

## RECIPE: BBQ Tandoori Style Chicken

This is a truly delicious way to eat chicken whether it is sunny or not. There are no tricks except a long marinating time (and not over-cooking the chicken!) so that the flavours can seep deep into the flesh and the chicken becomes really juicy.

If you like the red of tandoori chicken, you can add some food colouring or add paprika powder to the marinade, I prefer the flavours as they are and don't miss the colour but I leave it to you. I serve this with the green herb chutney.

Serves: 6 pieces, can be doubled

### Ingredients:

- 6 skinless medium chicken thighs, legs or both (depending on size)
- 2 tbs. lemon juice and some wedges for eating
- 1 tsp. salt
- Butter for finishing
- Marinade
- 120g full fat plain yoghurt
- 4 fat cloves garlic, peeled
- 15g ginger, peeled
- ½-¾ tsp. red chilli powder
- 1 good tsp. cumin powder
- 1 good tsp. garam masala
- 1 tbs. vegetable oil

### Method

Slash the chicken 3 times down to the bone at the thickest parts of the chicken to allow the marinade to get in but also for quicker and more even cooking. Place in a bowl and marinate in half the lemon juice and half the salt for one hour, if you have the time. Leave for 1 hour.

Blend together all the remaining ingredients until smooth (add the extra lemon and salt if you didn't marinate it as above). Add to the chicken and leave to marinate for as long as possible, overnight, covered in the fridge is best but at least 3-4 hours.

Remove the chicken from the fridge 30 minutes or so before cooking. Heat the BBQ to a medium high grill or preheat your oven grill to fan assisted and high and line a baking sheet with foil. Place the chicken on the BBQ and cook, turning often and moving around to prevent burning and hot spots until charred and cooked through, around 20-25m, turning often. Or, place the chicken on foil and place under the grill, mine is in the oven, on the middle shelf, and grill until charred on both sides and cooked through, it should take the same amount of time.

Baste with the butter and serve with lemon wedges.

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