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This week's recipe from SF restaurateur Rupan Bhagat brings together a wonderful South Asian masala (mix of spices) with tenderizing agents lemon juice and yogurt to yield a spicy, crispy and juicy fried chicken, the likes of which you've probably never enjoyed before. NOTE: This recipe requires marinating the chicken for 24 hours, but then cooks up quickly.

Tandoori-Spiced Fried Chicken (GF)

From Foodandwine.com (Rupan Bhagat, Dum Restaurant)

6 garlic cloves, chopped	One (3") piece ginger, peeled and chopped
1/3 c fresh lemon juice	2 Tbsp ground coriander
1 ½ Tbsp ground cumin	1 Tbsp ground turmeric
2 tsp cayenne pepper	2 Tbsp vegetable oil + more for frying
Kosher salt and pepper	6 small chicken thighs
6 small chicken drumsticks	1 ½ c whole milk plain Greek yogurt
1 ½ c chickpea flour ("besan")	

1. In a food processor, puree the garlic with the ginger, lemon juice, coriander, cumin, turmeric, cayenne, the 2 tablespoons of oil, 2 teaspoons of salt and 1 teaspoon of pepper until smooth.
2. Scrape the marinade into a large bowl, add the chicken and turn to coat. Cover and refrigerate for 12 hours.
3. Stir the yogurt into the marinade, re-cover the bowl and refrigerate for 12 more hours.
4. Preheat the oven to 250° and line a rimmed baking sheet with parchment paper. In a shallow bowl, mix the chickpea flour with 1 teaspoon of salt.
5. Remove the chicken from the marinade, letting the excess drip back into the bowl. Dredge the chicken in the flour, then transfer to the prepared baking sheet.
6. In a large, heavy saucepan, heat 1 1/2 inches of oil to 325°. Set a rack over a rimmed baking sheet. Working in batches, fry the chicken until golden brown and an instant-read thermometer inserted in the thickest part of each piece registers 160°, about 10 minutes. Transfer to the rack, season with salt and keep warm in the oven while you fry the remaining chicken.

Shopping List: fresh ginger, chicken thighs, chicken drumsticks, whole milk plain yogurt, chickpea flour (besan)

Equipment Needed: Food processor, large mixing bowl, measuring spoons and cups, knives, serrated peeler (or spoon to peel the garlic), large stirring spoon, cast iron skillet or heavy saucepan, tongs, thermometer.

Pantry Staples: rice bran oil (or other high heat vegetable oil), salt and pepper, garlic, ground coriander, turmeric and cumin, cayenne pepper, lemon juice,