



## Tandoori Rub

Paprika, Turmeric, Coriander, Cumin, Ginger, Cayenne, Black Pepper, Cardamom, Salt.

**Uses:** Chicken and Fish, beef, pork, vegetables and stews.

**Rub:** Use a generous amount (1 to 2 tsp per piece) of rub and coat both sides of meat and fish. Allow to set for 30mins. This rub works great baked, grilled or fried. I love it grilled with that delicious smoky flavor it reminds me of eating in an Indian restaurant. You can also use this on a whole chicken or a cut-up chicken and cook it in your crock pot on high for six to seven hours. Always check the temperature with a meat thermometer to make sure the chicken is

Thoroughly cooked (180 degrees). For a kabob, cut meat in chunks two or four inches (for chicken I prefer to cut strips and thread onto bamboo skewers). Take one cup of plain yogurt (any type or fat content) and add one Tbsp. of Tandoori mix. Mix to create a nice marinade. Place marinade in an airtight container and add cubed/sliced meat, marinate overnight in the refrigerator. If using bamboo skewers, soak in water one hour before grilling. Remove meat from refrigerator and allow meat to come to room temperature for 30 mins. Place on skewers and grill according to cut of meat. To prevent skewers from burning place a layer of tinfoil under end of sticks that is exposed to flame.

**Stews and Vegetables:** To create a delicious stew start by browning cubed meat or fresh vegetables. I like to use cauliflower, carrots, potatoes and celery in my stew. Most root vegetables work very well in this stew so try using yams, parsnips, or

whatever you have in the cupboard. To brown meat heat one Tbsp. peanut oil over med-high heat then add meat/vegetables and brown on all sides. Remove meat/vegetables from pan and tent with tinfoil on a plate. Add six cups stock and one Tbsp. Tandoori rub. Bring to a boil then turn heat to low. Add your meat and vegetables back to the pot. Allow to cook on low for two hours so meat can stew and become tender. Add ½ cup plain yogurt to stew and mix till well incorporated. Taste and adjust seasoning to your likeness. Top with chopped cilantro or parsley before serving.