Tikka Masala Sous Vide

blackpeppercorn.com and sous vide supreme website
Internet Address: http://blog.sousvidesupreme.com/2013/11/tikka-masala-sous-vide/



CHICKEN BREASTS:

4 boneless skinless chicken breast halves

2 tablespoons butter (28 g)

1 pinch salt and pepper

TIKKI MASALA SAUCE:

1 can canned tomatoes (about 2 cups/240 ml)crushed or strained

2 cups half and half (480 ml)

1 inch fresh ginger

4 garlic cloves, peeled

1 1/2 tablespoons honey (22.5 ml)

1 tablespoon paprika (15 ml)

1 tablespoon ground cumin (15 ml)

1 tablespoon turmeric (15 ml)

2 teaspoons ground coriander (10 ml)

1 1/2 teaspoons salt (7.5 ml)

2 cups cooked rice (320 g) for serving (Basmati preferred)

Fresh cilantro, for garnish

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

Servings: 4

1. Fill and preheat the SousVide Supreme to 146F/63C.
2. Sprinkle salt and pepper on the chicken breasts; put them and the butter into cooking pouches and vacuum seal.
3. Into a blender or food processor, add the tomatoes, cream, ginger, garlic, honey and spices and process until smooth.
4. Pour the sauce into a large (gallon/3.8 liter) zip-closure plastic bag. Lay the bag flat, holding zip closure edge up so the contents don't leak out. Press most of the air out of the bag and seal.
5. Submerge the pouches of chicken and sauce in the water oven and cook for 2 hours.
6. To plate: slice the chicken and drizzle generously with the tikka masala sauce.
7. Serve over rice and garnish with cilantro.

Yield: 4 servings

Per Serving (excluding unknown items): 515 Calories; 22g Fat (39.0% calories from fat); 35g Protein; 44g Carbohydrate; 2g Dietary Fiber; 129mg Cholesterol; 1055mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 4 Fat; 1/2 Other Carbohydrates.