

# **KUMAR'S**

# 酷玛印度风味Tandoori鸡肉配葡萄干和薄荷叶

# TANDOORI CHICKEN WITH RAISINS AND MINT



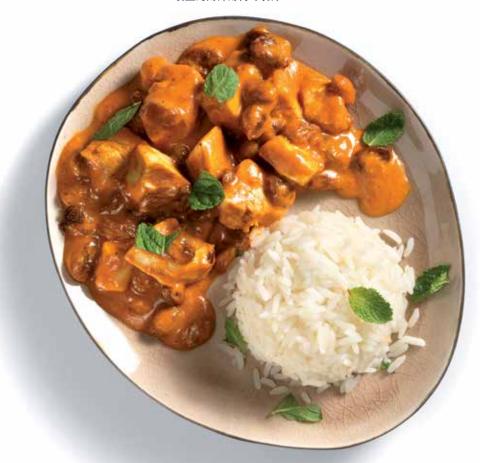
- 1公斤鸡腿肉切小块
- 250克 Tandoori烧烤酱
- 50克油
- 150毫升高汤
- 50克原味酸奶
- 50克葡萄干
- 10克碎薄荷叶

#### 烹饪方法

• 做法: 将烧烤酱、原味酸奶、高汤和油混合均匀。然后将混合好的烧烤 酱和鸡肉和葡萄干,搅拌均匀,腌制1-2个小时。然后在预热过的烤箱 中,以180摄氏度烤15分钟,直到鸡肉熟透。

### 其他做法:

- 锅中倒入油,用大火煸炒鸡肉,然后加入葡萄干继续烹饪几分钟。加入 高汤和烧烤酱, 关小火, 直到鸡肉熟透, 酱汁变粘稠。最后加上原味酸 奶出锅。
- 装盘时用碎薄荷叶装饰。



## **INGREDIENTS**

- 1kg chicken thigh cut into small pieces
- · 250g tandoori paste
- 50g oil
- 150ml chicken stock
- 50g yoghurt
- 50g raisins
- 10g chopped mint

# **PREPARATION**

- Mix together the tandoori paste with the yoghurt, chicken stock and
- · Add the raisins to the chicken mixture, mix well.
- Marinate for 1-2 hours and cook in the oven at 180°c for 15 minutes until the chicken is cooked through.

### Alternatively:

- Stir fry the chicken in the oil, add the raisins and cook for a further few minutes. Add the stock and tandoori paste and reduce until the chicken is cooked and the sauce is the correct consistency. Add the yoghurt at the last minute.
- · Garnish with the mint.

