

Tandoori Chicken

A famous Indian/Pakistani chicken dish which is cooked in, and takes its name from, a clay oven called a tandoor, this is extremely popular in the West and appears on the majority of Indian restaurant menus. Though the authentic tandoori flavor is difficult to achieve in conventional ovens, this version still makes a very tasty dish.

INGREDIENTS

Serves 4

- 4 chicken quarters
- $\frac{3}{4}$ cup plain low-fat yogurt
- 1 teaspoon garam masala
- 1 teaspoon chopped fresh ginger
- 1 teaspoon chopped garlic
- $1\frac{1}{2}$ teaspoons ground chilies
- $\frac{1}{4}$ teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1 tablespoon lemon juice
- 1 teaspoon salt
- a few drops red food coloring
- 2 tablespoons corn oil

To garnish

- mixed lettuce leaves
- lime wedges
- 1 tomato, quartered



2 Stir together the yogurt, garam masala, ginger, garlic, ground chilies, turmeric, ground coriander, lemon juice, salt, red food coloring and oil, and beat until well mixed.

3 Cover the chicken quarters with the yogurt and spice mixture and marinate for about 3 hours.

4 Preheat the oven to 475°F. Transfer the chicken pieces to an ovenproof dish.

5 Bake in the oven for 20–25 minutes, or until the chicken is cooked through and browned on top.

6 Remove from the oven, transfer to a serving dish and garnish with the lettuce leaves, lime and tomato.



1 Skin, rinse and pat dry the chicken quarters. Make 2 slits in the flesh of each piece, place in a dish and set aside.