

A Recipe for Jamaican Jerk Chicken

With thanks to Monica McGann, one of Holy Trinity's Kitchen Angels, and mentor to Janice Headley.

Ingredients:

4 chicken legs cut in half
6 cloves garlic

Jerk Marinade:

2 tbsps. ground Jamaican pimentos [optional]
½ tsp grated nutmeg
½ tsp mace
1 tsp salt
1 tsp sugar
2 tsp thyme
1 tsp black pepper
1 ½ cups scallions [green onions]
2 onions
1 scotch bonnet pepper [like a habanero pepper]
2 tsp cooking oil
1 ½ tsp browning [like for gravy]

Instructions:

Cut chicken legs in half. Rinse chicken with fresh lime, water to cover and 1-2 tbsp vinegar.

Drain and season with garlic.

Blend all ingredients for the marinade together in a blender or food processor.

Pour mixture onto seasoned chicken; leave to marinate for 2 hours or overnight.

Heat oven to 375°F put chicken halves skin side down for about 3/4 of an hr covered.

Take pan out of oven and turn chicken over.

Put pan back in oven for 20 min.

May be served with Jerk Sauce

Enjoy



A Recipe from Thelma Forzley

Every Monday morning Thelma and John Fraser are busy working away at their Holy Trinity Ministry work. Every Monday, Thelma brings wonderful muffins. Here is her recipe which she received from Loella Hamil – an employee of the North West Company in Fort Nelson, B.C. Loella got the recipe from a Mennonite Cookbook published in Steinback MB. So this truly is a Province of Rupert's Land recipe.

Enjoy



Beet and Carrot Muffins

Put the following ingredients in a large bowl and beat well with an electric mixer:

- 1 cup vegetable oil
- 1 1/2 cup white sugar
- 1/2 tsp. vanilla
- 3 egg yolks
- 2 tbsp. boiling water

Now put these in a separate bowl, mix together, then add to the wet ingredients and blend:

- 1 cup raw carrots – grated
- 1 cup raw beets – grated
- 2 cups flour
- 2 tsp baking powder
- 1 tsp salt
- 1 tsp cinnamon

Beat 3 egg whites until stiff and fold into your blended wet and dry ingredients;

Pour batter into 12 muffin cups

Bake at 350 degrees for approximately 40 minutes; check with toothpick to see if done.

Happy Coffee Hour!



From a Holy Trinity Kitchen Angel:

In growing up, “**Rice and Peas**” was one of the easiest dishes to make. And it was a meal that went a long way because it had everything in it. I learned to cook it from my mother.
From her to me to you.

Offered by *Janice Headley*

Rice and Peas [Serves 10]

2 tsp. minced garlic
1/2 cup finely chopped onion
2tbs vegetable oil
3cups rice
2 cups partially cooked red kidney beans
1/2 tsp thyme
1/3cup finely chopped chives
1tsp salt
1/2 tsp chopped hot pepper
6 cups coconut milk

Method

Sauté onions and garlic in vegetable oil.

Add rice and cook for 5 minutes stirring occasionally until slightly brown.

Add red kidney beans and thyme, chives, salt and pepper and cook for 2minutes more.

Stir in coconut milk and bring to a boil.

Lower heat, cover and simmer for 35 to 40 minutes until rice is tender and liquid is absorbed.

Add more liquid if needed

Adjust seasonings and serve.

