



Chef Paddy Rawal  
CHICKEN TIKKA MASALA RECIPE  
[for 4 people]

Chicken

Ingredients    1 lb of boneless breast, cut to 1" cubes  
                    1 tsp of ginger paste  
                    2 tsp of garlic paste  
                    1/2 tsp of white pepper powder  
                    salt to season

Marinade

                    2 tbsp of soft cream cheese  
                    2 tbsp of sour cream  
                    2 tbsp of heavy cream  
                    1 tsp of red chili powder  
                    1/2 tsp of mace powder, nutmeg powder and green cardamom powder  
                    1 tsp of cumin powder, coriander powder  
                    2 tbsp of chick pea powder

Vegetables

                    1 Medium sized yellow onion  
                    2 Green Bell peppers  
                    2 Red Bell peppers  
                    Wash, peel the onions, wash the bell peppers. Dice them into 1inch cubes and set aside.

Tikka Masala Sauce

                    102 oz. can of whole peeled tomato, 14.5 oz of tomato puree  
                    Spice pack of whole spices: 1/2 oz each of green cardamom, black peppercorn, cloves,  
                    cumin seeds, coriander seeds, red mace.  
                    2 tbsp of fenugreek leaves{dry}

                    Blend the tomatoes together to a fine puree  
                    Place a large pot on medium heat, add 3 tbsp of vegetable oil, add the whole spices.  
                    Once they crackle, add 2 tsp of garlic, saute for 2 minutes.  
                    Add the tomato mixture, cook for 8 minutes. Strain the sauce and remove the spices.

Set Aside

## Method

Take the chicken breast and rub the ginger garlic mixture, refrigerate for 30 minutes  
In a mixing bowl, mix together all the other ingredients of the marinade  
Thoroughly rub the marinade to the chicken and set aside for 20 minutes.

Pre heat the oven to 425 degrees

Grease a baking tray and lay out the thinly sliced chicken breast.  
Cook the chicken for 8 minutes and set aside to cool

Place a large cooking pot on medium heat.

Add 2 tbsp of vegetable oil, add 2 tsp of garlic, saute for 3 minutes.

Add the bell peppers and onions to the pot, saute for 2 minutes.

Add the chicken, cook for 4 minutes then add

add 2 tbsp of garam masala, 1 tsp of lemon juice, 1 tsp of sugar.

2 tbsp of fenugreek leaves {dry}, the tomato sauce, and heavy cream.

Simmer for 6 minutes.

## Accompaniment

### Saffron and Green Peas Pulao

1 cup basmati rice

1 tsp saffron

1 cup of green peas

1 tbsp heavy cream

Measure 1 cup of basmati rice to 2 cups of water, mix together. Set aside

Place a pot on medium heat, add a stick of butter, 1 tsp of saffron and 1 cup of green peas, 1 tbsp of heavy cream.

Stir for 2 minutes, add the rice along with the water. Salt to season.

Cook till the water is absorbed.