

Tandoori Chicken

炭火烤鸡



Ingredients:

1 cleaned chicken weighing about 1 kg (or, if you prefer, 1 kg of chicken breasts)
1 small onion
2 lemons
1 garlic clove
250 g white yoghurt
Extra virgin olive oil, to taste
2 spoonfuls of Carapelli wine vinegar
1 teaspoon of powder black pepper
1 teaspoon ground ginger
½ teaspoon of powdered red hot chilli pepper
1 teaspoon and a ½ of coriander seeds
1 teaspoon and a ½ of cumin seeds
½ teaspoon of powdered curcuma
Salt
Parsley leaves (for garnishing)



Preparation:

Peel and grind the garlic finely in a mortar. Clean and peel the onion, and cut into thin slices. Squeeze and filter into a bowl the juice of 1 lemon; add the garlic, the onion, the salt and all the spices and mix well. Add the yoghurt, the vinegar and two spoonfuls of oil and mix until you get a uniform sauce. Cut (or have the butcher cut) the chicken in quarters. With a sharp knife make some cuts in the legs and the breast of the chicken; transfer it into a bowl that can be placed in the fridge and spread it evenly with the spice sauce and the yoghurt, so that it becomes flavoured. Leave it in the fridge, covered, for 12 hours (it would be ideal to prepare the marinade the night before you cook the chicken, letting it rest for the whole night, or in the morning to cook the chicken in the evening). Warm up the oven to 180°.

Remove the chicken pieces from the marinade and lay them out in an oven dish with the bottom covered in oil, or on the grate, with the oven plate to gather the sauce.

Cook for 40-50 minutes, pouring the sauce and a little oil on every so often, until the chicken is nicely golden. Serve hot, accompanied by its cooking juices, in a dish garnished with slices of lemon and parsley leaves.

配料:

洗净的鸡肉（根据个人喜好可使用鸡脯肉）	1kg
洋葱	1个
柠檬	2个
蒜，丁香	少许



白色酸乳酪	250g
卡拉佩利特级初榨橄榄油	适量
卡拉佩利酒醋	2勺
黑胡椒	1茶勺
生姜	1茶勺
红辣椒粉	½茶勺
胡荽籽	½茶勺
孜然芹果籽	½茶勺
姜黄粉	½茶勺
盐	
香菜叶	少许

制作过程:

把蒜剥皮捣碎，洋葱洗净剥皮切片。取柠檬一个榨好汁放入碗中，加入蒜末，洋葱片，盐和准备的各种调料，搅拌均匀。加入乳酸酪，醋酒和橄榄油搅拌，直到所有配料充分混合。将制好的调料备用。

鸡肉切块。用小刀在鸡腿和鸡脯上划开几个口子。把鸡肉放在碗中，均匀涂抹上制备的调料和酸乳酪，腌制入味。把碗盖上盖子放入冰箱静置十二小时。（最好是在做菜的头天晚上准备材料，或者在早晨备料，晚上做）

把烤箱预热至180℃。

把鸡肉从冰箱中取出，在底部刷上橄榄油，放在烤箱盘，入烤箱烘烤。或在烤盘上倒上调料，放在炉上烘烤也可。

烘烤40-50分钟，其间根据情况，不时刷些调料和橄榄油，烤至鸡肉呈金黄色。趁热装盘上桌。在盘子周围摆上柠檬片，香菜叶装饰。