



whitefriar grill

WFG Tandoori Chicken

This is based on a traditional Tandoori recipe but we use Irish corn-fed chicken from (name of supplier / producer) and we add ***** and the chicken is left to marinade in the spices over night to let the flavour penetrate the meat fully. Tandoori, like many spicy dishes is better with a real ale like our Porters Head from *****.

Ingredients

For the chicken

- 1.75kg/4lbs chicken drumsticks, skinned
- pinch salt
- 2 lemons, juice only
- 500g/1lb 2oz plain yoghurt
- 3-4 tbsp tandoori spice mix
- For the dip
- 3-4 tbsps plain yoghurt
- pinch salt
- pinch sugar
- 5 fresh mint sprigs
- 1 green chilli, deseeded, sliced

Preparation method

- Cut deep incisions into the chicken flesh with a small, sharp knife. Place the chicken into a bowl and sprinkle over the salt and the juice of two lemons, massaging into the chicken until well coated.
- Whisk the yoghurt and tandoori spice mix in a bowl until well combined. Pour the marinade onto the chicken and massage into the flesh. Cover with clingfilm and chill in the fridge overnight.
- Preheat the grill to high.
- Lift the drumsticks from the tandoori mixture and gently shake off any excess. Place a wire rack over a roasting tin and lay the drumsticks upon it. Grill for 20 minutes, turning regularly, or until richly burnished and the chicken is cooked through. Add more lemon juice to taste.
- For the dip, place all of the ingredients into a food processor and blend until smooth. Serve alongside the chicken drumsticks.