

AUTHENTIC CHICKEN TIKKA MASALLA 3**Step one: Preparation of Chicken Tikka**

2 Chicken Breasts
 1/4 teaspoon garam masala
 1/4 teaspoon turmeric powder
 1/4 teaspoon cumin powder
 1/4 teaspoon chilli powder
 1/4 teaspoon salt
 1/2 teaspoon kashmiri masalla
 1 tablespoon mint sauce
 1 tablespoon mustard oil

Dice each breast into 8 cubes then
 add all the ingredients and mix,
 leave to one side

Step two: Preparation of Tikka Sauce

1/2 cup of milk
 3 cloves of fresh garlic
 1 teaspoon crushed ginger
 3 green chillis
 1/4 bunch fresh coriander
 1/2 lemon (chopped)
 15oz plain yoghurt
 1 teaspoon red food colour

Put all the ingredients (except for yoghurt and colour)
 into a blender and liquidise, then
 pour into the yoghurt and cover, and stir.
 Now pour this onto the chicken and stir.
 Leave to marinate overnight.
 After marinating, grill all the chicken for
 about 20 minutes, turning them over in
 between so it won't burn.
 (Keep the sauce to be used again).

Step three: Preparation of Tikka Tikka Masala

2 tablespoons of vegetable oil
 1/2 large onion, finely chopped
 1/2 tomato, chopped
 1 teaspoon of tomato puree
 1 clove garlic, crushed
 1/2 teaspoon turmeric powder
 1/2 teaspoon cumin powder
 1/4 teaspoon chilli powder
 1/4 teaspoon salt, to taste
 1 cup of marinated tikka sauce

Gently heat the oil, then add all the ingredients,
 but not the tikka sauce. Stir and simmer for one
 minute; add 1/2 cup water, simmer
 and stir until it thickens; now add the full cup
 of tikka sauce, stir well for one minute; add
 another 1/2 cup of water and also at the same
 time adding pre-cooked chicken tikka
 cubes into it. Simmer for about 2 minutes or
 until it thickens to the texture you require.
 Pour into serving dish, add cream to top.
 Sprinkle with chopped coriander and serve with
 nan bread or basmati rice.

CHICKEN TIKKA MASALA Serves 4 4

That tikka and masala flavour in one dish, ohh yes.

INGREDIENTS

2 tablespoons fresh lime juice
 1 teaspoon chopped fresh ginger
 1 clove garlic, crushed
 1 teaspoon chilli powder
 2 tablespoons chopped fresh coriander
 salt
 fresh ground black pepper 8 small chicken breast, skinned, boned and cubed
 2 tablespoons vegetable oil
 2 onions, thinly sliced
 1 teaspoon turmeric
 250g (8oz) natural yoghurt
 1 green chilli, de-seeded and chopped

- 1 Put lime juice, ginger, garlic, chilli powder, half the coriander, salt and pepper into a bowl and mix well together. Add chicken and toss well. Cover and leave in a cool place overnight.
- 2 Thread the chicken pieces onto skewers and cook for 10 - 15 minutes until cooked through.
- 3 Meanwhile, heat oil in a frying pan and cook onion for about 10 minutes until golden brown, Add the turmeric and cook for a minute. Remove from heat and add yoghurt, remaining coriander and chilli. Stir over a low heat for a few minutes until sauce thickens.
- 4 Remove chicken pieces from skewers and stir into yoghurt. Heat for about 5 minutes and serve.