



## TRINIDADIAN STYLE CHICKEN WITH PLANTAIN GRATIN

### INGREDIENTS

#### Amise Marinade

- 1 bunch green onion,  
chopped
- 2 shallots, roughly  
chopped
- 6 cloves garlic, chopped
- 1 bunch parsley leaves  
and stems, roughly  
chopped
- ½ cup vegetable oil

#### Trini Style Chicken with Plantain

- 1 whole chicken, cut into  
pieces
- Amise Marinade
- 1 cup sugar
- ¼ cup vegetable oil
- ½ white onion, small dice
- 1 green chili, sliced in  
half, length-wise  
(optional)
- 1 unripe plantain cut in  
half, length wise and  
chopped
- 4 plum tomatoes,  
chopped
- ¼ cup worcestershire  
sauce
- ½ cup of chicken stock
- 1 cup cilantro, leaves  
picked
- salt

#### Pickled Topping

- ½ cup white wine vinegar
- ¼ cup water
- ½ stick cinnamon
- 1 shallot, sliced in ¼ inch  
pieces
- 2 jalapenos, seeded and  
sliced in ¼ inch pieces
- 1 tbsp sugar
- salt

#### Plantain Gratin

- 4 ripe plantain, peeled,  
split down the middle  
length wise and kept in  
one piece
- 1 tsp vegetable oil
- 1 cup aged white cheddar,  
grated
- 3 green onions, chopped
- Pickled Topping
- ¼ cup cilantro, leaves  
picked
- salt

## DIRECTIONS

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### **Amise Marinade**

1. Place all ingredients in food processor and puree.
2. Transfer to a container.

### **Chicken Trini Style with Plantain**

1. Marinate chicken in  $\frac{1}{2}$  of Amise Marinade for a maximum of 24 hours.
2. In a wide based pan, heat sugar and vegetable oil over medium to high heat.
3. Swirl until sugar caramelizes and turns brown, approximately 7-10 minutes.
4. As soon as sugar caramelizes, add chicken skin side down.
5. Allow chicken to brown on all sides approximately 5 minutes.
6. Add onions, chili, plantain, tomato and worcestershire sauce, stir.
7. Add chicken stock, bring to a boil.
8. Add other  $\frac{1}{2}$  of Amise Marinade, reduce to medium heat.
9. Cook for 30-40 minutes, season with salt and remove from heat.
10. Garnish with cilantro before serving.

### **Pickled Topping**

1. In a small pot, heat white wine vinegar, water and cinnamon stick, bring to a boil.
2. Add shallot, jalapeno and sugar, remove from heat.
3. Season with salt, hold in vinegar for 10 minutes.
4. Discard cinnamon stick and strain liquid, reserving pickled shallots and jalapenos for Plantain Gratin.

### **Plantain Gratin**

1. Preheat oven to broil.
2. Score Plantain length-wise.
3. Place plantain in a baking dish, drizzle with vegetable oil and season with salt.
4. Broil for 5-7 minutes until slightly caramelized.
5. Place cheese and green onions over plantains, broil in oven for 3-4 minutes until cheese is melted.
6. Garnish with Pickled Topping and cilantro.