

Curry Chicken Tikka Masala

Tikka Masala Spice Blend:

1. 10g (1T) cumin
2. 10g (1 1/2T) paprika
3. 10g (1 1/2T) curry powder
4. 10g (1 1/3T) garam masala
5. 3g (2T) Chile flake

Half is 22 g

Chicken Marinade:

1. 3-4 boneless skinless chicken breast
2. Half of the tikka masala spice blend (above)
3. Olive oil, Glug
4. 200g (3/4c) plain Greek yogurt
5. 20g (1T) salt
6. Juice of half a lemon (about 20g)
7. 20g (4 cloves) grated garlic
8. 20g (1T) grated ginger

2 T Garlic/Ginger prepared

Masala Gravy:

1. 1 large, peeled onion chunked
2. 20g (4 cloves) grated garlic
3. 20g (1T) grated ginger
4. 1 Jalapeno chili, diced (about 30-40g)
5. 30g (2T) Olive oil
6. Strong pinch of salt
7. Other half of tikka masala spice blend
8. 1 can (28 oz/790g) crushed tomatoes
9. 600 ml water
10. 3g (1/2t) salt
11. 6g (1-2tsp) sugar
12. 1 cup of heavy cream

2 T Garlic/Ginger prepared

Curry Chicken Tikka Masala Double



Tikka Masala Spice Blend:

6. 20g (2T) cumin
7. 20g (3T) paprika
8. 20g (3T) curry powder
9. 20g (2 2/3T) garam masala
10. 6g (4T) Chile flake

Half is 43 g

Chicken Marinade:

9. 6-8 boneless skinless chicken breast
10. Half of the tikka masala spice blend (above)
11. Olive oil, 2 Glugs
12. 400g (1 ½ cups) plain Greek yogurt
13. 40g (2T) salt
14. Juice of a lemon (about 40g)
15. 40g (8 cloves) grated garlic
16. 40g (2T) grated ginger

4 T Garlic/Ginger prepared

Masala Gravy:

13. 2 large, peeled onion chunked
14. 40g (8 cloves) grated garlic
15. 40g (2T) grated ginger
16. 2 Jalapeno chili, diced (about 60-80g)
17. 60g (4T) Olive oil
18. 2 Strong pinches of salt
19. Other half of tikka masala spice blend
20. 2 can (56 oz/1,580g) crushed tomatoes
21. 1,200 ml water
22. 6g (1t) salt
23. 12g (2-4tsp) sugar
24. 2 cups of heavy cream

4 T Garlic/Ginger prepared

Instructions:

1. Prepare Tikka Masala Spice Blend by combining cumin, paprika, curry powder, garam masala, and chili flake in a bowl. Stir.
2. Place chicken thighs in a medium bowl. Add half of the tikka masala spice blend, a drizzle of olive oil, Greek yogurt, salt, lemon juice, garlic, and ginger. Mix well to coat. Marinate in the fridge for 15 minutes, but ideally 1 hour
3. Grate onion, garlic, and ginger. Dice the serrano Chile.
4. In a heavy-bottomed pot, melt ghee or oil over medium heat. Add grated onion, garlic, ginger, and diced serrano. Sprinkle with a strong pinch of salt and sauté until fragrant and softened, about 2-3 minutes Add the remaining half of the tikka masala spice blend and toast the spices for about a minute. Stir in the crushed tomatoes and scrape up any browned bits from the bottom of the pot. Turn the heat to low and simmer for about 2 minutes until slightly thickened. Stir in salt, sugar, and heavy cream
5. Preheat the grill to its highest setting. Oil the grates well to prevent sticking. Grill the marinated chicken thighs for 5-6 minutes. Flip chicken over with a spatula and continue to cook and char for 2-3 minutes on the second side.
6. Chop the grilled chicken into bite-sized pieces. Stir the chopped chicken into the masala gravy. If the gravy is too thick, add a splash of water to achieve the desired consistency.

<https://www.youtube.com/watch?v=9T86GpORcfw>