

Turkey Tikka Masala

Spiced Turkey in a Cashew Nut Sauce

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Ingredients

400g Turkey leftovers, shredded

Masala

2 tbsp oil

7cm stick cassia bark

3 green cardamoms

2 bay leaves

3-5 cloves

1 tsp cumin seeds

1 large onion, minced

3 garlic cloves, minced

1 tbsp ginger, minced

1 green chilli, minced

2 tsp cumin seeds, crushed

1½ tsp coriander seeds, crushed

1 tsp salt

½ tsp turmeric

1 tsp chilli powder

2 tbsp cashew nuts

3 fresh tomatoes

1 tsp dried fenugreek leaves

100ml double cream

Handful of fresh coriander, chopped

Method

- 01** Heat oil in a pan and add the cassia, cardamom, bay leaves, cloves and cumin seeds. Once fragrant, add onions and cook gently until golden brown (about 15 minutes).
- 02** Add the minced ginger, garlic and chilli. Cook for a few minutes to cook out the raw flavours.
- 03** Stir in the turmeric, cumin, coriander, chilli powders, salt and add a splash of water so the spices don't burn.
- 04** Blend tomatoes to a puree and add to the pan with a little water. Leave to cook so it thickens to create a rich sauce.
- 05** Meanwhile, place cashew nuts into a spice grinder and blend to a fine powder.
- 06** Stir the cooked meat into the sauce and cook on a gentle heat. Add the cashew nut powder and stir.
- 07** Add fenugreek and pour in the cream and stir through.
- 08** Remove from the heat and throw in the coriander to serve.



More on this recipe

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

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