

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING TANDOORI CHICKEN LEGS

SALAD COURSE: CUCUMBER AND TOMATO SALAD

INGREDIENTS:

1 cucumber, diced
2 tomatoes, diced
1 small red onion, finely chopped
1 tablespoon olive oil
1 tablespoon lemon juice
Salt and pepper to taste
Fresh cilantro for garnish

PREPARATION:

In a bowl, combine the diced cucumber, tomatoes, and red onion.
Drizzle with olive oil and lemon juice.
Season with salt and pepper, and toss gently to combine.
Garnish with fresh cilantro.
Presentation: Serve in a chilled bowl, garnished with additional cilantro on top.

ENTREE: TANDOORI CHICKEN LEGS

INGREDIENTS:

4 chicken legs
1 cup plain yogurt
2 tablespoons tandoori masala
1 tablespoon lemon juice
2 cloves garlic, minced
1 inch ginger, grated
1 teaspoon salt
1 teaspoon cayenne pepper (optional for heat)
Fresh cilantro for garnish

PREPARATION:

In a bowl, mix yogurt, tandoori masala, lemon juice, garlic, ginger, salt, and cayenne pepper.

Add chicken legs to the marinade, ensuring they are well coated. Cover and refrigerate for at least 4 hours, preferably overnight.

Preheat the oven to 400°F (200°C).

Place the marinated chicken legs on a baking sheet lined with parchment paper. Bake for 35-40 minutes, or until the chicken is cooked through and has a nice char.

Garnish with fresh cilantro before serving.

PRESENTATION:

Serve on a platter with lemon wedges and a sprinkle of cilantro.

SUGGESTED SIDE DISH 1: GARLIC NAAN

INGREDIENTS:

2 cups all-purpose flour

1 teaspoon sugar

1 teaspoon salt

1 teaspoon baking powder

1/2 cup warm water

1/4 cup yogurt

2 tablespoons garlic, minced

2 tablespoons butter, melted

PREPARATION:

In a bowl, mix flour, sugar, salt, and baking powder.

Add warm water and yogurt, knead into a soft dough. Let it rest for 30 minutes.

Preheat a skillet over medium heat.

Divide the dough into small balls, roll out into flatbreads.

Cook each naan on the skillet for 2-3 minutes on each side until golden.

Brush with melted butter and sprinkle with minced garlic.

Presentation: Serve warm, stacked on a plate, wrapped in a clean kitchen towel.

SUGGESTED SIDE DISH 2: SPICED RICE

INGREDIENTS:

1 cup basmati rice

2 cups water

1 tablespoon ghee or oil

1 onion, sliced

1 teaspoon cumin seeds

1 bay leaf

Salt to taste

Fresh cilantro for garnish

PREPARATION:

Rinse the basmati rice under cold water until the water runs clear.

In a pot, heat ghee or oil, add cumin seeds and sliced onion, sauté until golden. Add bay leaf, rice, and water. Season with salt. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes or until rice is cooked. Fluff with a fork and garnish with fresh cilantro. Presentation: Serve in a bowl, garnished with cilantro.

DESSERT: MANGO LASSI

INGREDIENTS:

1 cup yogurt
1 cup ripe mango, diced
1/2 cup milk
2 tablespoons sugar (adjust to taste)
A pinch of cardamom powder
Ice cubes

PREPARATION:

In a blender, combine yogurt, mango, milk, sugar, and cardamom powder. Blend until smooth and creamy. Add ice cubes and blend again until frothy.

PRESENTATION:

Serve in tall glasses, garnished with a slice of mango on the rim.

WINE PAIRING:

I recommend pairing this meal with Kaiken Ultra Malbec Red Wine. Its rich flavors will complement the spices in the Tandoori Chicken beautifully.