



THE ingles TABLE

with Lindsay Moore
Chicken Tikka

Shopping List

- 6 Garlic Cloves, crushed
- 1 Tbsp Ginger, finely grated
- 1 Tbsp Turmeric, ground
- 2 tsp Garam Masala, ground
- 2 tsp Coriander, ground
- 2 tsp Cumin, ground
- 1.5 Cups Whole Milk Yogurt
- 1 Tbsp Lemon Juice
- 1 Tbsp Kosher Salt
- 2 lbs Boneless, Skinless Chicken Breasts, cut into bite sized pieces
- 3 Tbsp Ghee (clarified butter)
- 1 Onion, diced
- 1 Jalapeno, diced
- ¼ Cup Tomato Paste
- 2 tsp Cardamom, ground
- 1 28oz Can Whole Peeled Tomatoes
- 1.5 Cups Heavy Cream
- 1 Cup Chopped Fresh Cilantro, divided

Cooking Instructions

- 1)** In a small bowl, combine garlic, ginger, turmeric, garam masala, coriander, and cumin.
- 2)** In a large bowl, combine yogurt, lemon juice, half of spice mixture, and kosher salt. Stir in chicken, cover, and refrigerate for 1-4 hours.
- 3)** Melt butter in large heavy skillet over medium heat. Add onion, jalapeno, cardamom and tomato paste and cook for about 5 minutes, stirring often, until tomato paste browns and onions are soft.
- 4)** Season with remaining half of spice mixture and cook for about 4 minutes or until bottom of pot begins to brown.
- 5)** Add peeled tomatoes with juices, crushing with your hands as you add them. Bring to a boil, reduce heat, and simmer, scraping up browned bits from the pot. and cook 15 minutes longer.
- 6)** Add heavy cream and cilantro, stir, and let simmer for 20 minutes, or until sauce thickens.
- 7)** Meanwhile, preheat broiler to cook chicken. Line rimmed baking sheet with foil and set wire rack on sheet. Place chicken on rack in a single layer. Broil for about 10 minutes, or until chicken starts to blacken.
- 8)** Add chicken to sauce and simmer, stirring occasionally, until chicken is cooked through (about 8 minutes.)
- 9)** Divide among 6 bowls, garnish with remaining cilantro, and serve with steamed rice or slices of naan. Enjoy!



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