

Chicken Tikka Masala Recipe

Ingredients:

1. 3/4 lb. of chicken breast cut into small pieces
2. 2 table spoons of yogurt
3. 2 table spoons of sour cream
4. 1/2 a cup oil
5. 1 cup blanched tomato puree
6. 1 tea spoon paprika
7. 1/2 a tea spoon Kashmiri chili
8. 1/2 a tea spoon ground cumin
9. 1/2 a tea spoon ground coriander seeds
10. 1 tea spoon salt
11. 1/2 a tea spoon black pepper
12. 1 table spoon lemon juice
13. 1 medium onion chopped into small pieces
14. 1 table spoon ginger paste
15. 1 table spoon coriander paste
16. 3 cloves of sliced garlic
17. Few pieces of fresh mint

Method:

First put the chicken pieces in a bowl. Add yogurt, lemon juice, half a tea spoon of salt, black pepper and paprika. Blend the chicken and spices well. Then put the chicken in the skewers and rest them on a pan with water inside. Start the oven on broil on high heat and put the pan with the chicken in the oven. Let it cook for seven minutes. Then take the pan out of the oven. Let the chicken rest outside the oven. We have now made partly cooked chicken tikka.

Now we will prepare masala. Take a pan and put oil in it on high heat. When the oil is hot put the cut pieces of onion in it and let it fry till the onion becomes light

brown and you start to smell the burning of the onion. Then add to it sliced garlic, ginger paste and coriander paste. Stir it well for about half a minute. Change the temperature to medium. Then add tomato puree, sour cream, ground cumin, ground coriander seeds, Kashmiri chili, and half a tea spoon salt. Mix and blend it well. Now reduce the temperature to low. If it looks too dry add about half a cup of water and stir it well. Now you will see the masala blended. Add the partly cooked chicken tikka pieces in the masala and mix it well. Put a lid on and cook this for about 5 minutes. At the end of 5 minutes open the lid and mix the chicken and masala. Now chicken tikka masala is ready. Garnish it with mint and it is ready to eat.

Enjoy.

Chef Pops