

Jerk Chicken Satay

Caribbean heat on a stick. The blend you made in the classroom is the whole seasoning — no bottle, no packet, and you decided the salt.

SERVES	ACTIVE TIME	HEAT	SKILLS
4	25 minutes	Grill, broiler or griddle	Strip cuts • Skewering • Dry marinade • Temping

INGREDIENTS

THE SATAY

1½ lb chicken breast or thigh

2 Tbsp jerk seasoning blend (Recipe 1)

2 Tbsp olive oil

1 lime, juiced

12 bamboo skewers, soaked

TO FINISH

Lime wedges

Scallion, sliced thin

IN THE JERK BLEND (RECIPE 1)

Onion powder • dark brown sugar • allspice

Black pepper • salt • thyme • curry

Cayenne • nutmeg • cinnamon

Garlic powder • ground ginger

Scaling: ×6 for all four groups (24) — 9 lb chicken, ¾ cup blend, ¾ cup oil, 6 limes, 48 skewers. Blend comes from the classroom workshop, so it is not a separate order.

METHOD

- 1 Soak the skewers.**
Twenty minutes in water, minimum. Dry skewers burn before the chicken is done.
- 2 Cut for the stick.**
Slice the chicken lengthwise into strips about an inch wide. Pat them dry — wet chicken steams instead of searing.
- 3 Dress and rest.**
Toss the strips with the oil and lime juice first, then the jerk blend. The oil is what makes the spice stick. Rest 15 minutes.
- 4 Thread.**
Weave each strip onto a skewer in loose folds, like an accordion. Loose folds cook evenly; a tight wrap leaves a raw middle.
- 5 Cook hot and fast.**
Three to four minutes a side on a hot grill, broiler or griddle, until the edges char and the center reads 165°F.
- 6 Finish sharp.**
Squeeze lime over the hot skewers and scatter the scallion. Acid at the end is what makes it taste seasoned instead of salty.

CHEF'S NOTES

You control the sodium. A store-bought jerk packet runs 350 to 500 mg of sodium per teaspoon. Yours runs whatever you put in it — that is the entire point of the blend.

Char is flavor, not burn. Dark edges come from sugar in the blend caramelizing. Pull them when the edges blacken, not the whole strip.

Thigh is more forgiving. Breast dries out fast at this heat. If the class is new to the grill, run thigh.