

Tandoori Chicken wings with tikka masala curry dip

- Chicken wings 500g
- 1 lemon
- 1 tsp sea salt
- 1 tbsp. coriander seeds/ powder
- 1 tbsp. cumin seeds/ powder
- 6 green cardamon seeds only
- 6 whole cloves
- 2 inch chunk of ginger, peeled
- 3 cloves of garlic, peeled
- 1 tsp. turmeric powder
- 1 tbsp. paprika
- 1 tsp. chilli powder
- 1 tbsp. tomato puree
- 200g natural yoghurt (I used greek)
- 1 tbsp. honey
- 200ml coconut milk

Method

- Squeeze the juice of the lemon over the wings and sprinkle over the salt. Mix well, cover and marinade for 30 minutes.
- If using the seeds, dry fry the coriander, cumin with the cardamon and cloves until you smell an aroma. Remove and scoop into a blender, add the ginger, garlic, turmeric, paprika, chilli powder and puree. Blend.
- If using powders just place all of the spices into the blender along with the ginger, garlic and puree. (Using seeds gives a better depth of spice but either way is good for this recipe).
- Blend to be a paste, add a little water if necessary. Mine wasn't fully smooth but that is fine.
- Whisk this into the yoghurt. This creates a natural orangey yellow colour, if you like the tandoori to be more red add a little touch of food colour. I use Indian food colour powder. Mix well.
- Pour the marinade over the wings and leave in the fridge for at least an hour, longer if you can.
- To cook, heat the oven to the highest temperature.
- Cover the chicken with foil and place into the pre-heated oven. Cook for 10 minutes then reduce the heat to 180-200 degrees.
- After 15 minutes remove from the oven, place the wings onto another baking tray lined with parchment, turn the oven back to high.
- Place the marinade pan straight onto the heat (if you can, if not pour into a saucepan) add the honey. Whisk and reduce, then brush some of this over the wings.
- Place the wings back into the hot oven for another 10 minutes, or until a little charred.
- Pour the coconut milk into the sauce on the hob and whisk, this is your dip.
- Serve the wings with this hot dip.