

ROAST CHICKEN with CARDAMOM and COCONUT YOGURT

Ingredients:

- ¾ tsp ground cardamom
- 1 ½ tsp ground black pepper
- 2 tsp sea salt
- 1 tsp ground coriander
- 1 tsp ground cumin
- 3 peeled garlic cloves
- 2 unpeeled garlic cloves
- 1 tbsp olive oil
- ½ cup coconut milk yogurt
- 1 tbsp grated fresh ginger
- 1 tbsp freshly squeezed lemon juice (reserve the squeezed lemon)
- 1 ¾ lbs chicken
- Fresh cilantro leaves for garnish

Instructions:

1. Mix all dry ingredients and transfer into a mortar.
2. Grind peeled garlic cloves in the mortar using a pestle, mixing dry ingredients with the garlic.
3. Add olive oil to form a paste. Stir in yogurt, ginger, and lemon juice.
4. Place chicken in a large bowl or pan. Rub yogurt over the outside of the chicken and inside the cavity.
5. Lightly pound 2 unpeeled garlic cloves; place the cloves along with the squeezed lemon peel into the cavity of the chicken.
6. Tie the legs and the wings of the chicken with a string.
7. Refrigerate at least 3 hours or up to 24 hours.
8. Remove chicken from refrigerator 30 minutes before roasting.
9. Preheat oven to 400 degrees F.
10. Place chicken breast-side up in a baking pan or cast iron pan.
11. Bake in oven 45 minutes – 1 hour, until thoroughly cooked (the internal temperature reaches 165 degrees F).
12. Remove and let rest 15 minutes before carving.
13. Serve garnished with cilantro leaves.