

Tandoori Chicken with Pandan Saffron Pulao



*The
Perfect Meal*

Episode 1

Chef Manjunath Mural - The Song of India -

Ingredients:

300 g Boneless chicken leg
Salt-pinch
1 tbsp Ginger-garlic paste
1 tbsp Lime juice

Marinate:

150 gm Thick yoghurt
1 tsp Red chili powder
1 tsp Garam masala powder
3 tbsp Mustard oil
1 tsp Cumin powder
A few drops of orange red food colouring
Salt- to taste

Method:

- 1) Cut the chicken in 4 inch pieces, add salt, ginger garlic paste and lime juice; keep it aside.
- 2) Prepare the marination: mix all the ingredients above-mentioned for marination.
- 3) Put the chicken pieces in the marination; keep it aside for one and half hour
- 4) Now preheat the oven 180° C roast it for 20 –25 min till it is cooked.

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For making rice:

Ingredients:

| | |
|---------------|-----------------|
| 150 gm | Basmati rice |
| 4 | Pandan leaves |
| 5-6 | Strings saffron |
| 1 tbsp | Ghee |
| 2 tsp | Sugar |
| 150 ml | Milk |
| Salt-to taste | |

Garlic Enhanced Baby Spinach

Baby spinach leaves – one handful per serving

Chopped garlic

Method:

- 1) Clean soak the rice and boil it till 3/4 done.
- 2) Heat ghee in a deep pan, stir in milk, add the saffron and cook it continuously stirring.
- 3) Arrange pandan leaves on the base of another pan. Pour in the parboiled rice and also the boiled saffron milk, mixing evenly. Cook it on slow flame till rice is soft.