

RECIPES

LEVI'S HOMESTYLE JERK CHICKEN WINGS

Taken from **Grill it with Levi**
Makes 16

What you'll need:

16 chicken wings
Lime wedges, to serve

For the marinade:

4 tsp all purpose seasoning
2 tsp ground ginger
90ml cider vinegar
1 scotch bonnet, with seeds, very finely chopped
2 tsp finely grated nutmeg
2 tbsp olive oil

What you'll do:

Mix together all the marinade ingredients in a shallow dish and add the chicken wings, turning them to coat really well. Cover and marinate in the fridge, ideally overnight, or for at least 1-2 hours.

Barbecue the chicken wings for about 10 minutes or so, turning them over when they're patched with brown. Serve with cooling lime wedges.



Scouts



NEWS

BARBECUED CORN

Taken from **Caribbean Food Made Easy**

Serves 4



What you'll need:

4 ears of sweetcorn
Sunflower or groundnut oil
Salt and pepper

For the Lime, Chilli and Coriander Butter:

75g butter (vegan or dairy!), slightly softened
1.5 tbsp fresh coriander, finely chopped
1 clove garlic, finely chopped
Half a lime, zest and juice
1 red chilli, deseeded and very finely chopped
Salt and pepper



What you'll do:

If your sweetcorn is without leaves and you are in a hurry, bring a big pot of water to the boil. Add the corn and boil until just tender (about 10 minutes). Brush with oil, season and set the corn on the bars of a barbecue. Let it get a lovely charred appearance, turning it round every so often, then serve.

If you want to go the purest route, buy your sweetcorn with leaves on. Pull the leaves back (but not off) and pull out and discard the silky threads underneath. fold the leaves back in place, twisting them together at the end. You won't need oil or seasoning. Wrap in foil, or cook as they are, burying them in the embers for about 40 minutes.

Serve the corn with lashings of Lime, Chilli and Coriander Butter.





HOT AND FRUITY CARIBBEAN COLESLAW

Taken from **Grill it with Levi**
Serves 8



What you'll need:

- ½ Savoy cabbage
- ½ white cabbage
- ½ red onion, peeled
- ½ small mango
- 3 tsp My Hot Mustard, or French mustard
- 100 ml cider vinegar
- 8 tbsp light soft brown sugar
- 100ml olive oil
- Salt and pepper
- ½ tbsp X Hot Reggae Reggae Sauce or hot chilli sauce
- 2 red chillies, seeded and cut into fine slivers

What you'll do:

Remove and discard the cabbage cores and finely shred the leaves. Slice the onion wafer thin, using a mandolin if you have one. Peel the mango and cut the flesh into matchsticks.

Put the mustard, vinegar and sugar in a jam jar. Screw on the lid and give it a good shake. Add the oil, salt, pepper and hot sauce. Shake again then pour into a large serving bowl. Toss in the cabbage, onion, mango and chillies, and mix well. Taste for seasoning.

