



Fenugreek – *Trigonella foenum-graecum*

Tips for Use:

- The leaves are also known as methi or shambali
- Use fresh fenugreek leaves in salads as well as cooked dishes
- Dried fenugreek leaves can be used in cooked dishes
- Store seeds whole or ground in an airtight, dry, dark location for up to six months
- Ground seeds are used in spice blends and rubs as well as tea blends
- Add the seeds earlier in cooking since it takes longer to infuse the flavors and add the leaves towards the end of the process
- Fenugreek pairs especially well with other strong flavors like cumin, coriander, and paprika
- Recipes often finish with lime or lemon juice to balance the sweetness in savory dishes

Indian Spiced Chicken with Lime and Cilantro

1 tablespoons coriander seed	2 medium cloves garlic, peeled
1 tablespoons cumin seed	2 scallions (white and green parts), 1 cut into 1-inch lengths, 1 thinly sliced for garnish
1/2 teaspoon whole black peppercorns	
1/2 teaspoon fenugreek seeds	1-1/2 tablespoons canola oil
1/2 cup fresh cilantro leaves and tender stems, plus additional leaves for garnish	1-1/4 teaspoons kosher salt; more to taste
Freshly squeezed juice of 1 medium lime (about 1/4 cup)	1 teaspoon ground turmeric
6 small (3/4 lb.) skin-on, bone-in chicken breasts or 12 medium (6 oz.) thighs (or a combination), trimmed of excess skin and fat	
Lime wedges for garnish	



In a small, dry skillet over medium-low heat, toast the coriander and cumin, shaking the pan or stirring frequently, until the cumin seeds darken and become very fragrant, about 5 minutes. Transfer to a spice grinder or mortar and pestle, add the peppercorns and fenugreek, and grind to a fine powder.

Combine the cilantro, lime juice, garlic, 1-inch scallion pieces, canola oil, salt, turmeric, and ground spice mixture in a blender or food processor; blend into a smooth purée.

Put the chicken pieces in a large bowl, add the marinade, and turn to coat the pieces all over with the marinade. Set aside while you heat the broiler; or cover and refrigerate for up to 24 hours.

Position an oven rack about 8 inches from the broiler element; heat the broiler on high. Line a large rimmed baking sheet with foil. Arrange the chicken pieces, skin side up, on the baking sheet. If using a combination of parts, put the breast pieces on one end of the baking sheet and the thighs on the other end. Sprinkle generously with salt.

When the broiler is hot, broil until the chicken skin is brown and crisp all over, with some singed bits, about 20 minutes, rotating the pan occasionally for even browning. Check the chicken for doneness, either by cutting into pieces to see if they're cooked through or by using an instant-read thermometer—breasts should be 165°F, thighs should be 170°F. If some or all of the chicken is still underdone by the time the skin is well browned, turn off the broiler and set the oven temperature at 450°F. Continue roasting the chicken, checking every 5 minutes, until cooked through, 5 to 15 minutes more. If some pieces finish earlier than others, transfer them to a platter and keep warm while you continue to roast the underdone pieces.

Arrange all of the chicken on a serving platter and garnish with the cilantro leaves, sliced scallion, and lime wedges. 6 servings

Make Ahead Tips

The chicken can be marinated up to a day ahead.

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