

# SPATCHCOCKED JERK POUSSIN

*I love jerk chicken. It brings back happy memories of the Notting Hill Carnival, moving from one smoky grill stall to another to choose corn, slaws and the hallowed jerk. I use poussins here because I think their sweet, tasty meat works so well with the citrus and spicing. Orange is the traditional citrus for a jerk marinade, but I have chosen grapefruit, partly inspired by ‘Ting’, a well-known Jamaican soft drink based on grapefruit juice.*

SERVES 4

## FOR THE TING & TING SAUCE

**1 grapefruit**  
**2 tbsp sunflower oil**  
**1 bunch spring onions, thick green parts removed, whites finely chopped**  
**3 garlic cloves, diced**  
**1 tsp Kashmiri chilli flakes**  
**30g (1oz) fresh ginger**  
**1 Scotch bonnet chilli, deseeded and roughly chopped**  
**200g (7oz) tin chopped tomatoes**  
**1 tbsp tomato purée**  
**75g (2¾oz) dark brown sugar**  
**1 tsp white wine vinegar**  
**1 tsp sea salt**

## FOR THE SPATCHCOCKED POUSSIN

**1 tsp coriander seeds**  
**2 tsp black peppercorns**  
**¼ tsp cloves**  
**½ cinnamon stick**  
**3 allspice berries**  
**¼ nutmeg, freshly grated**  
**2 tsp thyme leaves**  
**½ tsp dried oregano**  
**2 tsp sea salt**  
**2 poussins, backbones and wingtips removed**  
**2 tsp sunflower oil**

1. To make the sauce, using a sharp knife and working over a bowl to catch the juice, slice off the grapefruit skin and pith. Cut out the segments of half the grapefruit, leaving the membrane behind, and set aside. Squeeze the juice from the remaining half grapefruit and add to the bowl.
2. Put a large saucepan over a medium heat, add the oil and cook the spring onions until soft. Add the garlic, chilli flakes, ginger and chilli, stir and fry gently for 1 minute. Add the grapefruit, 4 tablespoons of the juice and the remaining sauce ingredients, turn up the heat and bring to a bubble, then turn down the heat and simmer for 5 minutes until the sauce has thickened slightly.
3. Remove from the heat and blitz in a food processor or with a stick blender. Cover loosely and set aside. Preheat the oven to 180°C (gas mark 4).
4. Grind the coriander seeds, peppercorns, cloves, cinnamon and allspice using a mortar and pestle, then add the nutmeg, thyme, oregano and salt.
5. Put the poussins in a roasting tin, breast-side up. Apply a little pressure to the birds with the palm of your hand until you hear a crack, then arrange them as flat as possible. Using a sharp knife, score the legs and breasts with three incisions on each.
6. Mix the seasoning blend with the oil to make a thick paste, then use it to coat the birds, massaging the paste all over the meat.
7. Cover loosely with foil and roast for 35 minutes.
8. Remove from the oven, take off the foil and pour the sauce all over the birds, then return to the oven and roast for another 20–25 minutes, until they’re cooked; test by piercing the thickest part of a thigh with a skewer; the juices should run clear, not pink. Serve with buttered grilled corn-on-the-cob and some pepper-spiced rice.