

Chicken Tikka Masala

Chicken in a Rich Cashew Nut Sauce

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Ingredients

6 chicken thighs, skinned and cut into chunks

Optional

½ pepper, chopped into large chunks

½ onion, chopped into large chunks

1 tomato, chopped into large chunks

Marinade

½ tsp salt

1 tsp chilli powder

1 tsp coriander seeds, crushed

3cm piece ginger, minced

3 cloves garlic, minced

3 tbsp Greek yoghurt

1 heaped tsp dried fenugreek (kasoori Methi)

Juice of 1 lime

2 tbsp mustard oil, to cook

Masala Sauce

1 tbsp oil

5cm stick cassia bark

3 green cardamoms

2 bay leaves

3 cloves

1 tsp cumin seeds

1 large onion, minced or very finely diced

3 garlic cloves, minced

1 tbsp ginger, minced

1 or 2 green chillies, minced

2 tsp cumin seeds

2 tsp coriander seeds

3 fresh tomatoes

1-2 tbsp cashew nuts

1 tsp salt

½ tsp turmeric

1 tsp chilli powder

1 tsp dried fenugreek leaf (kasoori methi)

100ml double cream

Handful fresh coriander, chopped

Method

Marinade

01 Blend the marinade spices and coat the chicken, (add the optional pepper, onion and tomato) for at least half an hour.

Masala Sauce

01 Heat oil in a pan and add the cassia, cardamom, bay leaves, cloves and 1tsp cumin seeds.

02 Once fragrant add onions and cook gently for about 20 minutes until golden brown.

03 Add salt to taste then add the turmeric, minced ginger, garlic and chillies.

04 Pound the 2 tsp cumin and coriander seeds and stir into the pan with the chilli powder. Add a splash of water to stop the spices from burning.

05 Blitz the fresh tomatoes to a purée.

06 Blend the cashew nuts to a powder then stir into the tomatoes to make a paste.

07 Add this nut and tomato paste to the sauce with a little water and leave to cook for 10 minutes (add more water to loosen if required).

08 Place the marinated chicken and vegetables onto an oven tray and pour the mustard oil over them. Cook on 180oC for about 15-25 minutes until the chicken pieces are a little charred around the edges.

09 Once cooked place cooked chicken (and veg if using) into the sauce and stir. Leave this to cook for about 5-10 minutes.

10 Add the dried fenugreek, pour in a little cream, stir and remove from the heat. Throw in the coriander to serve.

Served with

I like to have my chicken tikka masala just with plain rice so I can savour the flavour of the sauce.



More on this recipe

<http://www.harighotra.co.uk/chicken-tikka-masala-recipe>

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