

Chicken Marinade

- 1. 3-4 boneless, skinless chicken breasts (cut in cubes)
- 2. 1 lemon (juiced)
- 3. 125 grams yogurt
- 4. 2 T of jarred garlic/ginger or 6 garlic cloves, minced and 1 T ginger, minced
- 5. 2 t salt
- 6. 2 t cumin
- 7. 2 t garam masala
- 8. 2 t paprika

Let the mixture marinate at least an hour. Put on skewers and preheat oven at 500 degrees

Gravy

- 1. 3 T oil
- 2. 1 large onion, chopped, sweet
- 3. 4 T of jarred garlic/ginger or 16 garlic cloves, minced and 2 T ginger, minced
- 4. 2 t cumin
- 5. 2 t turmeric
- 6. 2 t ground coriander
- 7. 2 t paprika
- 8. 2 t chili powder
- 9. 2 t garam masala
- 10.1 T tomato puree
- 11. 800 grams crushed tomatoes or 32 oz canned tomatoes
- 12. ¹/₂ T of sugar
- 13. 300 milliliters water
- 14.1 cup cream
- 15. Chopped coriander, to garnish

Puree onions after you cook them to a translucent state. Release spices by cooking for about 30 seconds

Preheat oven to 500°F and bake 15 to 20 minutes (depending on the size of the chicken)

Cook gravy for at least 45 minutes, add chicken after cooking

Cut up chicken frozen and thaw, and then marinade

Homemade Chicken Tikka Masala <u>Double</u>

Chicken Marinade

- 1. 6-8 boneless, skinless chicken breasts (cut in cubes)
- 2. 2 lemon (juiced)
- 3. 250 grams yogurt
- 4. 4 T of jarred garlic/ginger or 12 garlic, minced and 2 T ginger, minced
- 5. 4 t salt
- 6. 4 t cumin
- 7. 4 t garam masala
- 8. 4 t paprika

Let the mixture marinate at least an hour. Put on skewers and preheat oven at 500 degrees

Gravy

- 1. 6 T oil
- 2. 2 large onion, chopped, sweet
- 3. 8 T of jarred garlic/ginger or 16 garlic, minced and 4 T ginger, minced
- 4. 4 t cumin
- 5. 4 t turmeric
- 6. 4 t ground coriander
- 7. 4 t paprika
- 8. 4 t chili powder
- 9. 4 t garam masala
- 10.2 T tomato puree
- 11. 1600 grams crushed tomatoes or 2 32 oz canned tomatoes
- 12. 1T of sugar
- 13. 600 milliliters water
- 14. 2 cups cream
- 15. Chopped coriander, to garnish

Puree onions after you cook them to a translucent state. Release spices by cooking for about 30 seconds

Preheat oven to 500°F and bake 15 to 20 minutes (depending on the size of the chicken)

Cook gravy for at least 45 minutes, add chicken after cooking

Cut up chicken frozen and thaw, and then add marinade up chicken frozen and then add marinade Slice the chicken into bite-sized chunks, the combine the chicken with the rest of the chicken marinade ingredients in a bowl. Mix until evenly coated, then refrigerate for at least an hour or overnight

Skewer the marinated chicken pieces on bamboo skewers, then place them over a baking tray lined with parchment paper, making sure there is space underneath the chicken to help distribute the heat more evenly.

Bake for about 15 to 20 minutes until slightly dark brown on the edges.

Heat oil in a large pot over medium heat, then sauté the onions, ginger, and garlic until tender but not browned.

Fry the spices for about 30 seconds to release their aromatics and flavor, stirring constantly, then stir in the tomato puree.

Add the tomato sauce and water, then bring to a boil and cook for 45 minutes.

Pour in the cream and mix in the chicken, cooking for another 1-2 minutes.

Serve with rice, cilantro, and naan bread!