



Tandoori Chicken

Succulent pieces of chicken marinated in spices and yogurt. Traditionally this chicken dish is cooked in an Indian tandoor oven. A very hot oven or a barbecue will do instead. Marinating the meat is authentic, but if time is pressing, cook straight away. The flavour will be less intense.

Serves : 4
Preparation Time : 5 minutes plus 4 hours marinating
Cooking Time : 30-40 minutes

Ingredients

8 chicken pieces, skinned
1 tsp salt
1 tbsp vegetable oil
2 tbsp lime juice
2 garlic cloves, crushed
1 inch / 2.5 cm piece fresh ginger root, grated
1/2 onion, chopped
10 fl oz / 1/2 pint / 275 ml plain yogurt

Herbs & Spices

4 tsp Tandoori Mix

Cooking Instructions

Score the chicken pieces with a sharp knife. Crush the garlic with the salt to a paste. Add the ginger and crush further. Add the tandoori powder and mix to a thick paste. Stir in the lime juice.

In a small pan, heat the oil over a medium heat, then fry the tandoor spice mix until aromatic. Add the onion and continue to fry until the onion is soft. Stir in the yogurt then remove the pan from the heat.

Put the chicken pieces in a bowl and pour over the tandoori and yogurt paste. Stir to ensure the chicken is thoroughly coated, then cover and leave in a cool place to marinate for at least 4 hours, preferably overnight. Allow your chicken pieces to come to room temperature before cooking.

When ready to cook, preheat the oven to 230F / 460F / gas mark 8-9 or light the BBQ.

Place the chicken pieces on a wire rack (if using an oven) on a baking tray and bake in the oven for 20 - 30 minutes, turning once. Alternatively place on the BBQ until the chicken juices run clear.