

# CHICKEN-FREE TIKKA MASALA

|                       |  |
|-----------------------|--|
| YIELD:                | <i>four to six servings (1.3 kg/ 2.9 lb)</i>   |
| TIME ESTIMATED:       | <i>13 hours overall, including 12 hours unattended</i>   |
| STORAGE NOTES:        | <i>may be made up to 1 day in advance; keeps for 3-4 days when refrigerated or up to 1 month when frozen</i> |
| LEVEL OF DIFFICULTY:  | <i>moderate</i>  |
| SPECIAL REQUIREMENTS: | <i>annatto paste, xanthan gum, chicken-free strips (Beyond Meat brand)</i>                                   |

This meatless version of the classic Indian chicken dish will taste best if you toast and grind your own spices. Annatto paste, available from groceries specializing in Latin American foods, adds color and a slight peppery flavor. We add a dash of xanthan gum, which you can find at many natural

foods markets, to help keep the yogurt-based sauce from separating; for best results, weigh the xanthan on an accurate digital scale. This dish reheats beautifully, and is even better the next day. We serve it with basmati rice and additional plain yogurt.

| INGREDIENT                              | WEIGHT         | VOLUME         | SCALING | PROCEDURE  |
|---|----------------|----------------|---------|--|
| Water                                   | 24 g           | 24 mL / 5 tsp  | 2.4%    | ① Combine, and steep for 10 minutes.   |
| Saffron threads                         | 0.5 g          | 10 threads     | 0.05%   | ② Strain, reserving the saffron water for use in step 9.   |
| Coriander seeds                         | 5 g            | 1 Tbsp         | 0.5%    | ③ Preheat an oven to 175 °C / 350 °F.  |
| Cumin seeds                             | 5 g            | 1½ Tbsp        | 0.5%    | ④ Combine in a small skillet or ovenproof dish.  |
| Cinnamon stick, broken up               | 1 g            | ½ stick        | 0.1%    | ⑤ Toast until golden brown and aromatic, 4–5 minutes.  |
| Cloves                                  | 1 g            | 4 cloves       | 0.1%    | ⑥ Cool slightly to handle.   |
| Greek-style plain yogurt                | 250 g          | 1 cup          | 25%     | ⑦ Grind to a fine powder in a spice grinder or coffee grinder, and reserve for use in step 9.                            |
| Neutral oil                             | 100 g          | 110 mL / ½ cup | 10%     | ⑧ Combine in a blender, and puree to a fine, smooth paste.   |
| Shallots, thinly sliced                 | 25 g           | ¼ cup          | 2.5%    | ⑨ Stir in the saffron water and ground spices until thoroughly combined.   |
| Ginger, pounded into a fine paste       | 24 g           | 4 tsp          | 2.4%    |  |
| Garlic, pounded into a fine paste       | 10 g           | 4 tsp          | 1.0%    |  |
| Annatto paste                           | 8 g            | ½ Tbsp         | 0.8%    |  |
| Green Thai chili, minced                | 5 g            | 1¼ tsp         | 0.5%    |  |
| Xanthan gum                             | 1 g            | ½ tsp          | 0.1%    |  |
| Fresh bay leaves, very thinly sliced    | 0.4 g          | 2 leaves       | 0.04%   |  |
| Chicken-free strips (Beyond Meat brand) | 1 kg / 2.2 lbs |                | 100%    | ⑩ Coat evenly with the yogurt sauce, and refrigerate for 12 hours.   |
|   |                |                |         | ⑪ Remove the strips from the sauce, wiping off any excess.   |
|   |                |                |         | ⑫ Pour the sauce into a pot, and simmer it for 5 minutes to cook the raw ingredients. The sauce should thicken slightly. |
| Neutral-tasting oil                     | as needed      |                |         | ⑬ Preheat an oven to 175 °C / 350 °F.  |
| Cilantro sprigs                         | as needed      |                |         | ⑭ Place a thin layer of oil at the bottom of a heavy pot or a lidded, ovenproof dish.                                    |
|   |                |                |         | ⑮ Arrange the marinated strips on the bottom of the pot.   |
|   |                |                |         | ⑯ Pour the warm sauce over the strips, and cover.  |
|   |                |                |         | ⑰ Bake until the chicken-free strips are heated through, 8–10 minutes.   |
|   |                |                |         | ⑱ Garnish with cilantro sprigs, and serve warm.  |