

Chicken Tikka Masala

written by The Recipe Exchange | June 28, 2015

Ingredients

2 lbs boneless skinless chicken breasts or 3 large chicken breasts
1/2 cup plain yogurt
6 tablespoons butter, divided
1 large yellow onion, chopped small
4 large cloves garlic, minced
2" fresh ginger peeled and minced small, about 2 tablespoons
1 tablespoon kosher salt, plus 1 teaspoon divided
1/2 teaspoon coriander
1/2 teaspoon cumin
2 1/2 – 3 tablespoons garam masala
28 ounce can petite diced tomatoes
1 tablespoon sugar
1 1/2 cup heavy cream
Optional: fresh chopped cilantro or parsley for garnish

Directions

Preheat the oven to broil and place an oven rack in the middle of the oven. Line a large baking sheet with foil and place a metal cooling rack on top of it. Combine 1 teaspoon kosher salt, 1/2 teaspoon coriander and 1/2 teaspoon cumin in a small dish. Sprinkle these spices on both sides of the chicken breasts. Next, coat both sides of the chicken with the yogurt. Place the chicken on the metal cooking rack. Broil for 10-15 minutes, turning the chicken after 7 minutes or so. Remove from the oven and set aside once the chicken begins to blacken. Be careful not to overcook and dry out the chicken.

While the chicken is cooking, melt 2 tablespoons of butter in a large skillet over medium high heat. Add the onions and saute until slightly browned. Add the garlic and the ginger and saute for a minute or so until fragrant. Add a tablespoon of salt and the garam masala spice. Stir to coat with spices and then add the tomatoes and a tablespoon of sugar. Scrape the bottom of the pan to deglaze it as the mixture begins to simmer. Reduce heat to medium low and simmer for about 5 minutes.

Reduce the heat to low and add the cream to the tomato mixture. Chop the chicken into bite size pieces and add it to the warm sauce. Serve over Turmeric Rice and sprinkle with cilantro if desired.