



## Rasta stew

Levi Roots told me allspice is the secret to good jerk chicken. The allspice berry adds about five flavours in one, so it's a powerful little thing. Levi has seven kids — there must be something special in that sauce.

### SERVES 4

- 1 tbsp allspice berries
- 1 tbsp black peppercorns
- 1 tbsp dried chilli flakes
- ½ tbsp muscovado sugar
- 2 tbsp runny honey
- A few flat-leaf parsley sprigs
- A few coriander sprigs
- 2 scotch bonnet chillies
- 1 garlic clove

- 3cm piece of ginger
- 2 spring onions, finely sliced
- Olive oil
- 4 higher-welfare chicken thighs and 4 drumsticks, skin on
- Beer, for drizzling (optional)
- Juice of 1 lime

### For the flatbreads

- 250g self-raising flour, plus extra
- 250g yoghurt
- ½ tsp baking powder
- 1 jalapeno chilli, finely sliced

**1.** Use a pestle and mortar to pound up the allspice berries, peppercorns and chilli flakes until fine, then mix in the sugar and honey. Finely chop the herbs, chillies, garlic and ginger, add them to the spice mixture and

bash it all up some more. Add the green parts of the spring onions and a good drizzle of olive oil and mix well.

**2.** Pour the marinade over the chicken and massage it in — it's a good idea to wear rubber gloves as those chillies are hot! Marinate in the fridge for at least 1-2 hours, preferably overnight.

**3.** Place the chicken, skin-side down, on the barbecue over a medium heat. Drizzle some beer on the coals for added flavour, if you like. Cook for 40-50 minutes, turning often, until the chicken is golden and the juices run clear. You could also cook the chicken in the oven at 200C for 25-30 minutes, turning occasionally. Finish on the barbecue for 5 minutes to get it lovely and charred.

**4.** Meanwhile, make the flatbreads. In a bowl, mix together the flour, yoghurt, baking powder and a good pinch of salt. When it starts coming together, flour your hands and knead the dough on a lightly floured surface. Divide the dough into 4 pieces and roll out into circles 2mm thick. Scatter over the jalapeno and a pinch of salt and press in.

**5.** Quickly scrub off any burnt jerk rub from half your barbecue bars, then use kitchen paper to rub the bars with olive oil. Add the flatbreads and cook for 2-3 minutes, turning once, until golden on both sides. When the chicken is ready, squeeze over the lime juice, then take off the grill and tuck in.