



Grilled Indian-Spiced Butter Chicken

 Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon ground pepper
- 3 lb chicken quartered
- 2 tablespoons ginger fresh peeled finely chopped
- 3 tablespoons garlic finely chopped
- 1.5 tablespoons ground coriander
- 1 teaspoon turmeric
- 1 cup onion chopped (1 medium)
- 0.3 cup yogurt plain such as greek yogurt or lebneh, or drained regular yogurt (see cooks' note, below) thick

- 1.3 teaspoons salt
- 1 small serrano chiles fresh green coarsely chopped
- 0.5 cup butter unsalted
- 1 tablespoon vegetable oil
- 1 teaspoon vinegar white

Equipment

- food processor
- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- sieve
- plastic wrap
- grill
- broiler pan
- cheesecloth

Directions

- Purée onion, garlic, ginger, salt, chile, and vinegar to a smooth paste in a food processor.
- Transfer to a large wide bowl and whisk in yogurt, coriander, oil, turmeric, and cayenne.
- Add chicken pieces and turn to coat thickly. Cover with plastic wrap and marinate, chilled, at least 16 hours.
- Let stand at room temperature 30 minutes before grilling.
- Bring butter to a boil in a 1-quart heavy saucepan over moderate heat. When foam completely covers butter, reduce heat to very low. Cook butter until a very thin crust begins to form on surface and milky white solids fall to bottom of pan, about 8 minutes. Continue to cook butter, watching constantly, until solids at bottom of pan turn light brown and butter has a nutty fragrance, 8 to 16 minutes.

- Remove pan from heat and let butter stand 1 minute.
- Pour through a sieve lined with a dampened heavy-duty paper towel or a triple layer of cheesecloth into a bowl, discarding solids.
- Prepare grill for cooking over indirect heat with medium-hot charcoal (moderate heat for gas); see Grilling Procedure.
- To cook chicken using a charcoal grill: Lightly oil grill rack. Put chicken (still heavily coated with marinade) on rack over area of grill with no coals underneath.
- Drizzle chicken with about 1 tablespoon ghee. Cook chicken over medium-high heat, turning over and drizzling with ghee every 5 minutes, until cooked through, 20 to 25 minutes.
- To cook chicken using a gas grill: Lightly oil grill rack. Put chicken over shut-off burner. Cook chicken, turning over and drizzling with ghee every 5 minutes, until cooked through, about 20 to 25 minutes. (Cover grill between turns.)
- Serve chicken drizzled with any remaining ghee.
- To get 1/3 cup thick yogurt, drain 2/3 cup regular plain yogurt in a fine-mesh sieve, chilled, at least 8 hours.· If you aren't able to grill outdoors, chicken can be broiled on rack of a broiler pan 3 inches from heat.
- Drizzle some of ghee on chicken and broil, turning and drizzling with ghee every 5 minutes, until chicken is cooked through, about 25 minutes.· Chicken can be marinated up to 3 days.· Ghee, covered and chilled, keeps up to 1 month. Melt before using.

Nutrition Facts

■ PROTEIN **20.48%** ■ FAT **73.92%** ■ CARBS **5.6%**

Properties

Glycemic Index:44.5, Glycemic Load:1.68, Inflammation Score:-10, Nutrition Score:16.111739200094%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 633.64kcal (31.68%), Fat: 52.2g (80.31%), Saturated Fat: 22.63g (141.45%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 7.02g (2.55%), Sugar: 2.88g (3.2%), Cholesterol: 186.13mg (62.04%), Sodium: 857.7mg

(37.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.07%), Vitamin B3: 11.36mg (56.79%), Selenium: 25.87µg (36.96%), Vitamin B6: 0.73mg (36.48%), Phosphorus: 298.61mg (29.86%), Vitamin A: 1077.33IU (21.55%), Zinc: 2.56mg (17.04%), Vitamin B5: 1.69mg (16.92%), Vitamin B2: 0.26mg (15.49%), Potassium: 490.23mg (14.01%), Manganese: 0.28mg (13.9%), Magnesium: 50.57mg (12.64%), Iron: 2.25mg (12.47%), Vitamin C: 9.11mg (11.04%), Vitamin K: 11.44µg (10.89%), Vitamin B12: 0.63µg (10.5%), Vitamin E: 1.56mg (10.41%), Vitamin B1: 0.14mg (9.56%), Calcium: 85.37mg (8.54%), Fiber: 1.89g (7.56%), Copper: 0.15mg (7.55%), Folate: 21.05µg (5.26%), Vitamin D: 0.77µg (5.15%)