

Miele

Chicken tikka masala

By Miele

25 minutes, plus marinating time

Preparation time

35 minutes

Cooking time

4

Serves

INGREDIENTS

Chicken tikka

6 chicken thigh fillets, cut into 3 cm cubes

140 g (1/2 cup) Greek yogurt

1 tbsp lemon juice

2 garlic cloves, crushed

2 cm piece ginger (10 g), finely grated

½ tsp chilli powder, preferably

Kashmiri chilli powder

1 tsp salt flakes

1 tsp ground cumin

Curry

80 g ghee

1 cinnamon quill

1 black cardamom pod

6 green cardamom pods

6 garlic cloves, crushed

3 cm piece ginger (15 g), finely

grated

1 x 400 g tin crushed tomatoes

250 ml (1 cup) water

1 long green chilli, sliced thinly

Salt flakes to taste

80 ml (? cup) cream

1 tsp white sugar

½ tsp chilli powder, preferably

Kashmiri chilli powder

1 tsp dried fenugreek leaves

1 tsp garam masala

Salt flakes, to taste

Coriander leaves, to serve

METHOD

Chicken tikka

- 1. Combine the chicken with remaining ingredients in a large bowl., mix well. Cover and marinate for at least 3 hours in the fridge.
- 2. Preheat the oven on Fan Grill at 225°C.
- 3. Place chicken pieces on a grilling and roasting insert in a universal tray and place into the oven on shelf level 4. Cook for 8 minutes or until the chicken is cooked and well browned on the edges.

Curry

- 1. Melt half of the ghee in a large saucepan on medium heat, induction setting 6, add the cinnamon and cardamon pods and cook for 15 seconds. Add the garlic and ginger; cook, stirring, for 3 minutes or until the mixture is fragrant.
- 2. Add the tomatoes and cook, stirring occasionally, for 20 minutes or until the tomato concentrates and the fat is released from the paste. Increase to medium-high heat, induction setting 7, and cook the paste for 8 minutes or until it starts to brown. Add the water and bring to a boil, remove the heat and press mixture through a sieve to discard the solids.
- 3. Melt the remaining ghee in a large saucepan on medium high heat, induction setting 7, cook the green chilies for 1 minute. Add the strained sauce, chicken pieces, cream, sugar, chilli powder, fenugreek leaves and garam masala. Simmer, stirring, for 3 minutes, add more water if needed, season to taste.
- 4. Sprinkle the coriander leaves over the curry. Serve with a basmati rice or naan bread.

Additional appliance method

• The chicken pieces can also be cooked in the griddle pan on medium-high heat, induction setting 7, for 8 minutes or until charred and cooked through.

Hints and tips

- Dried fenugreek leaves and black cardamon can be found at specialty grocers. They give a distinctive flavour to the dish, but they can be left out if unable to find.
- This recipe was first created to use up extra chicken tikka. Allegedly first cooked in the UK.
- Garam masala is a mix of spices that can vary between regions. It often contains cardamon, cinnamon, cloves, pepper, coriander and cumin.