

## Murgh Tikka

Serves 4

### Ingredients

- 4 chicken Maryland pieces, skin off
- 300 g Basmati rice
- 1 kg plain yoghurt
- 2 tbsp unsalted butter
- 1 piece of wood charcoal

### Ingredients for marinade

- 1 cup plain yoghurt
- 1 ½ tsp garlic paste
- 1 ½ tsp ginger paste
- Juice from ½ lemon
- 1 ½ tsp roasted and crushed cumin seeds
- ½ tsp chilli powder
- ½ tsp garam masala powder (cumin, clove, black pepper, nutmeg, cinnamon)
- ½ tsp coriander powder
- 1 tsp rock salt
- ¼ tsp yellow food colouring
- 1 tsp olive oil

### Ingredients to flavour rice

- 1 pinch saffron, soaked in ¼ cup of milk prior to preparing the rice
- 3 to 4 drops Kewra water
- 3 whole green cardamoms
- 3 cloves
- ½ tsp garam masala
- ¼ tsp rock salt
- 1-inch stick of cinnamon

### Ingredients for Raita

- 1 cup plain yogurt, whisked with a small amount of water (don't add too much or it will be watery)
- ½ cup finely chopped and seeded cucumber
- ½ cup finely chopped onion
- ½ cup finely chopped tomato



- ¼ cup finely chopped mint
- ¼ tsp ground cumin
- Salt to taste
- Chilli powder to taste, optional

### **Instructions**

- Wash hands thoroughly
- Wash chicken and pat dry with paper towel
- Put one cup of yoghurt in a bowl. Add garlic, ginger, lemon juice, cumin powder, chilli powder, garam masala, coriander powder, salt, food colouring and olive oil to yoghurt. Mix well.
- Rub the mixture on the chicken pieces, ensuring it enters the cut ends as well.
- Allow chicken to marinate for 4 hours
- Heat a large, deep frying pan with lid over low heat. Add oil or butter to heated pan.
- Transfer marinated chicken pieces into frying pan and cover with lid.
- Keep turning the chicken intermittently until fully cooked.
- Once cooked, place the burning piece of wood charcoal, contained in a small vessel, inside the frying pan containing the chicken. Immediately add oil or butter on to the burning charcoal piece, and cover the frying pan with a tight lid, allowing the smoke to infiltrate the chicken pieces.
- Remove the charcoal after about 5 minutes, or just before serving the chicken.

### **Directions for Rice**

- Prepare the rice according to packet instructions – but drain it once it's 70% cooked.
- Put the strainer containing the rice aside.
- Using the rice pot, add butter, cloves, cardamom and cinnamon and sauté for a few minutes. Transfer the rice into the pot and add the saffron, ½ tsp of garam masala, ¼ tsp of rock salt and the drops of Kewra water.
- Mix well until heated through and serve.

### **Directions for Raita**

- Put one cup of yogurt in a container and whisk with a little water – take care not to make it watery.
- Add the finely chopped cucumber, onion, tomato and mint and mix.
- Season with cumin, salt and black pepper.
- Chilli powder is optional.

**How do you serve the dish?**

- Lots of garden salad
- Caramelised onions
- Raita
- Red onion rings with coriander
- Mint chutney
- Spicy tamarind chutney
- Garlic naan

**Do you have any tips for using leftovers creatively?**

Make wraps or sandwiches with left over chicken

**Do you have any time saving recipe shortcuts?**

Can omit saffron and replace with food colour.

Rice can be prepared beforehand.

Chicken tikka can be prepared and cooked beforehand and warmed up before serving.