



CHICKEN TIKKA

1 CUP NATURAL YOGURT
1 CUP CHOPPED FRESH CORIANDER
1 TBS GRATED GINGER
2 TBS CHOPPED GARLIC
3 TBS GARAM MASALA
2 DRY RED CHILLIES
3 TBS LEMON/LIME JUICE
1KG CHICKEN PIECES....BREAST OR THIGH MEAT



GRIND CORIANDER, GINGER, GARLIC, GARAM MASALA, CHILLIES AND JUICE TO A SMOOTH PASTE. ADD YOGURT.

POUR OVER CHICKEN, MIX WELL, COVER AND REFRIGERATE OVER NIGHT. THREAD CHICKEN ONTO SKEWERS.....REMEMBER IF USING WOODEN YOU MUST SOAK THEM IN WATER FOR A FEW HOURS IF NOT OVER NIGHT OR THEY WILL BURN.

GRILL UNDER MEDIUM HEAT UNTIL BROWN..
GARNISH WITH CHOPPED FRESH CORIANDER

MASALA SAUCE FOR CHICKEN TIKKA MASALA

1 TBS BUTTER
1 CLOVE GARLIC MINCED
1 JALAPENO PEPPER OR MILD CHILLI CHOPPED
2 TEASP GROUND CUMIN
2 TEASP PAPRIKA
3 TEASP SALT....OR TO TASTE
4 OZ TOMATO PASTE AND 4 OZ WATER
1 CUP CREAM

SAUTE GARLIC AND JALAPENO IN BUTTER FOR 1 MINUTE
SEASON WITH SALT, CUMIN AND PAPRIKA, STIR IN TOMATO PASTE, WATER AND CREAM. SIMMER FOR 20 MINS....IT WILL THICKEN. ADD GRILLED CHICKEN[FROM ABOVE].

SERVE AND GARNISH WITH FRESH CORIANDER

GARAM MASALA

4 TBS CORIANDER SEEDS
1 TBS CUMIN SEEDS
1 TBS BLACK PEPPERCORNS
1 1/2 TSP GROUND GINGER
3 LARGE BLACK CARDAMOM PODS
3/4 TSP CLOVES
3/4 TSP CINNAMON
3/4 TSP CRUSHED BAY LEAVES

IN A HEAVY PAN OVER MEDIUM HEAT ROAST ALL INGREDIENTS EXCEPT GINGER. WHEN THEY TURN A FEW SHADES DARKER. TURN OFF FLAME AND ALLOW TO COOL WHEN COOL ADD GINGER, REMOVE SEEDS FROM INSIDE CARDAMOM PODS AND MIX BACK INTO SPICES. GRIND ALL IN COFFEE GRINDER
STORE IN AIRTIGHT CONTAINER