

Chicken Makhani

Adapted from an online recipe



MARINADE:

- 2 pounds boneless skinless chicken thighs, or breasts, if preferred
- 2/3 cup plain yogurt, full or 2%
- 3 cloves minced garlic
- 1 tablespoon fresh ginger, very finely minced
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 2 teaspoons ground cumin
- 1 teaspoon Kashmiri chile powder
- 1 teaspoon salt

SAUCE:

- 3 tablespoons olive oil
- 3 tablespoons butter, or ghee
- 2 large onions, coarsely chopped
- 3 whole garlic cloves, minced
- 1 tablespoon fresh ginger, very finely minced
- 2 teaspoons ground cumin
- 1 tablespoon garam masala
- 2 teaspoons ground coriander
- 28 ounces crushed tomatoes
- 1 1/2 teaspoons Kashmiri chile powder
- 2 teaspoons salt, or more if needed
- 3 whole curry leaves, optional
- 2 cups heavy cream
- 1 teaspoon kasoori methi (dried fenugreek leaves)
- 4 tablespoons cilantro, chopped, for garnish

Per Serving (excluding unknown items): 538 Calories; 41g Fat (66.4% calories from fat); 32g Protein; 14g Carbohydrate; 3g Dietary Fiber; 220mg Cholesterol; 1317mg Sodium; 8g Total Sugars; 1mcg Vitamin D; 124mg Calcium; 2mg Iron; 471mg Potassium; 107mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 8

1. In a large plastic ziploc bag, mix all the ingredients in the marinade - squeeze the mixture in the bag until you cannot see any streaks of spices or yogurt, then add the chicken, cut up into bite-sized pieces. Squish the bag several times to distribute the marinade throughout the chicken; allow chicken to marinate in the refrigerator for 2-3 hours or up to overnight.
2. Heat half of the oil and butter in a large skillet over medium-high heat. When sizzling, add chicken pieces (including the sticky yogurt marinade on the chicken) in several batches, making sure to not crowd the pan. Fry on each side for 2-3 minutes maximum, just until the chicken is browned some. Remove chicken and continue browning remaining chicken. The chicken is not fully cooked here, but will finish cooking in the sauce. Some of the yogurt marinade will stick to the pan, scrape it loose and leave it in the pan.
3. Heat remaining oil and butter in the same pan. Fry the onions until they start to sweat, about 5 minutes, scraping any more browned bits stuck on the bottom of the pan.
4. Add garlic and ginger and sauté for one minute until fragrant, then add ground coriander, cumin and garam masala. Let cook for about 20 seconds until fragrant, stirring constantly.
5. Add crushed tomatoes, Kashmiri chili powder and salt. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red color.
6. Remove from heat, scoop mixture into a blender and blend until smooth. You may need to do this in two batches, and add about 3 tablespoons of water (or more) to each batch to allow the thickened mixture to puree.
7. Pour sauce back into the pan. Stir in the cream and crushed kasoori methi (fenugreek leaves). Add the chicken with juices back into the pan and cook over low heat (simmer) for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling. Don't allow the mixture to get dry; if needed add water to keep it more fluid.
8. Instant Pot Rice: 2 cups basmati rice, rinsed, 2 1/2 cups water, 1 tsp salt; pressure for 3 minutes; rest for 10 and it's done.
8. Serve with rice, naan and garnish the curry with chopped cilantro.