

Recipe of the month...

May

Chicken Tikka



Ein-
gemachtes



By Stephen Myers,
Head Chef and proprietor



What you will need...



Day 1

The marinade...

Chicken Thighs

Yoghurt

Tandori Spice



Day 2

The Tikka Sauce Base...

Blender / Liquidiser
Spices
Onion Paste
Ghee – 1 & ½ TSP
Water – 5 TBS
Tomatoes – 2 tin chopped
Green chilies – 6
6 large cloves garlic
Ginger – 1 piece about 1 inch in length
Cashew – 25
Almond blanced – 15
Coconut Powder – 1tbsp
·Water – 6 TBS

The Gravy....

Vegetable ghee – 4 TBS
Star anise (badiya) – 2
Bay leaves – 3
Dry red chilies flakes 1 Tsp
Cloves – 6
Cinnamon stick – 2 large
Cardamoms – 6
Black paper – 6
.

Turmeric powder – ¼ TSP
Red chili powder – 1 TSP
Coriander powder – 1½ TSP
Garam masala – 1½ TSP
Kitchen king masala – 1 1/2 TSP
Chat masala – 1 1/2 TSP
Chana masala – 1 1/2 TSP
Kasturi methi – 2 TBSP
Salt – As per taste
Water – 800 ml



Using the recipe provided, here is how you makes the pastes...

Green Paste

Blend Chillis, Ginger & Garlic - to a smooth paste

Tomato Paste

Chopped tinned tomatoes

Onion Paste

Blend Onions - to a smooth paste

White Paste

Blend Cashew Nuts & Almonds - to a smooth paste

***Tip: You may need to add some cold water to allow the nuts
to blend smoothly***



This recipe is for 4 people.

**The video shows a large batch.. however the process is
the same.**



We need to marinade the Chicken thighs the day before.

Lets begin...





**Check Chicken Thighs for any gristle/bone,
remove if needed..**





Make the marinade...

Add the Spices to the Yoghurt.

Then mix the Chicken Thighs well within the marinade.





**Cling film and leave in the
refridgerator overnight.**








Day 2!

Place your marinated Chicken Thighs into a tray and bake in a hot oven until slightly charred..

200  °C



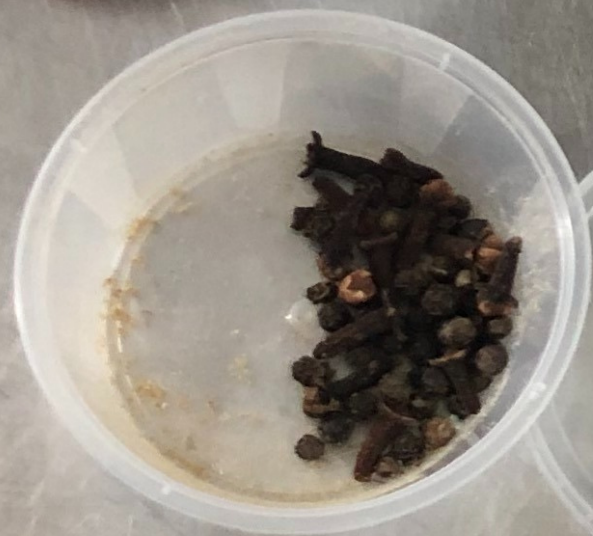




Lets make the Tikka Sauce...







**Add a small amount of Ghee to a pan,
fry Onion Paste until they turn slightly brown and have
lost their sweetness in taste...**





Add Ghee to large pan...
time to add our hard spices...











Fry for 2-3 minutes...





Now add Green Paste...





Cover with a lid as it can spit...

Cook for one minute.

Now add Tomato Paste...

Cover again with a lid

Cook for a further 5 minutes, stirring 2-3 times.







Now add the Onion Paste...

**Cook for a further 4-5 minutes,
stirring occasionally.**







Now add your White Paste and continue to cook for an additional 3-4 minutes on a low heat..

Tip: Do not overcook or boil as this may turn your curry bitter





Now add:

**Tumeric, Chilli Powder, Corriander Power, Garam
Masla, Kitchen King Masala, Chat Masala, Chane Masala
& Kasuri Methi**

Simmer for 3-5 minutes...









**Add Tomato Ketchup,
small quantities at a time to get your flavour balance
Sweet & Sour
(*Personal taste*)**





**Using a slotted spoon or large sieve,
remove hard spices...**

Then blend the sauce to a smooth consistency.







Remove the Chicken Thighs from the oven...

Remove from tray and rest.





**Bring curry sauce up to heat,
add Coconut Powder, Cream and Honey.**

Add Himalayan Black Salt (Optional)

***Tip: Black Salt if you can get it, really does enhance the
flavour!***







Now cut Chicken Thighs into threes...





Now add Chicken Thighs into sauce.

Put back onto heat.







Put a dry non-stick pan on the heat to get hot.





**We cook Naan Partha,
which we source from a local Asian store.**

**If you don't have one nearby, you could make your own
Chapati or buy ready made Naan.**





naturally the best choice™

20
ROTI
PARATHA
(PLAIN)
FAMILY PACK

DELICIOUS,
CRISPY AND
LAYERED FLAT BREAD

HALAL (حلال)

WT / POIDS NET / PESO NETTO 1600g (500g x 3)



naturally the best choice™

SERVING PRESENTATION

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PIECES



Brush one side of Naan with Ghee.

Place into pan to brown, flip over.

It will puff up in size and then it's ready.





Let's start plating up while Naan is cooking...

We are using Pilau Rice, garnished with deep fried cashew nuts and onions. Finished with fresh Coriander.

You can use a rice of your choice.













**We also finish the plate with a samll pot of
Yoghurt and Mango Chutney.**





Go on, give it a go....





