey, one tablespoon of jerk spice and the lime zest and juice. Baste the chicken only for the last 10-15 minutes of cooking. (If you do it sooner, your baste will burn because of the sugar content.)

Serve with braai'd red onions, mealies and braai-blistered vine tomatoes for the ultimate all-done-on-the-braai summer lunch.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she - rather predictably - cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>

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