



Miele

Chicken tikka masala

By Miele

25 minutes, plus marinating time

Preparation time

35 minutes

Cooking time

4

Serves

INGREDIENTS

Chicken tikka

6 chicken thigh fillets, cut into 3 cm cubes
140 g (½ cup) Greek yogurt
1 tbsp lemon juice
2 garlic cloves, crushed
2 cm piece ginger (10 g), finely grated
½ tsp chilli powder, preferably Kashmiri chilli powder
1 tsp salt flakes
1 tsp ground cumin

Curry

80 g ghee
1 cinnamon quill
1 black cardamom pod
6 green cardamom pods
6 garlic cloves, crushed
3 cm piece ginger (15 g), finely grated
1 x 400 g tin crushed tomatoes
250 ml (1 cup) water
1 long green chilli, sliced thinly
Salt flakes to taste
80 ml (⅓ cup) cream
1 tsp white sugar
½ tsp chilli powder, preferably Kashmiri chilli powder
1 tsp dried fenugreek leaves
1 tsp garam masala
Salt flakes, to taste
Coriander leaves, to serve

METHOD

Chicken tikka

1. Combine the chicken with remaining ingredients in a large bowl., mix well. Cover and marinate for at least 3 hours in the fridge.
2. Preheat the oven on Fan Grill at 225°C.
3. Place chicken pieces on a grilling and roasting insert in a universal tray and place into the oven on shelf level 4. Cook for 8 minutes or until the chicken is cooked and well browned on the edges.

Curry

1. Melt half of the ghee in a large saucepan on medium heat, induction setting 6, add the cinnamon and cardamon pods and cook for 15 seconds. Add the garlic and ginger; cook, stirring, for 3 minutes or until the mixture is fragrant.
2. Add the tomatoes and cook, stirring occasionally, for 20 minutes or until the tomato concentrates and the fat is released from the paste. Increase to medium-high heat, induction setting 7, and cook the paste for 8 minutes or until it starts to brown. Add the water and bring to a boil, remove the heat and press mixture through a sieve to discard the solids.
3. Melt the remaining ghee in a large saucepan on medium high heat, induction setting 7, cook the green chillies for 1 minute. Add the strained sauce, chicken pieces, cream, sugar, chilli powder, fenugreek leaves and garam masala. Simmer, stirring, for 3 minutes, add more water if needed, season to taste.
4. Sprinkle the coriander leaves over the curry. Serve with a basmati rice or naan bread.

Additional appliance method

- The chicken pieces can also be cooked in the griddle pan on medium-high heat, induction setting 7, for 8 minutes or until charred and cooked through.

Hints and tips

- Dried fenugreek leaves and black cardamon can be found at specialty grocers. They give a distinctive flavour to the dish, but they can be left out if unable to find.
- This recipe was first created to use up extra chicken tikka. Allegedly first cooked in the UK.
- Garam masala is a mix of spices that can vary between regions. It often contains cardamon, cinnamon, cloves, pepper, coriander and cumin.