

Chicken Tandoori Recipe

Chicken tandoori is a popular Indian dish that is made by marinating chicken in a mixture of yogurt and spices, and then cooking it in a clay oven, called a tandoor. The marinade usually includes a blend of spices such as cumin, coriander, turmeric, paprika, and garam masala, along with garlic, ginger, and lemon juice.

Ingredients:

- 4 bone-in chicken legs or breasts
- 1 cup plain yogurt
- 1 tablespoon grated ginger
- 1 tablespoon minced garlic
- 1 tablespoon paprika
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon turmeric
- 1 teaspoon garam masala
- 1/2 teaspoon cayenne pepper
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- Lemon wedges, for serving

Cooking Instructions:

- In a large bowl, whisk together the yogurt, ginger, garlic, paprika, cumin, coriander, turmeric, garam masala, cayenne (if using), lemon juice, salt, and vegetable oil.
- Add the chicken to the bowl and toss until the chicken is well coated with the marinade. Cover the bowl with plastic wrap and marinate in the refrigerator for at least 2 hours, or overnight.
- Preheat your oven to 450°F (230°C) and line a baking sheet with foil.
- Remove the chicken from the marinade and shake off any excess. Place the chicken on the prepared baking sheet.
- Bake the chicken for 20-25 minutes, or until the internal temperature of the chicken reaches 165°F (74°C).
- If desired, broil the chicken for an additional 2-3 minutes to crisp up the skin.
- Serve the chicken hot, garnished with lemon wedges.

Enjoy your delicious and flavorful chicken tandoori. 😊