# Caribbean Cuisine

## Bring A Feel Of The Islands To Your Table For Less Than $10

(NAPSA)—Inflation at the grocery store is at its highest level since the 1990s, so it's important for families to stretch their food budget as much as they can. This Jerk Fried Chicken dinner is designed to feed a family of four for less than $10. You can save money and enjoy a style of cooking that's native to Jamaica. Here are some cost-saving tips as you prepare this meal:

• The most economical way to prepare the seasoned flour mixture for the chicken is to use spices you have on hand, or substitute 3 tablespoons jerk seasoning blend. The seasoning will make your chicken a richer brown color compared to typical fried chicken.

• Your frying oil, which is a blend of soybean and peanut oils, can be used several times as long as you don't overheat it. After cooking, cool, strain and store the oil in a cool, dark place for future use.

### Jerk Fried Chicken

**Ingredients:**
  1½ gallons LouAna Southern Frying Oil
  6 teaspoons salt, divided
  2 cups all-purpose flour
  1 tablespoon ground allspice
  2 teaspoons garlic salt
  1 teaspoon sugar
  1 teaspoon dried ground ginger
  2 teaspoons cayenne pepper
  2 cups buttermilk
  2 large eggs



**Jerk Fried Chicken—not your ordinary meal.**

  1 whole fryer chicken, cut into 6 pieces

**Preparation and Cooking:**

Place oil in a large fryer, Dutch oven or another thick-walled iron cooking pot with a tight-fitting lid; heat to 350°.

Combine 4 teaspoons salt, flour, allspice, garlic salt, sugar, dried ground ginger and cayenne pepper in a shallow dish, stirring well with a whisk.

Combine buttermilk and eggs in a shallow dish, stirring well.

Season chicken evenly with remaining 2 teaspoons salt; dredge in flour mixture. Dip chicken in buttermilk mixture; dredge in flour again.

Fry chicken in hot oil 15 minutes or until done; move to a paper towel-lined plate. Serve immediately.

Serves four people.

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