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Tandoori Chicken (Tandoori Murghi) Recipe

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Classic tandoori chicken from India is marinated in yogurt, lemon juice, and plenty of spices, then grilled or broiled. Plan ahead. This recipe needs to marinate at least 8 hours or overnight.

Prep Time: 8 hours, 45 minutes**Cook Time:** 45 minutes**Total Time:** 8 hours, 90 minutes**Ingredients:**

- 1 (3-pound) chicken, cut into serving pieces, skinned and trimmed of all visible fat
- 1/2 cup plain yogurt
- 2 tablespoons fresh lemon juice or malt vinegar
- 1 tablespoon minced garlic
- 1 tablespoon peeled and grated or crushed ginger root
- 1 tablespoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cloves
- 1/4 teaspoon fresh-ground black pepper
- 2 teaspoons salt, or to taste
- Vegetable oil, for brushing
- Fresh cilantro sprigs for garnish
- Slices of cucumber, red (Spanish) onion, tomato and lemon, for garnish

Preparation:

Prick the flesh of the [chicken](#) all over with a fork. Then, using a sharp knife, cut slashes in the flesh to allow the marinade to penetrate. Place the [chicken](#) in a nonreactive large, shallow dish.

In a nonreactive bowl, combine the [yogurt](#), lemon juice or [vinegar](#), [garlic](#), [ginger](#), cumin, ground [coriander](#), cayenne pepper, cardamom, cloves, black [pepper](#) and [salt](#). Stir until well-mixed, then pour the mixture over the [chicken](#) and rub it into the flesh, turning the [chicken](#) several times. Cover and refrigerate 8 hours or overnight. (Do not [marinate](#) for longer than 2 days.) Remove the [chicken](#) from the refrigerator at least 30 minutes before cooking.

The [chicken](#) may be grilled or roasted. If using a charcoal grill, prepare a fire for direct-heat cooking. Position the grill rack 5 inches from the fire. Allow the coals to burn until white ash covers them and the heat is moderate.

Remove the [chicken](#) from the marinade, pressing lightly to extract excess [marinade](#), and brush with oil. Place the [chicken](#) pieces on a well-oiled grill rack and; grill, covered, with the vents open, turning 3 or 4 times, 45 minutes or until the juices run clear when a piece is pierced near the bone with a knife.

If roasting, preheat the oven to 450 degrees. Place the [chicken](#) on a rack in a roasting pan, brush with oil, and cook, turning once, 25 to 30 minutes until the juices run clear when a piece is pierced near the bone with a knife.

Serve with sprigs of [cilantro](#) and slices of cucumber, [red onion](#), [tomato](#), and lemon.

Yield: 4 servings

Per serving (without cucumber, red onion, tomato or lemon, for garnish): 303 calories, 33 percent calories from fat, 45 grams protein, 3 grams carbohydrates, .54 gram total fiber, 11 grams total fat, 124 milligrams cholesterol, 707 milligrams sodium.

Source: [Savoring India](#) by Julie Sahni (Williams-Sonoma/Oxmoor)
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