

CHICKEN TIKKA MASALA

INGREDIENTS

For the curry

2 tablespoons ghee (clarified butter)
1 onion, finely chopped
4 cloves garlic, minced
1 tablespoon ground cumin
1 teaspoon salt
1 teaspoon ground ginger
1 teaspoon Kashmiri chilli powder
1/2 teaspoon ground cinnamon
1/4 teaspoon ground turmeric
1 (14 ounce) can tomato sauce
1 cup heavy whipping cream
2 teaspoons paprika
1 tablespoon white sugar
1 tablespoon vegetable oil

For the chicken

1 clove garlic, crushed
1 tsp crushed ginger
500gms, deboned, skinless chicken thighs, cut into bite-size pieces
1 teaspoon curry masala powder
1/2 teaspoon salt, or to taste (optional)
1 teaspoon white sugar, or to taste (optional)

METHOD

For the curry

Step 1

Heat ghee in a large skillet over medium heat add the onion and cook - about 5 minutes.

Step 2

Stir in garlic; cook until fragrant - about 1 minute.

Step 3

Stir cumin, 1 teaspoon salt, ginger, cayenne pepper, cinnamon, and turmeric into the onion mixture; fry until fragrant, about 2 minutes.

Step 4

Stir tomato sauce into the onion and spice mixture, bring to a boil, and reduce heat to low. Simmer sauce for 10 minutes, then mix in cream (yoghurt), paprika, and 1 tablespoon sugar. Bring sauce back to a simmer and cook, stirring often, until sauce is thickened, 10 to 15 minutes.

Step 5

Now add the grilled chicken and cook for a further 20 - 30 minutes until

For the chicken

Step 1

Add the crushed garlic and ginger to a bowl, add the masala powder, salt, sugar and few tbsp of oil. Make a paste. Coat the chicken with it, now thread the chicken onto skewers.

Step 2

To cook, heat your grill/braai to high then cook the chicken until slightly charred - it is not essential to cook the chicken through. Once charred add to the curry

THE COOKERY

by The Secret Jozi Chef