

# TANDOORI CHICKEN

INGREDIENTS : 1 X 1KG - 1½ TENDER CHICKEN

## MARINADE

- 1 teaspoon Salt
- 2 teaspoons Ginger/Garlic Pounded
- 3 teaspoons Tandoori Spice
- 1 cup yoghurt or buttermilk or 1/4 cup vinegar
- 2 tablespoons cooking oil
- 1 green chilli pounded
- 1/2 teaspoon tumeric powder (borrie)
- 1/4 teaspoon red food colouring (optional)
- 1 tablespoon dhania (coriander) leaves chopped.

(this gives russet  
colour distinctive  
to tandoori chicken)

## METHOD

Split chicken into two or 4 parts. Wash and pat dry. Combine marinade and marinate chicken overnight or for + 3 - 5 hours.

Place chicken in overproof dish and bake in preheated oven 180°C for at least 1 hour.

## Optional

Spread onion rings (2 onions) over chicken.

Place under grill basting with juices until tender.

Be careful - tandoori has tendency to dry quickly)

Garnish with sprigs of coriander and serve with salad and hot roti or baked bread or savoury or fried rice.

Alternatively garnish with tomato or pineapple.