

Tandoori chicken

Gaggenau Appliance:

Preparation Time: 15 minutes + 2 hours 20 minutes
marinating

Cooking Time: 35 minutes

Serves: 4



Ingredients

1 small free range chicken
2 tbsp lemon juice
1 tbsp minced ginger
1 tbsp minced garlic
½ cup thick plain yoghurt
2 tbsp tandoori spice paste
Lime wedges to serve
Coriander, sliced chilli and spring onion to garnish

Mint yoghurt sauce

1 bunch mint, leaves picked
1 bunch coriander, leaves picked
2 tbsp lemon juice
1 green chilli, deseeded
½ red onion, chopped
1 tbsp minced ginger
½ tsp salt
5 tbsp Greek yoghurt

Method

Chicken is incredibly succulent when cooked in the combi-steam oven. Cooking on the bone gives more flavour. Tandoori chicken is packed with big bold flavours, offset with a fresh and zingy mint yoghurt sauce.

Preparation:

1. Joint chicken into 8 pieces, or ask your poultry supplier to do this. Make 2 incisions with a sharp knife into each piece. Mix lemon juice, ginger and garlic, then rub all over chicken. Refrigerate for 20 minutes.
2. Drain off excess liquid. Mix yoghurt with tandoori paste. Rub all over chicken pieces and marinate in refrigerator for 2 hours.
3. Preheat oven to Hot air 200°C + 30% humidity. Place chicken pieces on a wire rack and use a stainless steel unperforated tray underneath to catch any marinade. Cook for 20 minutes on shelf level 2.
4. Adjust oven to Full surface grill + air recirculation 220°C. Grill for 10 to 15 minutes until chicken is golden brown and a little charred. Set aside to rest.
5. To make the sauce, mix together the herbs, lemon juice, chilli, onion, ginger and salt in a food processor. Fold through the yoghurt and place in a serving bowl.

To finish Place the chicken pieces on a serving platter, garnish with fresh coriander, sliced chilli and spring onion. Serve with lime wedges and mint yoghurt sauce. **Note** Buy the best organic free range chicken available. You can substitute chicken pieces if you prefer.