DietCloud – Recipe

Recipe Name: Chettinad Style Chicken Roast Recipe

Diet Type: Non-Vegetarian

Course: Appetizer

Cuisine: Chettinad

Quantity:



Ingredients

Ingredient	Quantity
• 1 Chicken legs	3
• 1/4 cup Hung Curd (Greek Yogurt)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 1 teaspoon Sunflower Oil	
• 1 Onion - sliced	
• 4 cloves Garlic	
• 1/2 inch Ginger	
• 2 tablespoon Fresh coconut - grated	
• 2 teaspoon Cumin seeds (Jeera)	
• 2 teaspoons Coriander (Dhania) Seeds	
• 1/4 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1/4 teaspoon Kalonji (Onion Nigella Seeds)	
• 1 teaspoon Whole Black Peppercorns	
• 2 Dry Red Chillies	
• 1 teaspoon Fennel seeds (Saunf)	
• 1/2 inch Cinnamon Stick (Dalchini)	
• 2 Cloves (Laung)	
• 1 Cardamom (Elaichi) Pods/Seeds	
• 1/2 teaspoon Mustard seeds	
• 1 tablespoon Ghee	
• 1 teaspoon Tamarind Paste	
• 1 teaspoon Jaggery	
• 1 teaspoon Ghee	
• 1/2 teaspoon Mustard seeds	
• 1 sprig Curry leaves	
• 4 cloves Garlic	

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Preparation

• To begin making the Chettinad Style Chicken Roast Recipe, thoroughly wash and clean the chicken leg.
• Keep it aside.

• Add onions, coconut, ginger and garlic and cook till the onions become soft and the coco.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
540	37	10	36	2	2