

Chicken Tikka Masala Recipe

Chicken Tikka Masala is a popular Indian dish made with marinated chicken that is grilled or roasted and then cooked in a rich and creamy tomato-based sauce. It is said to have originated in the Indian subcontinent and has since become a popular dish all over the world.

Ingredients:

For the marinade:

- 1 1/2 pounds boneless, skinless chicken breasts or thighs, cut into bite-sized pieces
- 1 cup plain yogurt
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 1 tablespoon garam masala
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon salt
- Juice of 1/2 lemon

For the sauce:

- 2 tablespoons ghee or butter
- 1 large onion, finely chopped
- 2 teaspoons minced ginger
- 2 teaspoons minced garlic
- 1 tablespoon garam masala
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon turmeric
- 1/4 teaspoon cayenne pepper
- 1 cup tomato puree
- 1 cup heavy cream
- Salt, to taste
- Fresh cilantro, chopped, for garnish

Cooking Instructions:

- In a large bowl, combine the yogurt, ginger, garlic, garam masala, turmeric, cumin, paprika, cayenne pepper, salt, and lemon juice. Add the chicken pieces and stir to coat. Cover and marinate in the refrigerator for at least 1 hour or overnight.
- Preheat your oven to 400°F. Thread the chicken pieces onto skewers and place on a baking sheet lined with foil. Bake for 15-20 minutes, or until the chicken is cooked through and lightly charred in spots.
- While the chicken is cooking, make the sauce. In a large skillet, melt the ghee or butter over medium heat. Add the onion and cook until softened, about 5-7 minutes. Add the ginger, garlic, garam masala, coriander, cumin, paprika, turmeric, and cayenne pepper. Cook, stirring constantly, for 1-2 minutes, or until fragrant.
- Add the tomato puree and bring the mixture to a simmer. Cook for 5 minutes, or until the sauce has thickened slightly. Add the heavy cream and salt to taste. Simmer for another 5-7 minutes, or until the sauce has thickened and the flavors have melded.
- Add the cooked chicken to the sauce and stir to coat. Cook for another 2-3 minutes, or until the chicken is heated through. Garnish with fresh cilantro and serve with rice or naan bread.

Enjoy your tasty Chicken Tikka Masala. 😊