



Tandoori Chicken Legs

Preparation Time: 1 hour 10 minutes (does not include the 4 hours of marinating)

Cook Time: 25 minutes

Total Time: 1 hour 35 minutes

Category	Optional					Cooking process	#2 Same Day Service
Yield	24 each		96 each				
Ingredients	Weight	Measures	Weight	Measures	Directions		
Tandoori Chicken					1. Combine Greek yogurt, garlic, lemon juice, chili powder, garam masala, cumin, paprika, salt, and ginger in a bowl or container large enough to hold the chicken. 2. Blot chicken dry with paper towels and cut 2 deep slits in each leg. 3. Add chicken to bowl with marinade. Using gloved hands, mix to coat, ensuring marinade gets inside cuts. Marinate for a minimum of 4 hours and up to 24 hours for the best flavor. 4. On day of service, preheat oven to 425° F. Prepare sheet pans with pan liners or pan release. Use 4 sheet pans for 96 servings; 24 drumsticks per pan. 5. Shake excess marinade off chicken and place on prepared sheet pans. Bake for 20-25 minutes or until internal temperature reaches 165° F.		
Greek yogurt, plain, low-fat		1 cup		1 qt			
Garlic, minced		2 Tbsp		1/2 cup			
Lemon juice		2 Tbsp		1/2 cup			
Chili powder		2 Tbsp		1/2 cup			
Garam masala		2 Tbsp		1/2 cup			
Cumin		1 Tbsp + 3/4 tsp		1/4 cup + 1 Tbsp			
Paprika		2 tsp		2 Tbsp + 2 tsp			
Salt		2 tsp		2 Tbsp + 2 tsp			
Ginger, ground		1 tsp		1 Tbsp + 1 tsp			
Chicken, drumsticks, skinless	5 lb 10 oz	24 each	22 lb 8 oz	96 each			
Raita Dip					CCP: Heat to 165°F or higher.		
Greek yogurt, plain, low-fat		3 cups		3 qts	CCP: Hold for hot service at 135°F or higher.		
Cilantro, chopped		1/2 cup		2 cups	CCP: No bare hand contact with ready to eat food.		
Cucumber, diced 1/4"	1.1 oz	3 Tbsp	4.4 oz	3/4 cup			
Onion, red, diced 1/4"	1.2 oz	3 Tbsp	4.6 oz	3/4 cup			



Cumin		1 tsp		1 Tbsp + 1 tsp	6. Prepare raita dip. Combine Greek yogurt, cilantro, cucumber, red onion, cumin, salt, chili powder, and black pepper in a bowl or container. Raita dip can be made one day in advance. Store covered in the refrigerator or pre-portion 2 Tbsp using a #30 disher into 2 oz cups.
Salt		1/2 tsp		2 tsp	
Chili powder		1/4 tsp		1 tsp	
Black pepper		1/16 tsp		1/2 tsp	
					CCP: Hold and serve at 41° F or below.
					7. Serve 1 drumstick and a #30 disher of raita yogurt dip.

Meal components	2 oz m/ma
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Notes	Marketing guide (Food As Purchased)	24 servings	96 servings
	*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.	Cilantro, fresh	.5 oz
	Cucumber, fresh	1.1 oz	4.4 oz
	Onions, fresh	1.3 oz	5.2 oz
The drumstick contributes 1.8 oz m/ma without the raita dip.			

Serving	
One serving provides 2 oz m/ma.	

Nutrients per serving					
Calories	190	kcal	Sat Fat	2	g
Protein	31	g	Chol	136	mg
Carb	3	g	Sodium	459	mg
Total Fat	6	g	Dietary Fiber	<1	g