



Spicy Steve's Indian Recipes

CHICKEN TIKKA

This is a classic Indian dish which can best enjoyed baked in the oven (Tandoor style) or grilled or barbequed on skewers. The yoghurt helps to both marinate the meat and keep the juices in as it is cooked. This is a mild dish, however, that isn't anything a little extra chilli couldn't cure if you wanted.

Ingredients:

- 1 1/2 lbs chicken breasts, cut into 1" cubes and boneless
- 2/3 cup yoghurt
- 1 1/2 Tbsp grated ginger
- 3 cloves garlic
- 1 tsp chilli powder
- 1 Tbsp coriander powder
- 1/2 tsp salt
- juice of one lemon
- 1 Tbsp oil

Method:

1. Mix all ingredients in a bowl, except the chicken. Blend well.
2. Add chicken cubes.
3. Marinate overnight or 3 - 4 hours.
4. Thread chicken on skewers. If using wooden skewers, soak the skewers for several hours in warm water, so they will absorb some of the water and reduce burning on the barbeque.
5. Barbeque, Grill or Bake 5 - 8 minutes or until chicken cooked and browned lightly. Turn frequently, particularly on the barbeque and baste with any remaining sauce. Make sure they are cooked well after the last of the sauce is put on so as to avoid any bacteria from uncooked chicken juices in the sauce. If you want to be totally safe do not baste them at all.