

Yogurt Chicken

- boneless skinless chicken breasts
- kosher salt
- 1/3 cup yogurt per serving
- 1/3 cup fresh cilantro per serving
- 1/2 tablespoon extra virgin olive oil per serving
- 1/2 clove minced garlic per serving
- 1/2 teaspoon paprika per serving
- 1/2 teaspoon ground cumin per serving
- 1/4 teaspoon salt per serving
- 1/4 teaspoon black pepper per serving
- 1/4 teaspoon lime juice per serving
- [tzatziki sauce](#) ^[1]

Remove fat from each chicken breast, and pound chicken breast with a mallet.

Make a brine, 1 part kosher salt to 16 parts water. Soak the breasts for at least an hour to two.

Combine yogurt, cilantro, extra virgin olive oil, garlic, paprika, ground cumin, salt, black pepper and lime juice.

Store the marinade in one bag, and the chicken in another, until 6 to 12 hours before you want dinner served. Marinate the chicken in the mixture for 5 to 10 hours.

Preheat grill. Removing the excess marinade, grill chicken until cooked. Do not undercook or overcook. On our Farberware grill, that's about 20 minutes on one side and 15 on the other.

Serve with couscous and [tzatziki sauce](#) ^[1].

Preparation time: 50 minutes (start 7 to 12 hours in advance)

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