

Roasted Butterflied Chicken with Cardamom and Yogurt

Serves 2-4

Seeds from 6 cardamom pods
1 teaspoon black peppercorns
2 teaspoons sea salt
1 teaspoon ground coriander
1 teaspoon ground cumin
3 garlic cloves
1 Tablespoon olive oil
½ cup whole milk yogurt
1 Tablespoon grated fresh ginger
1 Tablespoon freshly squeezed lemon juice
1 3-4 pound chicken, butterflied
Fresh cilantro leaves for garnish



Grind cardamom seeds and peppercorns in a mortar with pestle to a fine powder. Add salt, coriander, cumin and garlic and smash the garlic. Add the olive oil to form a paste. Stir in yogurt, ginger and lemon juice.

Place chicken in a large bowl or pan. Rub yogurt between skin and breasts and thighs. Then smear remaining yogurt over the outside of the chicken, front and back. Refrigerate at least 3 hours or up to 24 hours.

Remove chicken from refrigerator 30 minutes before roasting. Preheat oven to 425 F. Place chicken breast-side up in a baking pan or cast iron pan. Bake in oven until thoroughly cooked, 45 minutes - 1 hour.

Remove and let rest 15 minutes before carving. Serve garnished with cilantro leaves.

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