



## Chicken Tikka Masala

Ingredients - for the paste

1 jar tikka masala paste from most supermarkets.

To make you own

1 large onion

2 green chillies less if you don't like it too hot

3 tablespoons coconut oil or a light oil e.g. rapeseed

2 tablespoons coriander seeds

2 tablespoons cumin seeds

5 cardamon pods seeds removed.

4 cloves of fresh garlic or 1 1/2 tablespoons garlic powder

2 tablespoons paprika

1 tablespoon garam masala

2" piece of fresh ginger grated or 1 tablespoon ground ginger

2 teaspoons chili powder less if you don't like it hot.

1/2 teaspoon turmeric

1 tablespoon dried fenugreek leaves or dried mint if not available

1/4 teaspoon salt

1 teaspoon lemon juice

1 tablespoon paprika powder

120ml wine vinegar

### Method

Light toast the coriander, cumin and cardamon seeds in a dry frying pan then grind to a fine powder. Alternatively use ground coriander and ground cumin and 1 teaspoon of cardamon powder.

Heat the oil in the frying pan on a medium heat

grate the onion, mince the ginger, chilli and garlic and add to frying pan cook for about 10 mins on a low heat. Alternatively place then in a blender and blitz on pulse. You want the

Add remaining spices, dried fenugreek or mint and salt, stir well.

Mix in lemon juice, wine vinegar, and 2 tbs water to make the paste.



Stir fry paste for a further 10 minutes until all water is absorbed. When it is thick, the paste is cooked.

Allow to cool before storing in airtight jars.

Ingredients – for the curry.

400gr chicken breast or thigh cut into cubes

5 tablespoons tikka paste (homemade or shop bought)

3 tablespoons oil of choice or ghee.

2 medium onions finely diced

1 400gr tin chopped tomatoes

2 tablespoons tomato puree

50ml double cream

100ml plain yoghurt

100ml water

Fresh chopped coriander.

#### Method:

Place chicken in bowl with 2 tablespoons of the tikka paste (homemade or shop bought) and coat the chicken put to one side to marinate. 1 hr minimum or in fridge overnight.

Preheat the oven or BBQ to 200c

Add 50ml plain yoghurt to the chicken mix and give it a good stir to cover all of the chicken pieces. Put the chicken on skewers and place in oven or on BBQ until cooked, about 10 – 12 minutes turning every 4 - 5 minutes.

Mean time heat the oil or ghee in the frying pan and add the onions cook on a moderate heat until the onions are just starting to turn brown and translucent. Don't rush this step as it gives great flavour. About 10 mins.

Add remainder of paste 3 tablespoons, tip in the tinned tomatoes, tomato puree and about 100ml water.

Add the chicken to the sauce and simmer for about 8 minutes check chicken to ensure it is white all the way through.

Finally add the remainder of the yoghurt and cream and some chopped coriander (optional)

Serve with plain boiled rice, naan bread, chapatis or a vegetable side dish.