

Chicken Tikka

OK, it's actually Indian, but chicken tikka is delicious and has become a national favourite. And, truth be told, apart from roast chicken, all our favourite chicken recipes hail from elsewhere. Anyway, it's easy to make.

These recipes come from Reza Mahammad's *Rice, Spice and all things Nice*¹.

Ingredients

1 small bunch	fresh coriander, chopped
1 tbsp	onions, fried to golden-brown
½ tsp	salt
2 cm piece	ginger, finely grated
2 cloves	garlic, finely grated
4–6	green chillies, chopped
100 ml	yoghurt
100 ml	single cream
	juice of ½ lime
500g	boneless chicken, cubed
1 tsp	garam masala

Method

Place the coriander, fried onions, salt, ginger, garlic, green chillies, yoghurt, cream and lime juice in a food processor. Blend into a smooth paste.

Place the cubed chicken in a large bowl and toss it thoroughly with the marinade paste. Sprinkle over the garam masala. Cover with cling film and marinate in the fridge, preferably overnight.

Preheat the oven to 200° C/180° C Fan/400°F/Gas Mark 6.

Spread the chicken out evenly on a roasting tray and roast for 10–15 minutes until the chicken is cooked through. Serve hot from the oven, with *raita* and *naan* bread. You can get the bread from any supermarket, but here's Reza's recipe for *Cucumber Raita*.

Cucumber Raita

Ingredients

1	cucumber, grated
450 ml	yoghurt
4 tbsp	dill, finely chopped
	black pepper
1 clove	garlic, crushed
1 tbsp	vegetable oil
½ tsp	mustard seeds
½ tsp	cumin seeds
pinch	asafoetida
4–5	curry leaves

Method

Squeeze out any excess water from the grated cucumber. Mix together the cucumber and yoghurt and stir in the dill, black pepper and the garlic.

Heat the oil in a small pan till smoking and fry the mustard seeds, cumin seeds, asafoetida and curry leaves for a couple of minutes, stirring, until fragrant. Pour this mixture onto the raita and stir through.

1 Mahammad, Reza. *Rice, Spice and All Things Nice*. London: Simon & Schuster UK Ltd. 1988.