



# Sugar Apple

Posts From The Caribbean

## **Achar Masala Grilled Chicken**

If you can't find achar masala, substitute your favorite curry powder or masala mix. Nice served with lemon wedges to squeeze over the chicken.

*3 6-oz cartons of plain yogurt*

*1 scotch bonnet pepper, finely minced (if you can take the heat, if not use a pepper with less heat or leave it out)*

*juice of 1 lemon*

*3-4 tablespoons achar masala*

*4 cloves of garlic, minced*

*1" piece of ginger, peeled and grated*

*black pepper to taste*

*8 8-oz boneless chicken breast halves*

Put all the ingredients in a bowl and stir it together well. Pour it over the chicken and turn the chicken over and massage in the marinade so all the chicken is well coated. Marinate for 2-3 hours and grill. Or you can cook it in a fairly hot oven (400°) until done, about 20-30 minutes. Or you could cook it on a grill pan on the stove. Your choice, but you get the most flavor from the grill. You can also use this marinade for pork, beef or fish.

<http://www.abigailblake.com/sugarapple>

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