

Big Daddy's Tandoori Chicken

From Aaron McCargo, Jr., Food Network show 9/2011



Servings: 4

The recipe assumes you will eat all the chicken skin - so the calorie and fat content is very high. Some of the Food Network commenters thought the marinade was too hot - so use less cayenne.

- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 tablespoon smoked paprika
- 1/2 teaspoon cayenne, or less, to suit your taste (maybe 1/4 tsp)
- Salt and freshly ground black pepper
- 1 lemon, zested and juiced
- 1/2 cup yogurt
- 2 tablespoons minced garlic
- 2 tablespoons grated ginger root
- 3 pounds chicken pieces (if using boneless, skinless, reduce grilling time)
- 3 tablespoons chopped chives

1. Preheat a grill to medium-high.
2. In a medium-sized bowl, mix together the cumin, coriander, paprika, cayenne, salt, pepper, to taste, lemon juice, lemon zest, yogurt, garlic and ginger root until well incorporated. Add chicken and evenly cover with marinade. Cover with plastic wrap refrigerate for 1 to 2 hours.
3. Remove the chicken from the marinade and place pieces on the grill. Cook for 6 to 7 minutes on each side, turning twice. Baste once midway through with remaining marinade. Lower heat to low and cover with grill lid. Continue to cook until the chicken is cooked through, about 18 to 20 minutes.

Per Serving (excluding unknown items): 541 Calories; 37g Fat (61.3% calories from fat); 45g Protein; 7g Carbohydrate; 1g Dietary Fiber; 215mg Cholesterol; 183mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>