



TANDOORI CHICKEN MASALA

serves 4

2 lb. chicken legs & thighs
2 C. kefir whey

Pick off extra fat from chicken and discard. Place chicken in large freezer bag. Pour in kefir whey, close tightly and shake well. Let sit ½ hour in fridge. Then give it a good shake again, and drain kefir whey from chicken and pat dry chicken with paper toweling. Discard used kefir whey. (*Kefir whey is an excellent food-grade disinfectant.*) Put chicken back into cleaned freezer bag.

4 Tbsp. plain kefir cream
cheese
juice of one lime or lemon
2 Tbsp. tandoori masala spice
2 Tbsp. chopped green onions
1 Tbsp. paprika

Mix all remaining ingredients in small mixing bowl. Pour marinade into freezer bag to coat chicken. Let the chicken marinate overnight, or at least one hour. *Preheat oven to 425°.* Put chicken and marinade into medium roasting pan. Roast for 45 minutes to an hour, until the juices run clear and skin is toasty. Serve with salad, slices of cucumber, onions and lemon.

For Grilling: Let chicken sit on counter top while heating charcoals. When coals are ready spray heated grill rack with oil. Place chicken pieces on grill. Grill for 6-8 minutes covered, but vent holes open, then turn, and grill for another 6-8 minutes. Remove and wrap in foil for 8 minutes, then serve.

