

Chicken Tikka Masala

<http://userealbutter.com/2011/09/11/chicken-tikka-masala-recipe/>
from [New Asian Cuisine](#)

1/2 recipe chicken kebabs (see below)
3 tbsps vegetable oil
1 onion, diced
2 tsps minced garlic
2 tsps peeled and finely grated fresh ginger
1 fully ripe tomato, chopped
1/2 tsp cumin seeds
1/2 tsp ground coriander
1 tsp paprika
1/2 tsp ground red pepper (cayenne)
3/4 tsp salt
1/2 tsp ground black pepper
1 1/2 tsps sugar
1 cinnamon stick (approx 1-inch or 2.5-cm)
2 tbsps butter
1/2 lime, juice of (about 1.5 tbsps)
1/4 cup (65 ml) heavy cream
3 tbsps water

chicken kebabs

1 lb. chicken breast or chicken thigh, boneless and skinless
4 tbsps vegetable oil (or 3 tbsps if grilling the kebabs)
1 tbsp garlic, minced
1 lime, juice of
1/4 tsp ground nutmeg
1/4 tsp ground coriander
3/4 tsp paprika
1/4 tsp ground red pepper (cayenne)
3/4 tsp salt
1/2 tsp ground black pepper
2 tbsps plain yogurt

Make the chicken kebabs: Cut the chicken into 3/4-inch (2 cm) cubes. Mix 3 tablespoons of the oil and the remaining ingredients in a medium bowl or ziploc bag. Add the chicken cubes and mix well to ensure even coating. If in a bowl, cover the chicken with plastic wrap. Refrigerate for 1 hour or up to 1 day (I let it marinate for 24 hours). When done marinating, remove the chicken from the refrigerator. If baking the chicken then preheat oven to 450°F and spread the remaining tablespoon of oil over a baking sheet. If grilling, clean and lightly oil the grill, then fire it up! Skewer the chicken with pre-soaked bamboo skewers or as I prefer to use, stainless steel skewers. Try not to squash them too closely or they won't cook evenly. If baking, set the skewers on the

baking sheet and bake 8 minutes, turn and bake another 7 minutes or until the chicken is no longer pink in the middle. If grilling, grill over high heat for 4 minutes, flip the skewers and grill another 3 minutes until done. Remove the chicken from the skewers. At this point you can refrigerate the chicken for a few days or freeze it for up to a month.

Make the masala: In a medium saucepan (or a large one if you double or triple the recipe), heat the oil over medium-high heat. Add the onions, garlic, and ginger. Sauté until the onions become golden brown, stirring frequently for about six minutes. [Mine never got to golden brown, they got to translucent yellowish slightly brown.] Reduce the heat to medium-low and add the chopped tomato. Cover and simmer for a few minutes until the tomato softens, stirring occasionally. Mash it with the onions until it becomes a sort of mushy paste. Stir in the cumin seeds, coriander, paprika, red pepper, salt, black pepper and sugar. Let the masala simmer uncovered for about 5 minutes, stirring frequently. Pour the sauce into a blender (take care not to burn yourself as it will be hot) and purée until smooth.

Put it all together: Return the masala to the saucepan and stir in the cinnamon stick, butter, lime juice, heavy cream and water. Set on high heat. Let it come to a boil, then reduce heat to medium-low. Add the chicken and let simmer 5 minutes. Stir it every minute or so. Serves 3 to 4.