

CAST-IRON GRILLED CHICKEN

Prepared by: Ron Innes, April 2019

Source: Appetites

1 ½ cups plain whole milk yogurt
¼ cup olive oil
1 tablespoon ground cumin
15 cardamom pods, crushed
1 tablespoon dried oregano
1 teaspoon freshly ground black pepper
2 to 2 ½ pounds boneless, skinless chicken thighs
1 to 2 tablespoons canola oil or grapeseed oil, for brushing the grill
Salt to taste
Frank's RedHot sauce, optional

In a medium mixing bowl, whisk together the yogurt, olive oil, cumin, cardamom, oregano, and pepper. Place the chicken in a plastic zip-seal bag or nonreactive container with lid, and pour the yogurt mixture over, making sure each piece of chicken is evenly coated on all sides. Seal or cover and refrigerate for at least 2 hours and up to 24 hours.

Preheat the oven to 400 degrees (or if using an actual outdoor grill, light it.)

Remove the chicken from the refrigerator and let it sit at room temperature for about 15 minutes. Rub a grill pan with 1 to 2 tablespoons canola oil, depending on its size. Begin to heat the grill pan over high heat; you'll know its ready to go when you can see waves of heat shimmering off it.

Remove the chicken from the marinade, letting any excess drip off. Pat the chicken dry with paper towels and season it liberally with salt. Place on the hot grill pan and let cook, undisturbed, for 6 to 7 minutes, so that it is distinctly grill marked. Using tongs, turn the chicken to cook on the other side for about 5 minutes, then transfer the chicken, still on the grill pan, to the hot oven to finish cooking for about 10 minutes. The internal temperature should be 150 degrees at the thickest part. Remove from the oven, let rest for a few minutes, then serve, sliced or whole, with hot sauce if desired.

Ron's Notes: "Make as is- no changes. I'll make this again."

