

CARIBBEAN LIME CHICKEN

The first time a friend cooked this, I couldn't believe the recipe. I would never have chosen it from a book, because I couldn't imagine the taste of black treacle with chicken - but trust me. It's truly delicious, and so I asked her for the recipe.

INGREDIENTS

Grated rind and juice of 1 lime	1 tbsp olive oil
2 tbsp dark rum	1 onion, chopped
3 cloves garlic, crushed	400 gm tin tomatoes
2 tsp grated ginger	2 tbsp black treacle
½ tsp Tabasco	1 cinnamon stick
4 boneless chicken breasts	Chopped spring onions (optional)

INSTRUCTIONS

Mix together the lime rind and juice, rum, garlic, ginger and Tabasco to make a marinade.

Put the chicken breasts in a dish (or a plastic bag), coat with the marinade and leave in the fridge for as long as possible – a few hours, or overnight. Turn the pieces (or jiggle the bag) every now and again.

Remove chicken from marinade and pat dry with a paper towel, but reserve the marinade.

Heat the oil in a deep frying pan and brown the chicken on a high heat. Remove from the pan.

Turn down the heat and cook the onion until softened. Pour the reserved marinade into the pan, together with the tomatoes, treacle and cinnamon, breaking up the tomatoes with a wooden spoon.

Heat through and then return the chicken to the pan. Bring to the boil and immediately turn down to a simmer. Cook uncovered for about 20 minutes, until the chicken is cooked through.

Remove the chicken and keep hot while you boil the sauce to thicken it.

Serve with either rice or green salad, garnished with lime wedges and a sprinkle of chopped spring onions, if liked.