

## MEALS OF MEMORY

BY SYEDA NAFISA AHMAD



# Scrumptious chicken

## PAPRIKA FRIED CHICKEN

### Ingredients

Oil for frying  
8 pieces chicken thighs or breasts, boneless  
2 tsp coriander powder  
3 tsp smoked paprika  
1 tsp cayenne pepper  
2 tsp onion powder  
1 tsp garlic powder  
1 tsp white pepper  
2 tsp baking powder  
4 tsp salt  
4 bay leaves  
1 tsp brown sugar  
2 cup butter milk  
4 eggs, 2 cups flour  
½ cup corn flour

### Method

In a mixing bowl, add the coriander, paprika, cayenne, onion, garlic powder, white pepper, 2 tsp of salt, and brown sugar. Mix well.

Flatten the chicken by placing in between cling film and beat firmly with a meat mallet or rolling pin. On the chicken pieces, sprinkle 2 teaspoons of the spice mix and coat each side evenly. Keep the rest of the spice mix for later.

In a mixing bowl, add the butter milk, 2 whole eggs, 2 tsp of salt and crushed bay leaves, and mix well. Add the spice coated chicken to the butter milk, cover, refrigerate and marinate overnight or minimum 2 hours.

The following day or 2 hours later, remove the chicken from fridge. Heat up deep frying oil to a temperature of 170 degree C. While the oil heats, pour the leftover spice mix to a mixing bowl along with the flour, corn flour, and baking powder. Mix well. Remove the chicken pieces from the butter milk and place in spicy flour coating one at a time. Repeat process until each piece has been coated in flour mix. Place the chicken in the hot oil 2 or 3 pieces at a time until golden brown. Remove and place over a wire rack for the fat to drip.

Serve immediately.

## BARBECUE CHICKEN

### Ingredients

800gm 1 chicken on bone, cut into 4 pieces  
For barbecue sauce —  
2 medium size onions  
2 cloves garlic  
4 tbsp butter  
1 cup tomato



ketchup  
¼ cup chilli sauce  
1 tsp mustard powder  
½ cup brown sugar  
¼ cup vinegar  
2 tbsp Worcestershire sauce  
¼ tsp pepper  
½ tsp red chilli powder  
Salt to taste

### Method

Preheat oven at 200 degree C. Grease a baking tray with oil. Make incisions on the chicken pieces. Heat 1 tablespoon of oil in a non-stick pan and add chopped onion and sauté till it turns translucent. Add garlic and sauté on high heat for a minute. Add tomato ketchup, chilli sauce and Worcestershire sauce and mix

well. Add mustard powder, red chilli powder, salt, and pepper and mix well.

Add 1 tablespoon of brown sugar and vinegar, mix well and simmer for 10 minutes or till the sauce thickens. Remove from heat and cool to room temperature. Take chicken in a bowl. Reserve some of the prepared sauce for serving, and add the remaining sauce to the chicken and mix well. Set aside to marinate for ½ hour. Place marinated chicken on the greased tray, put tray in the preheated oven and roast for 15-20 minutes.

To make caramelised onion, heat butter in a non-stick pan, add

onion rings and sauté till pink. Add remaining brown sugar, mix and let it melt and caramelise. Remove from heat and set aside. Transfer the chicken on a serving plate and serve hot with reserved barbecue sauce and caramelised onions.

## TANDOORI CHICKEN

### Ingredients

1 whole chicken (800g)

1 tsp kashmiri red chilli powder  
1 tbsp lemon juice  
Salt as per taste  
For the marinade —  
1 cup yoghurt  
1 tsp Kashmiri red chili powder  
2-inch piece ginger  
10-12 garlic cloves, 2 tbsp lemon juice  
½ tsp garam masala powder  
2 tbsp mustard oil  
½ tsp chaat masala  
Butter for basting  
Salt to taste

### Method

Remove the chicken skin, clean and wash it. Make incisions with a sharp knife on breast and leg pieces. Make a mixture of Kashmiri red chilli, lemon juice, and salt, and apply liberally on chicken. Keep it aside for half an hour.

To prepare marinade, tie the yoghurt in a fine cotton cloth for 15-20 minutes to remove excess whey. Grind ginger and garlic to a paste and mix Kashmiri red chilli, salt, lemon juice, garam masala, and mustard oil with the hung yoghurt.

Apply this marinade to chicken and refrigerate for 3-4 hours. Put chicken onto skewers and cook in a moderately hot tandoor or a preheated oven at 200 degree C for 10-12 minutes or until almost done. Baste it with butter and cook for another 4-5 minutes. Sprinkle chaat masala powder and serve with onion rings and lemon wedges.

### Tip

To make chicken tikka, use boneless chicken pieces, cut into one and half inch sized cubes and proceed the same way as tandoori chicken.

**Photo: Collected**



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