

Achaari Chicken Tikka

Ingredients

| | | |
|-----|-----|--|
| 1 | kg | Chicken, boneless, cut into 2-inch cubes |
| 200 | gms | Yoghurt, hung |
| 2 | tsp | Lemon, fresh, juice |
| 1 | tsp | Chilli powder |
| 1 | tsp | Garam masala |
| 1 | tsp | Meat masala (or use fresh unripe grated papaya) - optional |
| 1 | tsp | Cumin powder |
| 1 | tsp | Ginger paste |
| 1 | tsp | Garlic paste |
| 2 | tbs | Fenugreek, dried, leaf |
| ½ | tsp | Salt, Black |
| 1 | tbs | Oil, mustard |
| | | Salt, to taste |
| | | Butter/Ghee, melted for basting |

Achaari Masala

| | | |
|-----|-----|---|
| 1 | tsp | Mustard seed |
| 1 | tsp | Coriander seed |
| 1 | tsp | Cumin seed |
| 1 | tsp | Fennel seed |
| ¼ | tsp | Fenugreek seed |
| ½ | tsp | Nigella seed |
| ¼ | tsp | Carom seed |
| 3-4 | ea | Chilli, whole dried red (can be deseeded if that's what you want) |
| 2 | tsp | Mango powder |

Notes

Dry Ingredients

| | | |
|-----------------------|---|--|
| Black Salt | - | Kala NemaK |
| Carom | - | Ajwain, ajowan |
| Chilli powder | - | Kashmiri lal mirch |
| Dried Chilli | - | Whole Dried Red Kashmiri Chilli |
| Fenugreek, dried leaf | - | Kasuri Methi |
| Garam masala | - | Make your own or use shop bought, homemade is best |
| Mango powder | - | Amchur/Amchoor |
| Meat masala | - | Make your own or use shop bought, homemade is best |

Wet Ingredients

| | | |
|--------------|---|---|
| Garlic paste | - | Grated, crushed or minced garlic – Grated is best |
| Ginger paste | - | Grated ginger |
| Mustard oil | - | Pungent, spicy mellows with cooking |
| Papaya paste | - | Grated unripe (green) papaya |

Caution

When using unripe papaya as a meat tenderiser never let the meat sit more than 1 – 2 hours max or the meat will become too soft as the enzymes break down the meat.

Method

First make the achaari masala.

DO NOT brown them, or else the masala will become bitter.

Dry roast coriander, cumin, fennel, fenugreek, nigella, carom and dry red chilli till slightly browned and fragrant, DO NOT over do the roasting, or else the masala will be bitter.

Allow mixture to cool.

Grind to a coarse powder with mortar and pestle or electric grinder, then add mango powder, stir through.

Mix achaari masala, hung curd, ginger garlic paste, garam masala, lemon juice, dried fenugreek, remaining ingredients, 1 tbsp mustard oil and Kashmiri red chilli powder and mix well.

Add in the chicken cubes and coat them with the marinade.

Cover the bowl and keep aside for at least 1 hour, if using meat masala/papaya, do not exceed 2 hours.

Thread the marinated chicken onto skewers.

Grill the chicken skewers on both the sides applying little oil till nicely browned for about 12-15 minutes, baste with melted butter twice in between cooking.

Preparation/Cooking time

10 minutes preparation/40 minutes cooking