

November 20, 2015

Recipe: Tandoori Chicken

Grilled or broiled Chicken Breasts in a colorful Indian spiced marinade

Servings: 4

- 4 chicken breasts, skinless, halves
- 2 teaspoons ginger root, fresh
- 2 cloves garlic, large, minced
- 1 onion, small, diced
- 1 teaspoon cumin seeds, toasted
- 1/2 cup yogurt, plain
- 1 tablespoon lemon juice
- 1 teaspoon paprika
- 2 teaspoons coriander, ground
- 1 1/4 teaspoons salt
- 3/4 teaspoon ginger, ground
- 1/2 teaspoon turmeric
- 1/4 teaspoon red pepper, ground
- 1/4 teaspoon cardamom
- 1/8 teaspoon cloves, ground
- 1 teaspoon food color, red
- 2 teaspoons food color, yellow



Place Ginger root, garlic, onion, and cumin seed in a food processor and pulse until combined. Mix the processed ingredients with the yogurt, lemon juice, paprika, coriander, salt, ground ginger, turmeric, ground red pepper, cardamom, ground cloves, red food coloring, and yellow food coloring. Take each piece of the chicken and slash it across the flesh, three times, almost to the bone. Rub each breast with the yogurt mixture and place in ziplock bags. Store in the refrigerator.

Cooking instructions:

Remove chicken from the yogurt marinade. Barbeque or broil approximately 20-25 minutes or until chicken is done.

Serving Suggestions:

Indian Spiced Rice and Lentils / Curried Cauliflower with Peas / Indian Vegetable Pullao