

Banana Bread



Ingredients:

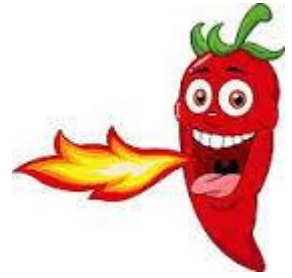
- 75g (3oz) butter or margarine
- 100g (4oz) soft brown sugar
- 1 egg, beaten
- 2 large ripe bananas
- 225g (8oz) self-raising flour
- ½tsp ground allspice and a pinch of salt

Method:

1. Preheat the oven to 190C, gas 5.
2. Cream the butter and sugar together in a large bowl until fluffy.
3. Beat in the egg gradually.
4. Mash the bananas then stir into the mixture.
5. Fold in the flour, allspice and salt.
6. Spoon into a greased and lined loaf tin and bake in the centre of the oven for 35-40 mins, or until a skewer inserted into the centre comes out clean.
7. When cooked, leave the banana bread in the tin for a few mins before turning out to cool on a wire rack.



Jerk Chicken



Ingredients:

- 3 chicken breasts, cubed into 1cm³ pieces
- Vegetable oil, for frying
- 2tbsp Worcestershire sauce

For the marinade:

- 1 Scotch bonnet chilli, deseeded and finely chopped (**WEAR GLOVES WHILST DOING THIS**)
- 2 garlic cloves, peeled, crushed and chopped
- 1 tsp ground cloves
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 2tsp ground allspice
- 5–7 thyme sprigs, leaves only (you will need about 2 tbsp)
- Black pepper
- Splash of vegetable oil



Method:

1. To start this chicken recipe, prepare the marinade by combining all the ingredients with a good grinding of black pepper and a dash of oil. Rub the marinade into the chicken pieces, massaging it into the scored meat. Leave to marinate for at least 1 hour.
2. Heat a large ovenproof pan over a medium-high heat and add a dash of oil. Fry the chicken pieces for about 10 minutes until golden brown on all sides. Add the Worcestershire sauce and cook for 2 minutes.