

indian, main, needs pic, cold weather, with rice, chicken

## Chicken Tikka Masala

Date added: 2020/09/07

### Ingredients

#### Marinade

- 2lb Chicken Breast
- 1 cup plain yogurt
- 1 1/2 TBSP minced garlic
- 1 TBSP grated ginger
- 2 tsp garam masala
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 tsp salt

#### Tikka Sauce

- 2 TBSP canola oil
- 2 TBSP butter
- 1 large onion finely diced
- 1 1/2 TBSP finely minced garlic
- 1 TBSP grated ginger
- 2 tsp garam masala
- 2 tsp cumin
- 1 tsp turmeric
- 1 tsp ground coriander
- 15 oz can of tomato sauce
- 1 tsp ground chili powder
- 2 tsp salt
- 1 1/4 cup heavy cream
- 4 tsp brown sugar

### Method

1. Combine marinade ingredients in bowl with lid. Cut chicken into bite-sized pieces and stir into marinade. Cover with lid and refrigerate for 1 hour to overnight.
2. Heat oil in large frying pan over high heat. Remove chicken pieces from marinade and add to the pan in 2-3 batches, making sure not to crowd the pan. Fry until browned on each side only. You will cook the chicken through in the sauce. Set aside.
3. Melt butter in same pan. Fry the onions over high heat until soft while scraping the pan to loosen any browned bits.
4. Add the garlic and ginger and saute for one minute then add spices. Fry until fragrant, but take

care not to burn the mixture or the spices will be bitter.

5. Pour in tomato sauce and reduce heat to medium. Cover and let simmer for about 10 minutes, stirring occasionally until sauce thickens and becomes a deep brown red color.
6. Take pan off heat and stir cream and sugar through the sauce.
7. Add the chicken and its juices back into the pan. **Sauce should be sweetened to taste due to variations in canned tomatoes.** Cook for an additional 8-10 minutes until chicken is cooked through and sauce is thickened slightly. Season to taste, adjusting sugar and salt as needed.
8. Serve over long-grain rice.

## Notes

- Consider adding an additional chicken breast (N.B. original recipe calls for 800 g; weigh out chicken next time).

Inspired by: <https://cafedelites.com/chicken-tikka-masala/>

From:  
<https://wiki.cookie mountain.org/> - **Recipe Book**

Permanent link:  
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Last update: **2024/08/07 01:20**

