

May 15 2023 (Monday) - Beyond Chicken Tikka

Ingredients list:

Indian Spiced Grilled Chicken

- Chicken drumsticks, 12 pieces
- Turmeric, 1/4 tsp
- Tomato paste 1/2 tbsp
- Garam masala 1 tsp
- Fenugreek leaves/Kasoori Methi 2 tsp
- Butter or Ghee 1 tbsp
- Lemon juice, juice of half a lemon
- Paprika, 1 tsp
- Ginger-garlic paste, 1 tbsp
- Salt, as per taste

Jeera Rice

- Basmati Rice, 1 cup
- Cumin seeds, 1 tsp
- Butter or Ghee, 1 tbsp
- Salt, as per taste

Tossed Kachumbar salad

- Sliced cucumbers, 4 small seedless cucumbers
- Sliced onions, 1/4 cup
- Sliced tomatoes, 1/2 cup
- Sliced grapes 1/2 cup
- Or choice of veggies

- For dressing:
 - Tamarind paste, 1 tsp
 - Salt, as per taste
 - Sugar, 1 tbsp
 - Roasted and powdered cumin seeds, 1/4 tsp
 - Paprika, 1/4tsp
 - Coriander leaves, 1/5th cup
 - Roughly crushed peanuts, 1/4 cup or more if desired

Beetroot Raita

- Unflavored yogurt 1 cup
- Salt, as per taste
- Coriander leaves, 1/5th cup
- Boiled beets, 2-3 medium size beets
- Roasted and Powdered cumin seeds, 1 tsp

All measurements are approximate.