

Quick and Easy Chicken Tikka Masala

Adapted from America's Test Kitchen

Internet Address:



Servings: 3

1. FOR THE CHICKEN: Combine cumin, coriander, cayenne and garam masala in medium bowl. Add the cooked chicken pieces and stir until the chicken has picked up all the dry spices. Then add the yogurt and combine; set aside.
2. FOR THE SAUCE: Heat oil in large Dutch oven over medium heat until shimmering. Add onion and cook, stirring frequently, until light golden, 8 to 10 minutes. Add garlic, ginger, chile, tomato paste, and garam masala; cook, stirring frequently, until fragrant, about 3 minutes. Add crushed tomatoes, sugar, and salt; bring to boil. Reduce heat to medium-low, cover, and simmer for 15 minutes, stirring occasionally. Stir in cream and return to simmer. Remove pan from heat and cover to keep warm. If using milk instead of cream, don't allow the mixture to boil or it will separate.
3. Add the chicken yogurt mixture to the pan. Allow the mixture to warm up gently and when it's hot, taste for seasonings. Add chicken broth if needed if the sauce is too thick. Stir in cilantro or sprinkle it on top as a garnish and serve over hot basmati rice.

CHICKEN:

- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/8 teaspoon cayenne pepper
- 2 teaspoons garam masala
- 1 1/2 cups cooked chicken, approximately
- 1/2 cup yogurt, whole-milk preferably

MASALA SAUCE:

- 1 1/2 tablespoons vegetable oil
- 1/2 medium onion, diced fine (about 1 1/4 cups)
- 1 medium garlic clove, minced or pressed through a garlic press (about 2 teaspoons)
- 2 teaspoons fresh ginger, grated
- 1/2 serrano pepper, ribs and seeds removed, flesh minced (see note above), or one large jalapeno [optional]
- 1/2 tablespoon tomato paste
- 1/2 tablespoon garam masala
- 14 ounces canned tomatoes, use chopped or chop yourself
- 1 teaspoon sugar
- 1/4 teaspoon table salt
- 1/3 cup heavy cream, or whole milk
- 1/8 cup fresh cilantro leaves, chopped (or mint, if preferred) for garnish

Per Serving (excluding unknown items): 345 Calories; 22g Fat (55.6% calories from fat); 25g Protein; 13g Carbohydrate; 2g Dietary Fiber; 101mg Cholesterol; 477mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>