

Jittery Jerk Chicken

- 3 1/2 lb whole chicken, patted dry
- 1/2 c finely chopped onion
- 1 T Grace Jerk (hot) Seasoning - or 3 if using mild seasoning
- 2 T each ketchup, olive oil, coconut sugar (or your favourite sweetener)
- 1 t each chopped garlic, sea salt, black pepper

In a small bowl, combine all marinade ingredients.

Place chicken in a Dutch oven, coat inside and out with marinade.

Preheat oven to 275F.

Roast chicken, covered, for 2 1/2 hours.

Increase the heat to 375F and continue roasting for 30 minutes.

Allow the chicken to rest for 5-10 minutes before carving and serving, or save it to serve the next day. This chicken was excellent left over. Remove any fat solids that settle on top of the succulent gravy.

Jittery Cook