



## INGREDIENTS

### Serves 4

- 4 chicken breasts
- 10 wooden skewers, 200 mm (8") long
- vegetable oil for frying

### Marinade

- 570 ml (1 pint) natural yoghurt
- 2 tsp ground cumin
- 2 tsp ground coriander
- $\frac{3}{4}$  tsp salt
- 1 tsp ground turmeric
- 2 tbsp dried fenugreek leaves, or 1 tsp fenugreek powder
- 1-2 tsp ground ginger
- 1-2 tsp onion powder
- 1 tsp cracked black pepper
- 1 tsp ground cloves
- $\frac{1}{2}$  tsp cayenne pepper/chilli powder

### Tomato chilli jam

- 450 g (1 lb) cherry tomatoes
- 150 ml (5 fl. oz) white wine vinegar
- 225 g (8 oz) caster sugar
- $\frac{1}{4}$  -1 tsp of chilli flakes
- Naan bread to serve

## METHOD

### Marinade

- 1 Crush the fenugreek leaves in a pestle and mortar, then stir in all the other spices.
- 2 Add the spices to the yoghurt.
- 3 Remove the small fillet from behind each chicken breast, then slice the main breast in half from top to bottom. Cut these halves diagonally into two. This produce 5 pieces of chicken for each breast (20 in total).
- 4 Stir the chicken pieces into the yoghurt mix, cover, then leave them in the fridge, preferably overnight.

### Tomato chilli jam

- 1 Slice the cherry tomatoes in half and put them in a pan with the white wine vinegar, sugar and chilli flakes.
- 2 Simmer for 1-2 hours, stirring occasionally to prevent sticking. Let the jam go cold.

### Kebabs

- 1 Soak the wooden skewers for an hour in warm water. This will prevent them from burning when the kebabs are cooking.
- 2 Weave the chicken onto the skewers. Two pieces of chicken should fit on each skewer.
- 3 Paint the chicken with oil and place the kebabs into a hot, ribbed pan or a frying pan. Cook the kebabs on both sides until well browned.
- 4 Serve with the cold tomato chilli jam and Naan bread.



# ABOUT CHICKEN



To make bendy bones (a rubber chicken), take a chicken-leg bone after the meat has been eaten. Test the bone for flexibility. Put it in a jar containing vinegar. White vinegar allows you to see it more easily. Check the flexibility of the bone after 24 hours. It should be a little bendy. Check it every day for a week - by then it should be very bendy because the acid (vinegar) will have dissolved the structure of the bone.

- A chicken will lay bigger and stronger eggs if you change the lighting in such a way as to make them think a day is 28 hours long.
- The breeds and varieties of domestic chickens known today are generally believed to have descended mainly from the Jungle Fowl of Southeast Asia where it still exists in the wild.
- There are eight distinctive types of combs on chickens: rose, strawberry, single, cushion, buttercup, pea, silkie and V-shaped.
- The waste produced by one chicken in its lifetime can supply enough electricity to run a 100-watt bulb for five hours.
- Chicken soup is known as the 'Jewish penicillin'. Recent scientific research has proved its medicinal qualities.
- In 1953, 'Coronation Chicken' was invented for the coronation of Queen Elizabeth II. It is a creamy, spicy dish containing mangoes and curry powder.

If you want to learn more about the importance of a variety of food for human nutrition, then you might like to take our science short course, *Understanding human nutrition* (SK183).

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