



Chicken Tandoori

For the Love of Good Food

Summertime is just perfect for the BBQ and I thought it might be interesting to share with you a taste of India to excite your palate. Indian food, like Mexican, is spicy but different so experiment and delight your family and friends with this mouth watering dish. Authentic Indian Tandoori requires a special clay oven called a tandoor with a wood or charcoal fire. Whole chickens coated in herbs and spices are suspended on a hook inside the oven to cook, but the results are still good when the chicken is cooked over the BBQ or even under the broiler. Although the following is for chicken, the same marinade mixture can be used successfully for prawns, or fish, or turkey. It seems to work less well on red meat. If you have an Indian grocery store near you, go look for the ready made tandoori paste by Patak (it is often called ginger, garlic and coriander marinade) It is very good and shortcuts the step where you have to grind your own. If this is not available read below.

Ingredients

4 large chicken breasts on the bone, skinned (12oz each)

1 ½ cups plain yogurt

(6 tablespoons tandoori paste) or the following:

4 cloves garlic, minced

¼ cup minced fresh ginger

1 teaspoons cayenne pepper

1 teaspoon paprika

½ teaspoon turmeric powder

1 tablespoon ground coriander

1 teaspoon cumin powder

¼ teaspoon ground cloves (or allspice if you cannot get cloves)

½ teaspoon sea salt

1 tablespoon cooking oil

¼ cup fresh lemon juice

2 tablespoons ghee (clarified butter)

1. In a blender or food processor combine garlic and all the spices and the cooking oil plus the yogurt. Blend to a smooth paste. Transfer mixture to a large zippered plastic bag.
 2. Score the flesh of the chicken and add to the bag. Seal and toss the bag to coat the chicken thoroughly. Refrigerate for at least 1 hour, preferably 6 to 8 hours.
 3. To cook, heat the BBQ or broiler, remove chicken from the marinade and place on baking sheet or grill. Discard the marinade.
 4. Mix lemon juice and butter (you can use oil, but the taste is not quite the same) and baste the chicken for flavor and to keep moist.
 5. Cook until just firm to the touch. Do not overcook.
 6. Serve with salad, any kind of flatbread like Nan, pita or tortillas and some rice if you wish.
 7. The meat can also be cut into cubes and made into kebabs. These take very little cooking so be sure to watch them, but are handy finger food for outdoor eating.
- N.B. To clarify butter, take a stick of butter and heat gently, either in microwave or on the stove top. Take off fire and gently pour off the clear fat leaving behind the cloudy impurities. This process stops the butter burning when used in cooking.