

# Tandoori Chicken



I discovered it in a good Indian restaurant in England.

It is a very healthy variation to eat chicken.

I like it with another traditional yogurt cucumber salad, raita. Or simple with a salad. It can be also serve with rice.



Tandoori chicken was created by Kundan Lal Gujral, a Punjabi Hindu, founder of the Moti Mahal Delux restaurant in actual Pakistan.

Jackie Kennedy discovered it in 1962 and it became a preferred Pr. Kennedy's dish. He loved it.

It started to be a recipe to have something new on the table when sharing lunch with friends and family.

## **Ingredients:**

12 pieces organic chicken

6 pc drumsticks and 6 pc. boneless or bone-in thighs, or 4 breast halves and 4 leg quarters, etc

3 slices of raw onions, separated into rings, for a garnish

½ lemon, cut into slices, for garnish



## **Marinade:**

1 cup plain yogurt\*

1 tablespoon lemon juice

1 teaspoon allspice

2 tablespoon tandoori blend

1 tablespoon finely minced garlic

1 tablespoon Thai chili paste

12 pieces organic chicken

6 pc drumsticks and 6 pc. boneless or bone-in thighs, or 4 breast halves and 4 leg quarters, etc

3 slices of raw onions, separated into rings, for a garnish

½ lemon, cut into slices, for garnish

Dr Claude Martin-Mondiere from "Cook and Lose"

\*vegan, goat, regular cow milk fat free or whole milk at your convenience.

**Directions:**

- In a small mixing bowl, stir together the yogurt and lemon juice. Add the spices, minced garlic, and chili paste, and whisk until you have a smooth, thick marinade.
- Put the pieces of the chicken in a mixing bowl with airtight lid, add the marinade. Closed and knead the bowl until the chicken is well-coated with marinade. Open bowl slightly, squeeze out most of the air, close again. Refrigerate 12-24 hours. If serving this for dinner, I usually make the marinade and start the chicken soaking the evening before.
- Turn the bowl and knead the marinating chicken once or twice while it's in the refrigerator.
- When you are ready to cook, take the chicken out of the refrigerator, line a large roasting pan with foil, lay a rack over the pan so air can circulate under the roasting chicken, and pre-heat your oven to 425.
- If you have a convection bake or convection roast cycle, use that.
- Place the chicken pieces on the rack so they are not touching. Empty what is left of the marinade into a bowl and touch up any "empty" spots on the chicken pieces with the marinade.
- Once the oven is hot, put the pan with the chicken in the oven, and leave the door closed (no peeking!). Turn the chicken pieces once after 30 minutes of cooking time, then roast for another 10 to 15 minutes, or until slightly charred on the second side, but no more than 15 minutes for legs and thighs. If you are cooking breasts, poke one with a skewer to make sure the juices run clear.
- Turn the oven off, and let the chicken rest in the closed oven for 20-30 minutes more.

Remove the chicken to a warm platter, garnish with the onion rings and a few squeezes of lemon, and enjoy!

**Cucumber, Mint, and Tomato Raita**



**Ingredients:**

- 1 cup plain yogurt
- 1 pinch of ground black pepper
- ¼ teaspoon of cayenne pepper
- ½ black cumin seeds (Nigella)
- 1 medium tomatoes, peeled, seeded, and finely chopped
- 1 medium cucumber peeled and chopped into a small dice
- 2 scallions, finely sliced
- 2 tablespoons fresh mint leaves, crumbled

**Direction:**

Dice the cucumber set it in a bowl with salt for 1 hour, rinse it and let it dry in a colander when preparing the recipe.

Put yogurt in a bowl, beat lightly with a fork until smooth and creamy.

Add pepper, cayenne and cumin. Mix well.

Add remaining ingredients and the dry diced cucumber and mix well.

**TANDOORI:**

Blend of spice to make tandoori:

- 1 teaspoon ground ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1 teaspoon turmeric
- 1 pinch of salt (optional)
- 1 teaspoon cayenne pepper

I like to add black cumin (Nigella) but the red comes darker, eating must be customized according to your own taste, and needs. A recipe is only a frame to start your own one. The hot taste of the recipe, helps naturally to have a portion control. It is delicious but one bite at a time, steamed greens or a salad are perfect to complete and make this main dish part of a delicious and healthy loss weight program.