



Chicken Tikka - serves 4

450g boneless chicken meat
(for best flavour use leg or thigh rather than breast meat)
150g yoghurt
2 tbsp lemon juice
2 garlic cloves, peeled and crushed
1 tbsp finely grated fresh ginger
2tsp garam masala
½ tsp ground cumin
1tsp paprika
½ tsp cayenne powder
1 tsp salt
2 tbsp vegetable oil
Handful of fresh coriander or parsley and lemon wedges, to serve

Cut the meat into cubes, about 5cm square. Combine yoghurt, lemon juice, ginger, spices, salt and vegetable oil in a non-reactive bowl, and mix well. Add the chicken, toss well and leave to marinate for 2 to 3 hours.

Heat the grill, skewer the chicken pieces loosely on thin bamboo skewers and place on a lightly oiled grill rack. Grill the chicken under a medium heat for about 8 minutes on each side, until nicely scorched and cooked through (alternatively you can place the rack over a baking tray and bake in a preheated oven at 230°C / gas 8 for 10 to 12 minutes)

Scatter coriander or parsley, and serve the chicken tikka with lemon wedges and rice.