

Caribbean BBQ Chicken

We are proud to use Rosie Certified Organic free-range chicken, raised without hormones or antibiotics, and fed an organic vegetarian diet free of pesticides and herbicides. For over 35 years, Petaluma Poultry has been a leader in sustainable farming practices and in developing organic standards for poultry production.

BBQ Chicken

4 lb. Rosie organic chicken meat (use whichever cut of meat you like)
¼ c. olive oil
1 T. garlic powder
2 t. dried oregano
1 T. paprika
½ t. fresh-ground pepper
salt
2 c. Caribbean BBQ sauce (recipe follows)

- 1) Combine olive oil, garlic powder, oregano, paprika and pepper in a small bowl and mix well. Coat chicken well with mixture and marinate for at least 30 minutes or as long as over night.
- 2) Preheat grill, season chicken with salt and cook over medium heat until done (internal temperature of 165oF). Timing will differ depending on the cut of meat and temperature of grill (breast meat 8-15 minutes, thigh or drumstick 20-35 minutes, half chicken 45-60 minutes).
- 3) Slather meat with BBQ sauce just before serving. Serve some on the side along with plenty of paper towels.

Caribbean BBQ Sauce

1 c. water
3 dried ancho peppers, stems and seeds removed
2 T. olive oil
2 medium onions, chopped (around 2 cups)
2 inch piece of ginger, peeled and thinly sliced
4 cloves garlic, crushed and peeled
1 t. ground allspice
1 T. ground cumin
1 to 4 chili peppers (jalapeños or serranos), stems removed, and coarsely chopped
2 c. orange juice
¼ c. apple cider vinegar
¼ c. brown sugar
2 T. tomato paste
1½ t. sea salt
½ t. fresh-ground black pepper

- 1) Bring water and ancho chilies to a boil. Turn off heat and soak for 10 minutes until very soft. Transfer to a blender or food processor and puree until smooth.
- 2) In a large sauce pan, sauté onions, ginger and garlic in olive oil until onions are translucent. Add allspice, cumin and chilies. Sauté for one minute. Add remaining ingredients and pureed chilies from step one and bring to a brisk simmer. Cook for 35 minutes to thicken. Carefully puree sauce in small batches until smooth. Adjust seasonings if needed. You may store sauce in refrigerator for one week or freeze indefinitely.

Nutrition (per serving based on 8 servings): 275 calories; 42% calories from fat; 13.1g total fat; 68.9mg cholesterol; 372.4mg sodium; 537.6mg potassium; 17.3g carbohydrates; 2.0g fiber; 11.0g sugar; 15.4g net carbs; 22.7g protein.