

# Chicken Tikka Masala

Chicken in a Rich Cashew Nut Sauce

**Hari**  
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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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