



Host Suzanne Nance loves to explore Portland's foodie culture, and what better way than to go straight to the chefs of some of our most beloved restaurants!

Together, Suzanne and the culinary artists of the City of Roses will explore music through the idea of comfort food, provide recipes, and chat about the joy of cooking, all paired with lush, beautifully crafted music.

On this week's episode, FiMi Kingston chefs and owners Craig & Nhu Haynes share their recipe for Jerk Chicken Salad. They recommend pairing it a local pinot grigio or rosé. Enjoy!

FiMi Kingston Jerk Chicken Salad

Recipe: Serves 6

- 8-10 cups spring mix salad or favorite garden salad greens, arugula, spinach, etc)
- 5-6 pieces boneless skinless chicken thighs
- 1 nectarine
- ½ mango
- 5 strawberries
- ¼ cup blueberries
- ½ cucumber
- 1 pack FiMi Kingston Original Jerk Seasoning

Vinaigrette: 1/2 cup rice wine vinegar, 2 Tbsp. olive oil, 1 tsp. pepper, 1 tsp. sugar, ½ tsp. garlic salt, and 1 Tbsp. raspberry jam. Mix well.

Directions:

Marinate the chicken thighs in FiMi Kingston jerk seasoning (which can be found at New Seasons Market!) for at least two hours or overnight. Grill the chicken until meat is fully cooked or when juices run clear. Set on plate, just before serving slice the chicken into strips or cubes.

In large salad bowl put all the spring mix or salad greens. Be sure that all the greens are dry. Begin assembling your salad with slices of cucumbers, nectarines, cubed mango, sliced strawberries, and sprinkle blueberries. Put the sliced chicken on last.

Put dressing on before serving. Slightly toss the salad and serve with fresh artisan bread. Pair with a local pinot grigio or rosé. We recommend *51 Weeks* wines.

Find more recipes at fimikingston.com



Craig & Nhu Haynes
Founders, FiMi Kingston

About:

Fi Mi Kingston – Is the Patois (pronounced “pat-wa”) way of saying “My Kingston.” Patois is a dialect spoken in Jamaica. It is the hope of the founders to bring their version of Kingston, Jamaica, to the Pacific Northwest; through their unique and authentic blend of Jamaican Jerk Seasonings (dry rubs), that capture the essence of Jamaica, using natural ingredients to produce worldly flavors.

Jerk – Jerk has been a part of Jamaica’s culinary tradition for centuries. Jerk is an authentic Jamaican way of cooking pork, chicken, seafood, beef and vegetables: Anything edible can be Jerked. It is alleged that the Maroons – escaped slaves who ran away to the mountains of Jamaica, were the first to Jerk wild boar over pimento wood. The taste of Jerk best exemplifies Jamaica and the Jamaican people; spicy and hot, yet sweet! Jerk rubs are typically hot with scotch bonnet peppers (habaneros); however, as you savor the taste, the multiplicity of spices and flavors, latches on to your tongue, and all the different elements come together to create a taste that is second to none. With “Fi Mi Kingston” blend of Jamaican Jerk Seasonings, you can experience the taste of Jamaica from the comfort of your home.

The Founders – Craig and Nhu both met in Kingston Jamaica in 1998. Nhu was an enthusiastic Peace Corps volunteer and Craig was part of Peace Corps Jamaica’s administrative staff. We both have a passion for education and giving back to our community. We believe that education changes lives. A portion of our profits will go towards supporting educational initiatives in Jamaica (the country of Craig’s birth), Vietnam (the country of Nhu’s birth) and in the state of Oregon (the place we now call home). We have been blessed with four beautiful daughters (two of whom play in school orchestras – there is often music beautiful music around the house!). We hope you will embark with us on this journey as we share Fi Mi Kingston, “My Kingston” Jamaica with you – Yeah Man Fi Real!!

FiMi Kingston Jamaican Jerk Shack – In the summer of 2019 we expanded our family business with a Jamaican food cart. Here you will find our family serving up traditional favorites and international fusions. We take great pleasure in ensuring you get a taste of Jamaica. We are located at 9320 SE Woodstock Boulevard behind Flipside Bar and Carts.



Learn more at fimikingston.com

