



Recipes

Meats

Tandoori Chicken

Prep Time: 10 minutes

Marinade Time: 2 hours

Cooking Time: 20-25 minutes

Yield: 4 servings

Ingredients:

- 1 3-pound chicken, cut into 8ths
- 1/2 cup plain yogurt
- 2 tablespoons lemon juice
- 1 tablespoon minced garlic
- 1 tablespoon grated ginger
- 1 tablespoon ground cumin
- 1 teaspoon ground coriander
- 1/4 teaspoon black pepper
- 2 teaspoons salt

Directions:

1. Prick the chicken with a fork and with a knife cut slashes so the marinade can be absorbed.
2. Place chicken in a shallow dish.
3. Combine yogurt, lemon juice, garlic, ginger, cumin coriander, pepper and salt.
4. Stir until well mixed and pour over chicken.
5. Rub marinade into chicken and turn chicken several times.
6. Cover and refrigerate at least 30 minutes.
7. Preheat oven to 450 degrees.
8. Cook, turning once, for 25-30 minutes.
9. Serve with sprigs of cilantro.