

1. CHICKEN TIKKA MASALA

Serves 4

½ onion coarsley chooped

60g / 2 oz / 3 tbsp tomato puree (psate) 3 EL

1 tsp cumin seeds 1 TL

2.5 cm / 1 in piece root ginger, chopped

3 tbsp lemon juice 3 EL

2 garlic cloves crushed

2 tsp chilli powder 1 TL

750 gr / 1 1/2lb boneless chicken

salt & pepper

MASALA SAUCE:

2 tbsp ghee 2 EL

1 onion sliced

1 tbsp black onion seeds 1 EL

3 garlic cloves crushed

2 fresh green chillies chopped

200g / 7oz can tomatoes

120ml / 4 fl oz / ½ cup natural yoghurt

120ml / 4 fl oz / ½ cup coconut milk

1 tbsp chopped fresh coriander 1 EL

1 tbsp chopped fresh mint 1 EL

2 tbsp lemon or lime juice 2 EL

½ tsp Garam Masala 1/2 TL

Combine the onion, tomato puree (psate), cumin, ginger, lemon juice, garlic, chilli powder and salt and pepper in a food processor or blender and then transfer to a bowl. Alternatively, grind the cumin in a pestle and mortar and transfer to a bowl. Finely chop the onion and ginger and stir into the bowl with the tomato puree, lemon juice, salt and pepper, garlic and chilli powder.

Cut chicken into 4 cm / 1 1/2 in cubes. Stir into the bowl and leave to marinate for 2 hours.

Heat the ghee in a large saucepan, add the onion and stir over a medium heat for 5 minutes. Add the onion seeds, garlic and chillies and cook until fragrant. Add the tomatoes, yoghurt and coconut milk, bring to the boil, then simmer for 20 minutes.

Meanwhile, divide the chicken evenly between 8 oiled skewers and cook under a preheated very hot grill for 15 minutes, turning frequently. Remove the chicken from the skewers and add to the sauce. Stir in the fresh coriander, mint, lemon or lime juice and garam masala.

Chicken Tikka Masala

2

'tional rice

Marinade ingredients:

2 Tbsp cumin seeds
2 Tbsp coriander seeds
2 Tbsp paprika
1 tsp mango powder (optional)
1 tsp chilli powder (optional or to taste)
pinch of red food colouring (optional, but it looks nice)
juice of a lime (or lemon, but lime is better)
about 10 oz good thick yoghurt
salt to taste

Other ingredients:

About 1.5 lb chicken, diced
3-6 cloves garlic, chopped (to taste - I like loads!)
1 large onion, very finely chopped
Chicken stock or Water
Oil or ghee for frying

Method:

Grind the spices and mix with marinade ingredients. Immerse chicken in marinade and leave in the fridge for 24 hours Heat Oil in a frying pan (skillet!) or wok until very hot Stir fry chicken vigorously for about 5 mins (you may need to do it in 2 batches, depending on the size of your pan) Remove chicken and keep warm.

Fry onion and garlic until just browning and return chicken with any remaining marinade, plus stock, plus more spices if you think the sauce needs it; an extra tsp of cumin and coriander may 'lift' it a little Simmer until chicken is cooked and Sauce is nice and thick.

Serves 4 with rice.