

GREAT GRILLING

Indian Cuisine Means Grilling Gets Exotic

(NAPSA)—If you're looking for a fun and healthful way to spice up your barbecues, it may be time to give your grill an ethnic makeover.

Indian cuisine, for instance, can add an exotic twist to grilled foods—plus it can be healthy and easy to make. The key is to use fresh ingredients and high-quality spices and products.

For example, Patak's Indian cuisine product line includes chutneys, curry pastes and cooking sauces. They can be a great—and affordable—way to try new cuisines. Try these recipes to spice up your summer grilling:

Zesty Salmon Fillets with a Tandoori Crust

Serves 4

Preparation time: 15 minutes

Cooking time: 20 minutes

2 tablespoons Patak's Spicy Ginger & Garlic (Tandoori) Marinade & Grill Sauce

¼ cup fresh breadcrumbs

½ cup oats

2 tablespoons fresh parsley, chopped

½ teaspoon lemon zest

2 lemons, halved

1½ lbs. salmon fillet (sufficient for 4)

2 pouches Patak's Microwave Rice (or regular cooked basmati rice)

**1 large handful baby spinach leaves
nonstick cooking spray (or regular oil)**

Instructions

1. In a bowl, mix together the Patak's marinade and grill sauce, breadcrumbs, oats, parsley and lemon zest.

2. Coat salmon with crust mixture, patting it down slightly. Lightly spray with cooking spray (or brush with oil) and wrap in double thickness of foil.



Exotic Kick—Zesty salmon fillets with a tandoori crust are an unexpected grilled treat.

3. Place prepared salmon and lemon halves on a grill rack and grill for 20 minutes, turning halfway through.

4. Just before serving, cook rice as directed on the packet. Transfer cooked rice to a large saucepan, stir in spinach and cook gently until spinach has wilted.

5. Remove salmon from grill and cut into 4 pieces. Serve with rice and garnish with the cooked lemon.

Recipe heat rating: medium.

Chicken Kebabs with a Spicy Mango Salsa

Serves 4

Preparation time: 15 minutes

Marinating time: 15 minutes

Cooking time: 20 minutes

For the chicken

2 tablespoons Patak's Mild Curry Paste

½ cup fat-free, plain yogurt

4 skinless, boneless chicken breasts, large, diced

1 red pepper, deseeded and cut into chunks

1 lime, cut into segments

4 large rosemary stems (or regular skewers)

For the spicy mango salsa

1 small red onion, finely chopped

1 small firm mango, skin removed and finely chopped

3 tablespoons fresh cilantro leaves, chopped

2 tomatoes, deseeded and finely chopped

4 tablespoons lime juice

½ red chile, deseeded and finely chopped

sea salt and black pepper

For the salad

½ cucumber, sliced

**6 cherry tomatoes, halved
crisp lettuce leaves
a few toasted fennel seeds (optional)**

Instructions

1. Mix together the Patak's paste and yogurt. Add chicken, coat well in paste mixture and leave to marinate for 30 minutes.

2. Take leaves off the rosemary stems and push chicken onto each stem with red pepper and lime segments.

3. Preheat grill on a low to medium heat. Sear chicken for 20 minutes, turning occasionally. Wrap kebabs with foil to reduce cooking time if you wish.

4. Meanwhile, combine all salsa ingredients, season to taste and spoon into a dish.

5. Toss salad ingredients together and serve with kebabs and salsa.

Recipe heat rating: medium.



Spice-infused chicken kebabs with a zesty mango salsa are ideal for the barbecue.