



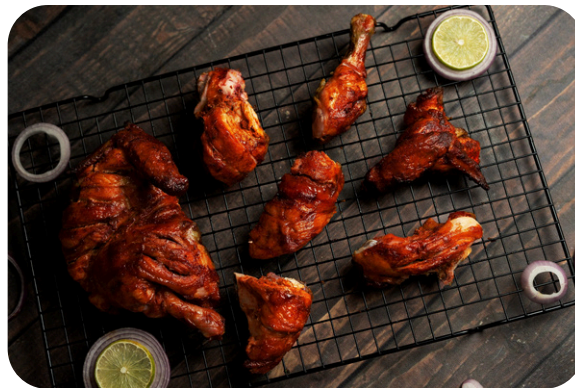
Tandoori Temptation: Make Restaurant-Style Chicken with That Smoky Punch!

WORK SAMPLE FOR FOOD NICHE

Primary Keyword: Restaurant-Style Tandoori Chicken

Meta Title: Tandoori Temptation: Make Restaurant-Style Chicken with Smoky Punch

Meta Description: Learn how to make incredibly tender, juicy, and smoky restaurant-style Tandoori Chicken at home with our easy recipe.



Alt Text: A top-down shot of a whole tandoori chicken and several individual pieces of tandoori chicken.

This isn't just a meal; it's an experience.

Welcome, food adventurers, to a taste of India's most trending menu option! Prepare to embark on a culinary journey that will make you feel like you've stepped right into the heart of India. At its best, this easy Indian recipe unveils the secrets to incredibly tender, juicy, moist, smoky, and outrageously delicious Tandoori Chicken. This mind-blowing way of grilling chicken is immensely popular in Indian restaurants, where it's affectionately known as Tandoori Murgh.

Traditionally enjoyed with vibrant Cilantro Chutney or refreshing Mint Chutney, it's a dish that captivates Indian food lovers time and again – and now, you'll discover it's the simplest delight you can recreate right in your own kitchen!

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The Fiery Origin Story of Tandoori Chicken

India's Flame-Grilled Icon: The Birth of Tandoori Chicken

Tandoori Chicken has its roots in ancient India, where early versions of clay ovens—called tandoors—were used as far back as the Indus Valley Civilization for cooking meats and bread. However, the iconic dish as we know it today was popularized in the 1940s by Kundan Lal Gujral, a Punjabi refugee who migrated to Delhi during the Partition.

At his now-legendary restaurant Moti Mahal, he began marinating chicken in a spiced yogurt mixture and roasting it in a tandoor, a method traditionally reserved for bread. This innovation resulted in the smoky, tender, and vibrantly red chicken that quickly became a culinary sensation. Tandoori Chicken soon gained national and international fame, influencing countless other dishes like chicken tikka and butter chicken, and solidifying its place as a symbol of Indian cuisine around the world.



Alt Text: A top-down shot of a black platter holding several pieces of tandoori chicken.

The Ingredients List

- ☐ **750 g (1.5 lbs.) chicken skinless thighs or legs**
- ☐ **½ cup Greek yogurt (hung curd)**
- ☐ **1 tablespoon ginger garlic paste (or 43 tbsp each, grated)**
- ☐ **1 teaspoon garam masala (more if you prefer)**
- ☐ **1 to 2 teaspoon Kashmiri red chili powder (or paprika, adjust to heat preference)**
- ☐ **¼ teaspoon black pepper crushed (powder)**
- ☐ **1½ teaspoon coriander powder (daniya powder)**
- ☐ **½ teaspoon cumin powder (jeera powder)**
- ☐ **½ teaspoon sea salt (+ more to adjust or use 41 tsp each sea salt & black salt / kala namak)**



- ☐ ¼ teaspoon turmeric (haldi, optional)
- ☐ 1 teaspoon kasuri methi (dried fenugreek leaves)
- ☐ 1 tablespoon lemon juice (or 1 teaspoon amchur)
- ☐ 1½ tablespoon oil (any or neutral oils like avocado/grapeseed)
- ☐ 1 tablespoon chopped coriander

Instructions for Cooking

Prepare Tandoori Marinade

- In a large mixing bowl, stir together yogurt, ginger garlic paste, garam masala, red chili powder, salt, turmeric, kasuri methi, pepper, coriander powder, cumin powder, oil and lemon juice or chaat masala. Taste test, adjust salt and spice/heat levels to your taste.
- Pat dry chicken with paper towels and make deep slits (3 to 4 on larger thighs or 2 to 3 on smaller). Add them to the marinade & coat them well.
- Cover and rest in the refrigerator for least 6 hours to overnight.



Alt Text: Two pieces of reddish-orange tandoori chicken, grilled with some charred spots, served on a white plate.



How to Make Tandoori Chicken

- Preheat the Oven
- Preheat your oven to 240°C (470°F). For smaller ovens or OTGs, preheat to 220°C (430°F). Line a baking tray with foil and place a wire rack on top. Lightly grease the rack with cooking spray or brush with oil.
- Arrange and Roast
- Place the marinated chicken pieces on the wire rack, ensuring they are not crowded. Roast for 25–30 minutes, depending on the size of the chicken pieces.
- Baste and Flip
- After the first 12–15 minutes, baste the chicken with the leftover marinade, chilli oil, or melted butter. Flip the pieces and baste the other side. Continue roasting for another 12–15 minutes.
- Broil for Char
- Move the tray to the top rack and broil (grill) for 3–4 minutes to achieve slight charring. Keep a close eye to prevent burning.
- Check for Doneness
- Chicken is done when an instant-read thermometer inserted into the thickest part reads 75°C (165–170°F). Cooking times may vary slightly based on oven type and chicken size.
- Optional: Smoke for Authentic Flavour

Finishing Touches

- Brush the cooked chicken with pan drippings or melted butter to enhance moisture and flavour. Garnish with chopped coriander leaves.
- Serve
- Serve hot with mint-cilantro chutney, onion rings, and lemon wedges. For a full meal, pair with naan, roti, or jeera rice.



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Get a glimpse into India's spice-filled cookbook! Recreate the warmth and flavour of India with this authentic Tandoori Chicken, no passport required. In this article, we are meet the celebrated,all time favourite-charred Tandoori Chicken. This mind-blowing way of grilling chicken is immensely popular in Indian restaurants, where it's affectionately known as Tandoori Murgh.

Traditionally enjoyed with vibrant Cilantro Chutney or refreshing Mint Chutney, it's a dish that captivates Indian food lovers time and again – and now, you'll discover it's the simplest delight you can recreate right in your own kitchen!

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