

FOOD & WINE

INSPIRATION SERVED DAILY



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Indian Barbecue Chicken

CONTRIBUTED BY [MARCIE TURNEY](#)

ACTIVE:

TOTAL TIME: 35 MIN

SERVINGS: 4

• FAST

• HEALTHY

For this sweet and tangy [chicken](#), Marcie Turney blends tamarind and other [Indian](#) flavors into her molasses [barbecue](#) sauce.

Vegetable oil

1 medium onion, finely diced

3 garlic cloves, minced

3 tablespoons fresh ginger, minced

1 cup ketchup

1/3 cup distilled white vinegar

1/3 cup tamarind puree (see Note)

1/3 cup unsulphured molasses

Pinch of sugar

3 tablespoons whole-grain mustard

1/4 teaspoon cayenne pepper

2 teaspoons garam masala

Salt and freshly ground black pepper

Four 6-ounce skinless, boneless chicken breast halves

1. In a skillet, heat 3 tablespoons of oil. Add the onion and cook over moderate heat until translucent, 4 minutes. Add the garlic and ginger and cook until fragrant. Add the ketchup, vinegar, tamarind, molasses, sugar, mustard and cayenne and simmer over low heat, stirring, until reduced to 1 3/4 cups, 5 minutes. Stir in the garam masala and season with salt and black pepper.

2. Light a grill. Rub the chicken with oil and season with salt. Grill over moderately high heat, turning once, until almost cooked, about 7 minutes. Brush with the sauce and grill over low heat, brushing and turning, until glazed, 4 minutes, then serve.

NOTES Tamarind puree is made from a sticky, sweet tropical fruit. It is available at Indian and Latin markets.

SUGGESTED PAIRING

Juicy, full-bodied rosé.

FROM [PAIRING OF THE DAY: SEPTEMBER 2011](#), [CHICKEN BREASTS WITH ARTICHOKE-OLIVE SAUCE](#), [INDIAN BARBECUE CHICKEN](#), AND [YUCATAN-SPICED CHICKEN](#), [MARCIE TURNEY: NEW IDEAS FOR CHICKEN, PASTA AND BREAD](#),

PUBLISHED [SEPTEMBER 2011](#)

