

Chicken Tikka Masala

Prep Time: 1 hrs 30 mins Total Time: 2 hrs
Servings: 4

About This Recipe "This recipe appeared in the Chicago Tribune today (4/17/02). I haven't tried it yet, but it promises to be delicious and I thought I should share it."

Ingredients

- 1 1/2 lbs boneless skinless chicken, cut in 1 inch cubes
- Marinade
 - 1 cup plain yogurt
 - 2 tablespoons lemon juice
 - 2 teaspoons ground cumin
 - 2 teaspoons ground red pepper
 - 2 teaspoons black pepper
 - 1 teaspoon cinnamon
 - 1 teaspoon salt
 - 1 piece minced ginger (1-inchinch" long)
 - 6 bamboo skewers (6-inchinch")
- Sauce
 - 1 tablespoon unsalted butter
 - 2 garlic cloves, minced
 - 1 jalapeno, minced
 - 2 teaspoons ground coriander
 - 1 teaspoon ground cumin
 - 1 teaspoon paprika
 - 1 teaspoon garam masala (buy in Indian market)
 - 1/2 teaspoon salt
 - 1 (8 ounce) cans tomato sauce
 - 1 cup whipping cream
 - 1/4 cup chopped fresh cilantro

2. Thread chicken on skewers, and marinate (in the refrigerator) for an hour or so.
3. Discard marinade.
4. For sauce, melt butter on medium heat.
5. Add garlic & jalapeno; cook 1 minute.
6. Stir in coriander, cumin, paprika, garam masala & salt.
7. Stir in tomato sauce.
8. Simmer 15 minutes.
9. Stir in cream; simmer to thicken- about 5 minutes.
10. Grill or broil chicken, turning occasionally, to cook through- about 8 minutes.
11. Remove chicken from skewers; add to sauce.
12. Simmer 5 minutes.
13. Garnish with cilantro Serve with basmati rice, naan or pita bread.
14. Note: You can make your own garam masala. McCormick also makes garam masala; it's available in super markets.

Directions

1. Soak bamboo skewers in water.