

Chicken Tikka Masala

Chicken Tikka Masala is simply Chicken Tikka cooked in the usual way (see page 97), then simmered briefly in a creamy sauce. It is both mild in flavour and rich and creamy, which makes it one of the most popular dishes in Indian restaurants in the West.

Chicken Tikka (see page 97),
 marinated and threaded on to
 skewers but not cooked
2 tablespoons chopped fresh coriander
 juice of $\frac{1}{2}$ lime

MASALA SAUCE:

50 g/2 oz ghee or butter
2 onions, sliced thinly
2.5 cm/1 inch piece of fresh root
 ginger, chopped finely
2 garlic cloves, crushed
6 cardamom pods, bruised

2 teaspoons garam masala
2 teaspoons ground coriander
1 teaspoon chilli powder, or to taste
300 ml/½ pint double cream
2 tablespoons tomato purée
4 tablespoons hot water
 $\frac{1}{2}$ teaspoon sugar
 salt

TO GARNISH:

coriander leaves
 slices of lime

1 To make the masala sauce, melt the ghee or butter in a large flameproof casserole, add the onions, ginger and garlic and fry over a gentle heat, stirring frequently, for about 5 minutes, until softened but not coloured.

2 Add the spices and fry, stirring, for 1-2 minutes until fragrant, then add the cream, tomato purée, water, sugar and $\frac{1}{2}$ teaspoon salt. Bring slowly to the boil over a moderate heat, stirring, then lower the heat and simmer gently, stirring occasionally, for 10-15 minutes. Remove the pan from the heat and let stand while cooking the chicken.

3 Barbecue or grill the Chicken Tikka according to the recipe instructions on page 97, then remove the cubes of chicken from the skewers.

4 Add the chicken to the masala sauce, return to a low heat and simmer, stirring, for about 5 minutes. Add the coriander and lime juice and taste for seasoning. Serve immediately, garnished with coriander leaves and slices of lime, and accompanied by plain boiled rice, chapattis or naan bread.

Serves 4

Preparation time: 20 minutes, plus marinating

Cooking time: 40-45 minutes

