

Chicken Tikka Masala



Serves 4

Ingredients

4 whole skinless, boneless chicken breasts
1 tsp red chili powder
2 tsp garam masala powder
1 tsp ginger paste
1 tsp garlic paste
3 large fresh lemons for juice
1½ tsp cumin powder
1 tsp turmeric powder
1 tsp coriander powder
½ tsp white pepper
2 ounces (softened) butter
2 cups half & half
1½ Tbsp tomato paste
½ cup vegetable oil
1 tsp salt to taste
green onion slivers and small chunks
of tomato (for garnish)

Spices can be purchased at an Indian grocery store.

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Cooking Method

- I Cut 4 whole skinless and boneless chicken breasts into small chunks. Add ginger, garlic, $\frac{3}{4}$ tsp cumin, $\frac{1}{2}$ tsp turmeric, 1 tsp garam masala and $\frac{1}{2}$ tsp red chili powder, salt and squeezed lemon juice. Mix well and let the chicken marinate for twenty-four hours.
- II After marinating, brush the chicken with a little oil. Then skewer and roast the chicken pieces in the Tandoor (Indian clay oven that uses mesquite charcoal). If you don't have a Tandoor, roast the chicken in an oven for 20 minutes at 375° F. Baste the chicken with oil and continue roasting until fully cooked.
- III In a bowl, add half & half, tomato paste, 1 tsp garam masala, $\frac{1}{2}$ tsp turmeric powder, $\frac{3}{4}$ tsp cumin powder, coriander and white pepper. Whisk thoroughly.
- IV Transfer liquid mixture to a sauté pan. Reduce mixture in half while stirring constantly for approximately 4 minutes over high heat. Add chicken pieces and continue to sauté.
- V Add butter and salt. Continue to stir well, just enough to make a thick gravy and bring it to a boil on high. Reduce the heat.
- VI Stir gently to coat all the chicken pieces with tomato gravy and simmer for 10 minutes.
- VII Pour into a serving bowl, garnish with chopped green onion slivers and whole cilantro leaves. Serve hot.

Enjoy!

Roti is located at
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