Tandoori Chicken

Description

This classic Tandoori Chicken is a roasted chicken delicacy, made with a lively yogurt and spice marinade. The cayenne pepper and other mix of spices give Tandoori a nice kick.

Summary

Yield: 4
Prep Time: 1 hour
Category: Poultry
Cuisine: Indian

Ingredients

- 1 3 pound chicken, skinned, cut into pieces
- 1/2 cup plain yogurt
- 2 tbsp fresh lemon juice
- 3 cloves garlic, minced
- 1 tbsp ginger root, peeled and grated
- 1 tbsp ground cumin
- 1/2 tsp cayenne pepper
- 1/4 tsp ground cardamom
- 1/4 tsp ground cloves
- 1/4 tsp fresh ground black pepper
- 1 tsp garam masala (optional)
- 2 tbsps vegetable oil, for brushing
- 2 tsp salt to taste
- slices of red onion, lemon wedges, and cilantro sprigs for garnish

Instructions

Pierce the chicken all over with a fork. With a sharp knife, cut slashes in the flesh to allow the Tandori marinade to penetrate. Place the chicken pieces in a large, shallow dish.

Marinade
In a separate mixing bowl, combine the yogurt, lemon juice, garlic, cumin, coriander, cayenne pepper, cardamom, cloves, garam masala (optional), black pepper and salt. Stir to mix thoroughly. Pour the mixture over the chicken and rub into the flesh. Coat the chicken thoroughly, turning the chicken pieces several times. Cover and refrigerate overnight to marinate, for at least 8 hours.

The best options for cooking are charcoal grilling or roasting.

Tandoori Chicken

Grilling
Remove the chicken marinade and brush with oil. Coat the grill rack with oil. Place the chicken pieces on the grill. Cook with the grill covered and vents open. Turn the chicken 3 or 4 times and cook for about 45 minutes or until the juices run clear when pierced near the bone with a knife.

Roasting
Preheat the oven to 450. Place the chicken in a roasting pan and brush with oil. Cook for about 30 minutes, turning once. The chicken is done when you pierce the chicken near the bone with a knife and the juices run clear.

To Serve
Place the chicken on a serving dish. Arrange the sprigs of cilantro, lemon wedges and slices of red onion as garnish.

Notes
The Garam Masala is a traditional blend of spices common in India. It may be difficult to find here in the US. Try an Indian grocer if you have in your area. If you can't find this spice blend, you'll get close enough even if you leave it out.