Chicken Tikka Masala

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chicken_tikka_masala.jpg Based on Cafedelites

Ingredients for Marinade

- 800g chicken breast cut into bite-sized pieces
- 130g plain yogurt
- 1.5 tablespoons minced garlic
- 1 tablespoon ginger
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon mild chili
- 1 teaspoon of salt

Ingredients for Sauce

- 1 tablespoons of vegetable/canola oil
- 2 tablespoons butter
- 2 small onions (or 1 large onion) finely diced
- 1.5 tablespoons garlic finely grated
- 1 tablespoon ginger finely grated
- 1 teaspoon garam masala
- 1.5 teaspoons ground cumin
- 1 teaspoon turmeric powder
- 1 teaspoon ground coriander
- 400g tomato puree (tomato sauce/Passata)
- 1 teaspoon mild chili (adjust to your taste preference)
- 1 teaspoon salt
- 200ml of heavy or thickened cream (use evaporated milk for lower calories)
- 100ml milk
- 1 teaspoon brown sugar
- 60ml of water if needed
- 4 tablespoons Fresh cilantro(coriander) to garnish (optional)

Side ingredients

- Jasmine rice

Directions

1. In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for 10 minutes to an hour (or overnight if time allows).
2. Heat oil in a large skillet or pot over medium-high heat. When sizzling, add half the chicken pieces, making sure not to crowd the pan. Fry until fully cooked and heavily browned. Set aside and keep warm (putting a small plate over a bowl works wonders). Scrape all the burnt bits from the pan (not with metal tools!). Repeat with the other half.
3. Melt the butter in the same pan. Fry the onions until soft (about 3 minutes).
4. Add garlic and ginger and sauté for 1 minute until fragrant, then add garam masala, cumin, turmeric, chili, salt and coriander. Fry for about 20 seconds until fragrant, while stirring occasionally.
5. Pour in the tomato puree. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red colour.
6. Stir the cream, milk and sugar through the sauce. Add the chicken and its juices back into the pan and cook for an additional 5(was 8-10, not needed for so long since we cook chicken first) minutes the sauce is thick and bubbling. Pour in the water to thin out the sauce, if needed.
7. Optionally garnish with cilantro (coriander) and serve with hot garlic butter rice and fresh homemade Naan bread! Though I simply serve with jasmine rice.