

## David's Tandoori Chicken

Tandoori basting sauce:

To 4 or 5 ounces of oil\* add a blend of the following spices:

2 teaspoon paprika  
2 teaspoon ground coriander  
1 teaspoon chili powder  
1/2 teaspoon cumin  
1/2 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1/8 teaspoon of ground nutmeg

I put the oil in a small jar. Add spices and cap the container. Shake well to mix the spices and oil. Shake well before each use. Don't refrigerate.

Using a basting brush, coat chicken pieces with the sauce and place in the oven at 350 degree for 30 to 45 minutes depending on the thickness of the chicken pieces. I prefer to use breast halves split lengthwise into two pieces. Alternatively, the chicken can be cooked on a grill with a second basting during cooking.

\* I prefer to use coconut oil mixed with an ounce or so of another oil such as safflower oil. This is to keep the coconut oil liquid. However, if you wish you can substitute any mild tasting oil for the coconut oil.