

Tandoori marinade masterclass — the two-stage method

Every good tandoori dish starts with two marinades, not one: a quick acid-and-salt cure that opens the meat, then a thick yogurt and spice coat that clings through the heat. This is the base recipe our Richmond tandoor section works from every service.

Prep: 20 min **Cook:** 20 min **Total:** 4 hr 40 min **Serves:** Marinade for 1kg of meat, fish or paneer **Spice:** Medium

INGREDIENTS

- First marinade: juice of 1 lemon, 1 tbsp ginger-garlic paste, 1 tsp salt, 1 tsp Kashmiri chilli powder
- Second marinade: 250g thick Greek-style yogurt, hung for 30 minutes
- 2 tbsp ginger-garlic paste
- 2 tbsp Kashmiri chilli powder (colour) plus 1 tsp deggi mirch (warmth)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp garam masala
- 1/2 tsp ground turmeric
- 1 tbsp gram flour, dry-toasted
- 2 tbsp mustard oil, heated to smoking then cooled
- 1 tsp kasuri methi, crushed
- Salt to taste

METHOD

1. Cut the protein into even pieces and score chicken or lamb so the marinade reaches inside.
2. Rub in the first marinade and rest for 20 minutes — this seasons the meat and removes surface moisture.
3. Hang the yogurt in a sieve or muslin for 30 minutes so it thickens; watery yogurt slides off in the oven.
4. Whisk the hung yogurt with the ginger-garlic paste, all spices, toasted gram flour, cooled mustard oil and kasuri methi.
5. Coat the protein thoroughly and refrigerate: 4 hours for chicken and paneer, 6-8 hours for lamb, 30 minutes only for fish.
6. Thread onto skewers, leaving gaps, and cook at the highest heat your oven or grill allows (240C fan or grill on full) for 12-18 minutes, turning once.
7. Finish 2 minutes directly under the grill for char, then brush with melted butter or ghee and squeeze over lemon.

CHEF'S TIPS

- Kashmiri chilli gives the red colour — never food colouring. Restaurant-red comes from quantity, not

additives.

- Toasting the gram flour is the small step most home cooks skip; it stops the marinade tasting raw and helps it grip.
- Fish needs 30 minutes maximum — lemon and yogurt will break the flesh down beyond that.

ALLERGENS

Contains: Dairy (yogurt), Mustard (mustard oil)

Free from: Gluten, Egg, Soy, Peanut, Tree nuts, Shellfish

- Dairy-free: Use thick coconut yogurt and add an extra teaspoon of gram flour so it still clings.
- Mustard-free: Replace mustard oil with rapeseed or sunflower oil.

TOO BUSY TO COOK?

We cook this in our Richmond kitchen every evening from 4pm. Order collection or delivery at jaflongtandoori.online, or call 020 8332 1339. Catering for 10 to 200 guests: jaflongtandoori.online/catering/hub