

LAMB KEBABS

Ingredients:

0.5lbs ground lamb,
1 packet Succulent Seekh Kebab Masala (15g),
2 tbsp Mustard Oil (Any oil works),
1 tbsp of lemon juice,
½ tsp each of grated ginger and garlic

Cooking Instructions:

Mix all ingredients together and do a taste test and add salt as needed. Add the lamb and mix well and leave it overnight in the refrigerator. If you're in a hurry, you can let this mix marinate for at least at hour. Make meatball size portions. Preheat your grill or oven to 400F and cook the lamb for ~15 minutes or till internal temperature is 165F. Turn the pieces halfway. Alternatively, you can pan fry the lamb for about 3-4 mins on each side and serve hot.

TANDOORI CHICKEN

Ingredients:

1.5lbs chicken thighs or legs,
1 packet Yummy Tandoori Masala (15g),
2 tbsp Mustard Oil (Any oil works),
1 tbsp unsweetened yogurt,
½ tsp of lemon juice

Cooking Instructions:

Mix all ingredients together and do a taste test and add salt as needed. Add the chicken mix well and leave it overnight in the refrigerator. If you're in a hurry, you can let this mix marinate for at least at hour.

Preheat your grill or oven to 400F and cook the chicken for ~30 minutes or till internal temperature is 165F. Turn the pieces halfway. Garnish with chopped coriander and fresh squeezed lemon. Serve!



RECIPES

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USE VEGGIES IN PLACE OF MEAT!

INDIASBBQ MEAT MASALA SAUCE

Ingredients:

0.75lbs onions (3 medium sized onions), roughly chopped
1.5lbs of tomatoes (4-5 large tomatoes), roughly chopped
1 packet **Meat Magic Masala** (15g), 1 cup of unsweetened yogurt (whipped),
1.5 tbsp white vinegar, 1tsp sugar, 3 tbsp Ghee (Any oil works)

Cooking Instructions:

Start by heating the ghee/oil and put in 1/2 tbsp of **Meat Magic Masala** in the ghee and stir for 15 seconds. Add onions, tomatoes, mix well and let it cook covered on medium heat for about 20-25 minutes (stir frequently) or till the tomatoes have completely disintegrated.

Add the yogurt and remaining **Meat Magic Masala** and continue cooking on medium heat (covered) till the oil bubbles up to the top. Stir frequently. This should take about 30 minutes. Add the vinegar and stir and cook for an additional 5 minutes and quickly blend with a hand blender. Or let the sauce completely cool down and grind in a food processor.

Once the sauce has cooled down completely – slowly push it through a sieve. This will separate the tomato seeds, skin and leave you with a fine sauce.

Divide the sauce into smaller zip locks bags and freeze for later use. Makes for a great **#quickmeal**.

Check the recipe below on how to use this paste!

INDIASBBQ PORK MASALA

Ingredients:

1.5lbs pork chunks,
1 cup of IndiasBBQ Meat Masala Sauce (above),
1 cup of water, 2 tbsp Mustard Oil (Any oil works),
1tsp cumin

Cooking Instructions:

Heat the oil in a pan and add cumin to it and let it splutter. Add the Meat Masala Sauce to a pan along with the water and bring to a boil on high heat. Add pork and cook till fork tender. Add salt as needed! **DINNER IS SERVED!!**

CHICKEN TIKKA

Ingredients:

1.5lbs chicken thighs or legs,
1 packet Delhi Tikka Masala (15g),
2 tbsp Mustard Oil (Any oil works),
1 tbsp unsweetened yogurt,
½ tbsp of lemon juice

Cooking Instructions:

Mix all ingredients together and do a taste test and add salt as needed. Add the chicken mix well and leave it overnight in the refrigerator. If you're in a hurry, you can let this mix marinate for at least at hour.

Preheat your grill or oven to 400F and cook the chicken for ~30 minutes or till internal temperature is 165F. Turn the pieces halfway. Garnish with chopped coriander and serve!



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BAKED SALMON

Ingredients:

1lb salmon,
1 packet of Mustard Fish Masala (15g),
½ tbsp of ginger/garlic paste,
1.5 tbsp of mustard oil (regular oil is fine too),
1/2 lemon wedge

Cooking Instructions:

Take a bowl add Mustard Fish Masala to it. Add the mustard oil and ginger/garlic paste to the bowl. Mix it well and do the taste test. Add salt, if needed. Put the fish in some aluminum foil and layer the marinade onto it.

Cook in oven @400F for 25 mins .. check the fish in the thickest part and see if it's flaking off, if not put it back for another 5-7 mins. Give it a 45 second broil and serve with a wedge of lime to squeeze on top!

ACHARI TIKKA

Ingredients:

1.5lbs chicken thighs or legs,
1 packet Achari Masala (15g),
2 tbsp Mustard Oil (Any oil works),
½ tbsp of lemon juice

Cooking Instructions:

Mix all ingredients together and do a taste test and add salt as needed. Add the chicken mix well and leave it overnight in the refrigerator. If you're in a hurry, you can let this mix marinate for at least at hour.

Preheat your grill or oven to 400F and cook the chicken for ~30 minutes or till internal temperature is 165F. Turn the pieces halfway. Garnish with chopped coriander, fried onions and serve!

INDIASBBQ TIKKA MASALA SAUCE

Ingredients:

0.75lbs onions (3 medium sized onions), roughly chopped
1.5lbs of tomatoes (4-5 large tomatoes), roughly chopped
1 packet Delhi Tikka Masala (15g), 1 cup of unsweetened yogurt (whipped),
1.5 tbsp white vinegar, 1tsp sugar, 3 tbsp Ghee (Any oil works)

Cooking Instructions:

Start by heating the ghee/oil and put in 1/2 tbsp of Delhi Tikka Masala in the ghee and stir for 15 seconds. Add onions, tomatoes, mix well and let it cook covered on medium heat for about 20-25 minutes (stir frequently) or till the tomatoes have completely disintegrated.

Add the yogurt and remaining Tikka Masala and continue cooking on medium heat (covered) till the oil bubbles up to the top. Stir frequently. This should take about 30 minutes. Add the vinegar and stir and cook for an additional 5 minutes and quickly blend with a hand blender. Or let the sauce completely cool down and grind in a food processor.

Once the sauce has cooled down completely – slowly push it through a sieve. This will separate the tomato seeds, skin and leave you with a fine sauce.

Divide the sauce into smaller zip locks bags and freeze for later use. Makes for a great **#quickmeal**.

Check the recipe below on how to use this paste!

INDIASBBQ CHICKEN TIKKA MASALA

Ingredients:

1.5lbs chicken thighs or legs,
1 cup of IndiasBBQ Tikka Masala Sauce (above),
1 cup of water, 2 tbsp Mustard Oil (Any oil works),
1tsp cumin

Cooking Instructions:

Heat the oil in a pan and add cumin to it and let it splutter. Add the Tikka Masala Sauce to a pan along with the water and bring to a boil on high heat. Add chicken and cook till tender. Add salt as needed! **DINNER IS SERVED!!**