

Tandoori Chicken

Chicken in a Spiced Yoghurt

Hari
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Ingredients

4 chicken legs, skinned and trimmed

Marinade

1 tbsp mustard oil

1 large lemon

4 cloves garlic, crushed

2 cm piece of ginger, grated

1 green chilli, finely chopped

200ml Greek yoghurt

1 tsp salt

1 tsp garam masala

1 tsp cumin seeds, crushed

1 tbsp kashmiri red chilli powder

1 tbsp dried fenugreek leaves

Garnish

Handful of coriander
Chopped lemon wedges

Method

- 01** Wash the chicken pieces and leave to drain. Ensure the chicken is thoroughly dry then slash the meat diagonally before marinating.
- 02** Blend the garlic, ginger, chilli in a pestle and mortar blender with lemon juice.
- 03** Place the dry chicken in a dish and stir in the blended ingredients pour on the lemon juice and the mustard oil.
- 04** In a separate dish mix the remaining ingredients with the yoghurt to create a paste. Add this yoghurt paste to the chicken and using your hands massage into the meat.
- 05** Cover, refrigerate and leave to marinate for at least 30 minutes but the longer the better. Heat the oven to 180oC.
- 06** Transfer the marinated chicken to an oven tray and cook for about 30-40 minutes. The chicken should be tender and a little charred which helps give the smokey flavour. Even better cook this on the barbecue!

Served with

I always have this as a starter with a green salad. The one thing you have to have is raw onions that have been soaked in salted water drained and then drenched in lemon juice.



More on this recipe

<http://www.harighotra.co.uk/tandoori-chicken-recipe>

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