

Cumin-Scented Chicken Tikka Recipe

Ingredients: Serves 4

900g skinless chicken breast or thigh fillets, cut into 5cm cubes
1 tablespoon lemon juice
1½ teaspoons salt or to taste
Pinch of saffron threads, pounded
1 tablespoon hot milk
175g Greek yoghurt
6 large garlic cloves, crushed to a pulp or
4 level tablespoons garlic puree
5cm piece root ginger, finely grated or 1 tablespoon ginger puree
½ teaspoon ground turmeric
1 teaspoon garam masala
½ teaspoon chili powder
1 tablespoon royal cumin
1 tablespoon ground cumin
2 teaspoons chickpea flour (besan) or corn flour
1 teaspoon sugar
50ml sunflower oil
50g butter, melted

Method:

Put the chicken in a mixing bowl and thoroughly rub the lemon juice and salt into the pieces with your fingertips. Set aside for 30 minutes. Soak the pounded saffron in the hot milk and set aside for 20 minutes. Whisk the yoghurt and add the remaining ingredients including the saffron milk, but not the melted butter. Mix well and add this marinade to the chicken. Mix thoroughly until the chicken is fully coated. Cover and leave to marinate for 2-3 hours or overnight in the fridge. Bring it to room temperature before cooking. Preheat the grill to high and line a grill pan (without the grid) with foil. Lightly brush the foil and 5-6 metal skewers with oil. If you are using bamboo skewers, soak them for 30 minutes first, as this prevents them burning during cooking. Thread the chicken pieces on to the skewers (reserve any remaining marinade) and place them on the prepared grill pan. Cook 3inch below the grill for 5 minutes. Meanwhile, mix any leftover marinade with the melted butter and brush the chicken generously with the mixture. Continue to cook for 3-4 minutes or until slightly charred. Turn the skewers over and baste with the remaining marinade mixture. Cook for 2-3 minutes or until slightly charred. Remove and serve.