

# Chicken is the choice for this week's recipe

This week's cook is Sudha Arora from Terrace Bay.

Arora has lived in Terrace Bay for eight years with her husband, Yash Pal.

They have two daughters, Rama, who is 11½ years old, and Angie, who is 6½ years old.

Sudha is a housewife and her husband is an instrument mechanic for Kimberly-Clark.

Before the Aroras lived in Terrace Bay, they resided in Toronto for a short while. Both are originally from India where they were born and raised.

Sudha Arora said that her brother-in-law, who lived in Toronto at the time the Aroras lived in India, sponsored them to come to Canada.

Sudha said she plays badminton and racquetball in her spare time.

Sudha's recipe is Tandoori Chicken and it serves four to six people.

## Tandoori Chicken

- 3 pounds oven-ready chicken salt
- juice of one lime of lemon
- 5 fluid ounces (¾-cup) natural yogurt, unflavored
- 1-inch piece of root ginger finely chopped
- 1 clove garlic crushed
- ¼ teaspoon chilli powder
- 3 tablespoons (¼-cup) oil approximately
- ½ teaspoon red food colouring

## Garnish

lemon wedges, onion rings

Remove the skin from the chicken. Make slits in the flesh and rub salt all over the chicken. Then, sprinkle the lime or lemon juice on the chicken.

Beat the yogurt with ginger,

garlic, and chilli powder. Stir in one tablespoon of oil and food colouring. Spread the mixture all over the chicken and leave to marinate in the refrigerator for 12 hours.

Drain the chicken, reserving the marinade and pour a little oil over it. Wrap the chicken in aluminum foil and roast it in a moderate oven

of 350 degrees. Allow 25 minutes of cooking time for each pound.

About 15 minutes before the chicken is cooked, remove the foil and pour a little more oil and baste with marinade over the chicken.

Garnish your Tandoori Chicken with lemon wedges and raw onion rings. Serve with rice and salad.



Above is Sudha Arora who has supplied this week's delicious chicken recipe. Sudha calls herself a housewife but she also enjoys playing badminton and racquetball in her spare time. Sudha's husband is an instrument mechanic at Kimberly-Clark. He is also a photographer. He had his first-ever photo exhibition at the recreation centre a couple of months ago.

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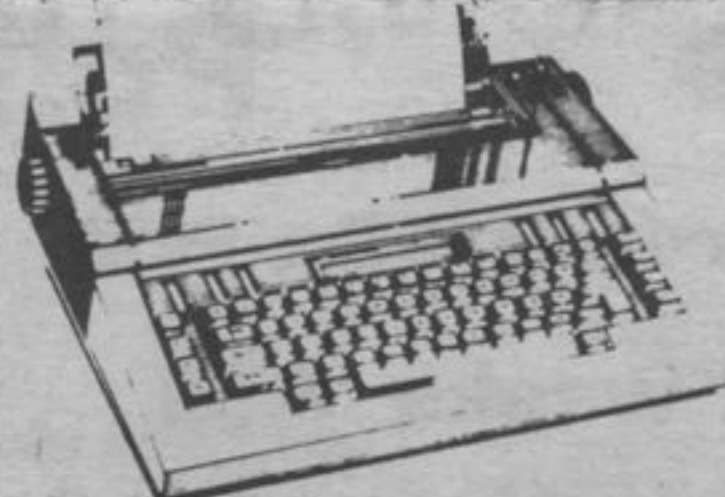
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