

TRUPTI CHICKEN WITH CUCUMBER RECIPE

INGREDIENTS

4 – 6 tablespoons of Trupti Tandoori Mix
6 tablespoons of the Trupti Dry Onion mix
2 large garlic cloves, minced
2 tablespoons minced ginger
3 tablespoons vegetable oil
1/2 cup Greek yogurt
Coarse salt
1 whole chicken (about 4 1/2 pounds)
Cucumbers, lime wedges and chilies (such as serrano)

METHOD

Puree garlic, and ginger. Heat oil in a skillet over medium-high heat. Add onion mixture. Fry until translucent, about 5 minutes. Stir in Trupti Tandoori Masala spice mixture and turmeric. Add the dry Trupti Onion Mix and take mixture off stove to let cool.

Stir yogurt into onion mixture. Season with salt.

Place chicken, breast side up, on a rimmed baking sheet, and tuck wings under. Tie legs together with kitchen twine. Pat chicken dry with paper towels. Gently separate skin from breast of chicken, and rub some of the yogurt mixture under the skin on each side. Cover with plastic wrap, and refrigerate for at least 8 hours or overnight.

Preheat oven to 450 degrees. Uncover chicken, and season with salt. Reduce oven temperature to 400 degrees. Roast chicken for 30 minutes. Remove from oven, and tent loosely with foil. Return to oven, rotating sheet. Roast until juices run clear and an instant-read thermometer inserted into the thickest part of a thigh reaches 165 degrees, about 30 minutes more. Let rest for 10 minutes before serving with cucumbers, lime wedges, and chilies. Preheat oven to 475 degrees. In a large bowl, mix together 1/2 cup yogurt, garlic, turmeric, tandoori masala, ginger, 2 teaspoons salt, and 1/4 teaspoon pepper. Add chicken; turn to coat.

Transfer chicken to a rimmed baking sheet. Roast until an instant-read thermometer inserted in thickest part of breast (avoiding bone) registers 160 degrees, 25 to 30 minutes.

Meanwhile, peel apple; coarsely grate into a medium bowl. Add cilantro and remaining 1/2 cup yogurt; season with salt and pepper. Serve sauce alongside chicken, with rice, if desired.