

# Chicken Tikka Masala

## Chicken Tikka

- 1½ lb ..... Chicken Breast
- ¾ c ..... Plain Yogurt
- 1 Tbs ..... Fresh Ground Ginger
- 2 ea ..... Garlic Cloves
- 1 tsp ..... Chili Powder
- 1 Tbs ..... Ground Coriander
- 1 ea ..... Lemon
- 2 Tbs ..... Ghee
- to taste ..... Salt



1. Juice Lemon.
2. Dice Chicken and marinate overnight in remaining ingredients.

## Masala Sauce

- |                             |                                  |
|-----------------------------|----------------------------------|
| 4 Tbs ..... Ghee            | 2 ea ..... Onion                 |
| 2 ea ..... Garlic Cloves    | 1 Tbs ..... Fresh Ground Ginger  |
| 1 tsp ..... Chili Powder    | 2 tsp ..... Ground Coriander     |
| 1 tsp ..... Ground Cinnamon | 6 ea ..... Crushed Cardamom Pods |
| ¼ tsp ..... Ground Clove    | 2 Tbs ..... Tomato Paste         |
| 4 Tbs ..... Water           | 1 c ..... Heavy Cream            |
| ½ tsp ..... Sugar           | To taste ..... Salt              |

1. Thread chicken on skewers and grill.
2. Dice onion, chop garlic and sauté in hot ghee until caramelized.
3. Add coriander, cinnamon, cardamom and clove and continue cooking for about 2 minutes.
4. Add remaining ingredients and simmer for about 15 minutes.
5. Add chicken and serve with rice.

Indian food is full of flavor and varies from region to region with influences of many different cultures. These include Moguls, Portuguese, Persians, and British. You can also find a big influence in Fiji. The basic ingredients include rice, ghee (clarified butter), warm spices, and milk & yogurt.

I get most of my spices at Vitamin Cottage in bulk because they are cheaper than the little jars. Spices should be fresh to get the full flavor of each one. They shouldn't be more than a year old and less than 6 months is even better. So all those spices you got in the fancy little jars for a wedding present you can get rid of them.

Be creative, have fun and enjoy!!!