



Friend 76

Chicken Tikka Masala

Please note the time it takes you to make this recipe.

Goal: We wanted a relatively simple recipe for Chicken Tikka Masala --tender, flavorful chicken in a creamy, spiced tomato sauce.

CHICKEN TIKKA MASALA

Serves 4 to 6

For a spicier dish, do not remove the ribs and seeds from the chile. Garam masala is available in the spice section of most supermarkets; the test kitchen prefers McCormick. If you like, substitute 2 teaspoons ground coriander, 1/4 teaspoon ground cardamom, 1/4 teaspoon cinnamon, and 1/2 teaspoon ground black pepper for the garam masala. Ghee, a clarified butter that is often used in Indian cooking, can be used in place of the vegetable oil in the sauce. Low-fat yogurt can be substituted for whole milk yogurt. The test kitchen prefers Tutorroso or Muir Glen crushed tomatoes. The sauce can be made ahead, refrigerated in an airtight container, and gently reheated before adding the hot chicken. Serve with basmati rice.

Chicken Tikka

1/2 teaspoon ground cumin
 1/2 teaspoon ground coriander
 1/4 teaspoon cayenne pepper
 1 teaspoon table salt
 2 pounds boneless skinless chicken breasts, trimmed of fat
 1 cup plain whole milk yogurt
 2 tablespoons vegetable oil
 2 medium garlic cloves, minced or pressed through garlic press (about 2 teaspoons)
 1 tablespoon grated ginger

Masala Sauce

3 tablespoons vegetable oil
 1 medium onion, finely diced (about 1 1/4 cups)
 2 medium garlic cloves, minced or pressed through garlic press (about 2 teaspoons)
 2 teaspoons grated ginger
 1 serrano chile, ribs and seeds removed, flesh minced
 1 tablespoon garam masala
 1 tablespoon tomato paste
 1 (28-ounce) can crushed tomatoes (see note above)
 2 teaspoons sugar
 1/2 teaspoon salt
 2/3 cup heavy cream
 1/2 cup chopped fresh cilantro leaves

1. For the chicken: Combine cumin, coriander, cayenne, and salt in small bowl. Sprinkle both sides of chicken evenly with spice mixture, pressing gently so mixture adheres. Place chicken on plate, cover with plastic wrap, and refrigerate for 30 to 60 minutes. In large bowl, whisk together yogurt, oil, garlic, and ginger; set aside.

2. For the sauce: Heat oil in large Dutch oven over medium-high heat until shimmering. Add onions and cook, stirring frequently, until softened and light golden, about 8 minutes. Add garlic, ginger, chile, garam masala, and tomato paste; cook, stirring frequently, until fragrant and oil turns bright orange, about 3 minutes. Add crushed tomatoes, sugar, and salt; cover and simmer 15 minutes, stirring occasionally. Stir in cream and return to simmer. Remove pan from heat and cover to keep warm.

3. While sauce simmers, adjust oven rack to upper-middle position, about 6 inches from heating element and heat broiler. Using tongs, dip chicken into yogurt mixture (chicken should be coated with thick layer of yogurt) and arrange in even layer on wire rack set in foil-lined rimmed baking sheet. Discard excess yogurt mixture. Broil chicken until thickest parts of breast registers 160 degrees on instant-read

thermometer and is lightly charred in spots, 10 to 18 minutes, flipping chicken halfway through cooking.

4. Let chicken rest 5 minutes, then cut into 1-inch chunks and stir into to hot sauce (do not simmer chicken in sauce). Stir in cilantro, adjust seasoning with salt, and serve.

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