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# Chicken Tikka Masala

1112 Ratings

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## Ingredients

- ☐ 6 garlic cloves, finely grated
- ☐ 4 tsp. finely grated peeled ginger
- ☐ 4 tsp. ground turmeric
- ☐ 2 tsp. garam masala
- ☐ 2 tsp. ground coriander
- ☐ 2 tsp. ground cumin
- ☐ 1½ cups whole-milk yogurt (not Greek)
- ☐ 1 Tbsp. kosher salt
- ☐ 2 lb. skinless, boneless chicken breasts, halved lengthwise
- ☐ 3 Tbsp. [ghee](#) (clarified butter) or vegetable oil
- ☐ 1 small onion, thinly sliced
- ☐ ¼ cup tomato paste
- ☐ 6 cardamom pods, crushed
- ☐ 2 dried chiles de árbol or ½ tsp. crushed red pepper flakes
- ☐ 1 28-oz. can whole peeled tomatoes, like [San Marzano](#)
- ☐ 2 cups heavy cream
- ☐ ¾ cup chopped cilantro, plus sprigs for garnish
- ☐ Steamed basmati rice (for serving)

## Recipe Preparation

- Combine garlic, ginger, turmeric, garam masala, coriander, and cumin in a small bowl. Whisk yogurt, salt, and half of spice mixture in a medium bowl; add chicken and turn to coat. Cover and chill 4-6 hours. Cover and chill remaining spice mixture.
- Heat ghee in a large heavy pot over medium heat. Add onion, tomato paste, cardamom, and chiles and cook, stirring often, until tomato paste has darkened and onion is soft, about 5 minutes. Add remaining half of spice mixture and cook, stirring often, until bottom of pot begins to brown, about 4 minutes.
- Add tomatoes with juices, crushing them with your hands as you add them. Bring to a boil, reduce heat, and simmer, stirring often and scraping up browned bits from bottom of pot, until sauce thickens, 8-10 minutes.
- Add cream and chopped cilantro. Simmer, stirring occasionally, until sauce thickens, 30-40 minutes.

- Meanwhile, preheat broiler. Line a rimmed baking sheet with foil and set a wire rack inside sheet. Arrange chicken on rack in a single layer. Broil until chicken starts to blacken in spots (it will not be cooked through), about 10 minutes.
- Cut chicken into bite-size pieces, add to sauce, and simmer, stirring occasionally, until chicken is cooked through, 8-10 minutes. Serve with rice and cilantro sprigs.  
Photo by Alex Lau, food styling by Judy Mancini
- **Do Ahead:** Chicken can be made 2 days ahead. Cover; chill. Reheat before serving.

### Nutritional Content

6 servings, 1 serving contains: Calories (kcal) 610 Fat (g) 41 Saturated Fat (g) 21 Cholesterol (mg) 205 Carbohydrates (g) 20 Dietary Fiber (g) 4 Total Sugars (g) 11 Protein (g) 41 Sodium (mg) 1550

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