



Recipes

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Multigrain Tandoori Crepe

Prep Time: 20 Minutes

Cooking Time: 5 Minutes

Serves 1

Ingredients:

1 each 12" Multigrain Tortilla (14634)

Egg Batter , to dip

3 oz. wt. Tandoori Chicken , see recipe archive

1 oz. vol. Mint Yogurt Sauce , see related archive

2 oz. vol. Pickled Fennel Slaw , see related recipe

1 Tbsp. Fresh Cilantro Sprigs

Directions:

1. Pour egg batter into deep dish large pie pan. Dip multigrain tortilla in egg batter or soak in batter up to 30 minutes.
2. Remove multigrain tortilla from batter and drain off excess batter.
3. Place on pre seasoned griddle or flattop and toast both sides.
4. Remove from griddle and place on work surface.
5. Spread 1 oz. of minted yogurt sauce evenly over multigrain crepe.
6. Slice tandoori grilled chicken and place in the center of crepe.
7. Spread pickled fennel slaw over chicken and tightly roll to close, leaving both sides open ended.
8. Cut into 1/3's to serve.
9. Serve with a side of mango chutney if desired.



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Tandoori Chicken

Serves 1

Ingredients:

4 oz. Boneless, skinless Chicken Breasts
1/4 oz. (1/3 cup) Lemon Juice
1/8 oz. (2 Tbs.) Minced Garlic
1/8 oz. (2 Tbs.) Minced Ginger
1/8 tsp. Ground Cardamon
1/8 tsp. Red Pepper Flakes
1/6 tsp. Tandoori Powder

Directions:

1. Cut diagonal slashes into the chicken breasts with a knife. Place in a large mixing bowl and add the lemon juice. Cover and marinate for ½ hour. Place the next five ingredients in a blender or processor and blend into a smooth sauce. Pour over the chicken and toss to coat. Cover and refrigerate up to overnight.
2. Place chicken on grill over medium heat. Grill until juices run clear when pierced, about 5 minutes per side. Allow to cool and slice.

Mint Yogurt Sauce

Serves 1

Ingredients:

2/3 oz. (1 cup) Plain Yogurt
1/3 oz. (1/2 cup) Sour Cream
1/8 tsp. Cumin
1/4 tsp. Minced Mint
1/8 tsp. Kosher Salt

Directions:

1. Combine all ingredients. Keep refrigerated.
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Pickled Fennel Slaw

Serves 1

Ingredients:

3 cups (8 oz. wt.) Fennel , shaved
1 cup (2 oz. wt.) Red Onions , shaved
1 cup (4 oz. wt.) Radishes , matchstick cut
1 cup White Wine Vinegar
1 Tbsp. Mint Leaves
1/4 tsp. Salt
1 1/2 tsp. Fresh Ginger , minced
3/4 cup Granulated Sugar

Directions:

1. Place vegetables in a mixing bowl. Cover and keep refrigerated.
2. In a small saucepot heat remaining ingredients and stir to dissolve sugar.
3. Bring to a simmer and continue cooking 2-3 minutes.
4. Remove from heat and cool completely.
5. Pour half of brine over vegetables and marinate at least 30 minutes to allow flavors to develop.
6. Hold refrigerated for service.