

★ **U.K.** ★
BBQ
 ★ *Week* ★
 19TH - 28TH AUGUST
2017



RECIPE

BBQ Tandoori Chicken in a tomato, garlic and fenugreek sauce



INGREDIENTS

8-10 free range chicken thighs, skinned and boned

For the marinade

Juice of two lemons
 1 tsp sea salt
 3 Tbs vegetable oil
 6 cloves garlic – smashed into a paste
 1 two-inch piece of ginger – smashed into a paste
 1 Tbs (or more) red hot chilli powder
 2 Tbs cumin seeds
 2 TBs coriander seeds

For the sauce

2 tins (800ml) chopped tomatoes
 3 bay leaves
 5 cloves garlic – smashed
 1 inch piece of ginger – finely chopped
 1 teaspoon cardamom seeds
 4 cloves – crushed
 1 Tbs red chilli powder
 1 Tbs dried fenugreek leaves
 1 tsp garam masala

METHOD

1. To prepare the chicken for the marinade, make shallow slits in each piece of chicken. This will help the chicken to marinate and cook more evenly. Pour the lemon juice over the chicken pieces along with the salt and rub deep into the flesh.
2. Place the rest of the marinade ingredients in a blender and blend until smooth and creamy. Pour the marinade over the chicken pieces and rub it in well. Cover and allow to marinate in the fridge as long as possible up to 48 hours.
3. To cook the sauce, put the chopped tomatoes, bay leaves, garlic, ginger, cardamom seeds and cloves into a large pot and bring to a boil. Simmer for about ten minutes and then remove from the heat to cool a little.
4. Place the tomato combination in a blender and blend for about two minutes until the sauce is very smooth then pour back into the saucepan and bring to a brisk simmer.
5. Add the chilli powder, garam masala, double cream and sugar and then add the butter one tablespoon at a time while stirring continuously (if you are preparing the sauce ahead of time, heat the sauce just before serving and then add the butter).
6. Sprinkle with salt and pepper to taste and top with chopped coriander.
7. Rub the marinade off the chicken pieces and skewer them on thick flat skewers with slices of red onion and peppers, place on the red hot BBQ, for about ten minutes until cooked through, with a little charring. Turn each piece several times so that they cook evenly. Be sure to cook through so that the meat reaches an internal temperature of at least 75°C.
8. Place a couple of pieces of chicken each plate and top with the sauce, serve with fresh naan heated on the BBQ or rice.

Recipe kindly supplied by Marcus Bawdon from countrywoodsmoke.com based on an original recipe from Dan Toombs on www.greatcurryrecipes.net.

Find Marcus on Twitter [@devonwoodsmoke](https://twitter.com/devonwoodsmoke) and Instagram [@countrywoodsmoke](https://www.instagram.com/countrywoodsmoke), and Facebook [@mbawdon](https://www.facebook.com/countrywoodsmoke) or in the [Countrywoodsmoke Facebook group](#), he is also the editor of [UK BBQ Magazine](#)

*Preparation and cooking time, recipe requires 4-48 hours to marinate

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