**Chicken Tikka Masala**

**A bowl of food on a plate

Description automatically generated**

**Chicken Tikka Masala**

-Serves 6

Please have all ingredients prepped and ready prior to this class, including soaking lentils for at least 1 hour (links to order ingredients below)

|  |  |
| --- | --- |
| **Ingredients**  **For Chicken Tikka:** ​1 kg boneless, skinless chicken thighs, chopped into 1-inch wide strips  1 tablespoon lemon juice 1 teaspoon salt 1/2 cup plain unsweetened Greek yogurt 1 tablespoon finely minced garlic 1 tablespoon finely minced ginger 1-2 fresh bird’s eye chilies, minced 1/2 teaspoon ground turmeric powder 3/4 teaspoon cumin powder 3/4 teaspoon garam masala powder 1/4 teaspoon red chili powder, or to taste  1-2 tablespoons melted butter or ghee or coconut oil, for brushing  **For Sauce:** 3 tablespoons coconut oil or ghee 200g red onion, chopped into large cubes 2 cloves garlic, finely chopped 1 tablespoon finely chopped ginger 1 fresh bird’s eye chili, finely chopped 400g canned Italian tomatoes, chopped 1 tablespoon coriander powder 1/4 teaspoon turmeric powder 1/4 teaspoon or to taste red chili powder 1 teaspoon salt 3/4 teaspoon garam masala powder 2-3 tablespoons kasuri methi (dried fenugreek leaves), crushed and rinsed in a sieve 1/2 cup (120ml) Marigold King of Kings full cream evaporated milk 1 tablespoon butter, for garnish – optional  Steamed rice, to serve | **Cooking Instructions**  **For Chicken Tikka**  ​Sprinkle salt and lemon juice all over chicken, mix well and let it sit for 15 minutes. Put chicken in a large bowl. Add yogurt, spices and all other ingredients above except butter/oil. Rub the marinade well on chicken pieces and marinate for at least 3-4 hours in the refrigerator, preferably overnight.  Pan-frying Chicken   1. Bring the chicken back to room temperature by leaving it out on your countertop for at least 30 minutes before cooking. Heat a tablespoon of butter/ghee/coconut oil on medium heat in a large non-stick frying pan or seasoned cast iron pan. 2. Fry chicken pieces a few at a time until seared and slightly charred on both sides. This may take about 2-3 minutes on each side (4-6 minutes altogether). Drain chicken and set aside. To cook chicken fully, toss it for 2 extra minutes in the pan before serving. 3. Repeat steps 1 and 2 until all your chicken is cooked. Set aside any leftover chicken marinade to use in the sauce.   Making Sauce:   1. Heat oil/ghee in a large saucepan on medium heat; add onions, ginger, garlic, fresh chili and fry until onions turn slightly golden brown. Add any leftover chicken marinade. 2. Add tomatoes and mix well. Using a hand blender, puree sauce until smooth. You can choose to keep the sauce chunky and not blend it at all. 3. Add turmeric powder, chili powder, coriander powder and salt. Mix well and bring it to a boil. 4. Add chicken to the sauce along with any reserve liquid from the frying pan and mix well. Bring to the boil. 5. Cook for about 10 minutes on medium flame until spices start releasing their oils and tomatoes are pulpy. Add 1 cup water, stir well and bring to the boil. 6. Reduce heat to low flame, cover and cook for about 10-20 minutes depending on the size of your chicken pieces or until chicken is fully cooked. 7. Finally add garam masala powder, kasuri methi leaves, and evaporated milk. Stir well. 8. Garnish with butter. Serve hot with steamed rice. |

**Masoor Dal Makhani**

-serves 6

Please have all ingredients prepped and ready prior to this class, including soaking lentils for at least 1 hour (links to order ingredients below)

|  |  |
| --- | --- |
| **Ingredients**  1 cup (240ml) masoor sabut (whole red lentils), rinse and soak in 2.5 cups water for at least one hour  3 tablespoons oil/ghee  1 tablespoon cumin seeds  125g onion, finely chopped  3 cloves garlic, finely chopped  1 tablespoon chopped ginger  1 fresh green chili padi, finely chopped  1/2 teaspoon turmeric powder  1/4 teaspoon chilli powder, optional  1 tablespoon coriander powder  1.5 teaspoons salt, or to taste  400g ripe fresh tomatoes, chopped  1 teaspoon garam masala  1 tablespoon lemon juice  2-3 tablespoons kasuri methi (dried fenugreek leaves)  1/2 cup (120ml) Marigold King of Kings full cream evaporated milk  1 tablespoon butter, optional | **Instructions**   1. Rinse masoor sabut lentils under running water and soak them for about an hour in 2.5 cups of water. 2. Place lentils and water in a saucepan. Bring to the boil, reduce heat, cover partially and cook for about 20 minutes until beans are slightly soft. 3. Add oil/ghee in a large heavy base saucepan. Drop in cumin seeds, let seeds splutter. Add onion, ginger, garlic, fresh chili pad and stir well. 4. Fry onion until slightly golden brown, then add turmeric, chili powder, coriander powder and salt, stir. 5. Next, add tomatoes and stir fry for about 5 minutes until oil surfaces. 6. Add cooked beans along with any leftover bean stock followed by additional 1.5 cups of water. Bring to the boil. Lower heat, cover and let it simmer for about 15-20 minutes. 7. Finally, add garam masala powder, kasuri methi, lemon juice, butter and evaporated milk, stir well. Serve hot with steamed rice. |

Equipment needed:

Hand blender (stick blender)

Large bowl, for marinating chicken

Heavy base non-stick frying pan, for frying chicken

2 Heavy base saucepans, for cooking Tikka masala sauce & Dal makhani

1 small saucepan, to soak & cook lentils

Tongs, for flipping chicken

Spoons and spatulas

Chopping board and knives

LINKS FOR SPICES (NO AFFILIATION – these links are for guidance purposes only)

Please keep all spices refrigerated and store kasuri methi in the freezer. Please see links below and email us on [info@communekitchen.com](mailto:info@communekitchen.com) if you have any questions.

Indian Spicebox (This box contains all spices except cumin powder. You can even buy the spices separately in individual containers – see links below)

<https://www.lazada.sg/catalog/?spm=a2o42.pdp.red-mart-search.2.5ca24961vhWDt8&q=indian%20spicebox&_keyori=ss&from=suggest_normal&m=redmart&sugg=indian%20spicebox_1_1>

<https://indian-spicebox.com/shop-online/>

Cumin seeds

<https://indian-spicebox.com/shop-online/cumin-seeds-silver/>

Chili powder

<https://indian-spicebox.com/shop-online/red-chili-powder-silver/>

Turmeric

https://indian-spicebox.com/shop-online/ground-turmeric-silver/

Coriander powder

<https://indian-spicebox.com/shop-online/coriander-seeds-silver/>

Cumin Powder

<https://www.lazada.sg/products/the-urban-spice-shop-organic-cumin-powder-i989190738-s3586206262.html?spm=a2o42.searchlist.list.7.7da366149ov9xn&search=1>

Garam masala

<https://indian-spicebox.com/shop-online/garam-masala-silver/>

Kasuri methi

<https://www.lazada.sg/products/mdh-kasuri-methi-25gm-i303736071-s537390877.html?spm=a2o42.redmart_search.list.9.6b985baa9i3XTi&search=1>

Ghee (optional - coconut or vegetable oil can be used instead)

<https://www.lazada.sg/products/qbb-ghee-by-sri-ambikas-i303092558-s536390127.html?spm=a2o42.lazmart_search.list.8.29e5f9f4WNJc6o&search=1>

Masoor Sabut (Whole red lentils)

<https://www.lazada.sg/products/just-organik-organic-masoor-wholesabut-i304280062-s538462669.html?spm=a2o42.lazmart_search.list.1.645d73793VJayX&search=1>

Marigold full cream evaporated milk

<https://www.lazada.sg/products/marigold-king-of-kings-full-cream-evaporated-milk-i301166044-s527236758.html?spm=a2o42.lazmart_search.list.2.3b1d5824cCUBi2&search=1>

Saffron

<https://www.lazada.sg/products/pure-organic-iranian-saffron-i318836345-s617302637.html?spm=a2o42.lazmart_search.list.2.37c237d6MTj2ew&search=1>