Indian Butter Chicken

Makes 12 (4 oz.) portions

Olive Oil 1 T. + 1.5 tsp.

Fresh Peeled Shallots, finely chopped 1.5 ea.

Onions, chopped ¼ c.

Margarine (or Butter) 3 T.

Lemon Juice 1 T.

Ginger Puree 1.5 tsp.

Chopped Garlic 2 ¼ tsp.

Garam Masala (see below) 1.5 tsp.

Chili Powder 1.5 tsp.

Ground Cumin 1.5 tsp.

Bay Leaves 2 ea.

Tomato Filets (74-40) 1.5 C.

Half & Half ¼ C. + 2 T.

Plain Fat-Free Yogurt ¼ C. + 2 T.

Cayenne Pepper ½ tsp.

Salt To Taste

Black Pepper To Taste

Olive Oil 1 T. + 1.5 tsp.

Fresh Chicken Tenders 3 lbs.

Garam Masala (see below) 1.5 tsp.

Cayenne Pepper To Taste

Cornstarch 1 T. + 1.5 tsp.

Water ¼ C. + 2 T.

1. Heat first measure of olive oil in large saucepan over medium high heat. Saute shallots and onions until soft and translucent. Stir in margarine (or butter,) lemon juice, ginger, garlic, first measure of garam masala, chili powder, cumin and bay leaf. Cook, stirring, for 1 minute.
2. Add tomato filets and cook for 2 minutes, stirring frequently.
3. Stir in half and half and yogurt. Reduce heat to low and simmer for 10 minutes, stirring frequently.
4. Season with salt and pepper. Remove from heat and set aside.
5. Heat second measure of oil in a large, heavy skillet over medium heat. Cook chicken until lightly browned – about ten minutes. Reduce heat, season with second measure of garam masala and cayenne.
6. Stir in a few spoonfuls of sauce and simmer until liquid has reduced and chicken is no longer pink.
7. Stir cooked chicken into sauce.
8. Mix together cornstarch and water, then stir into the sauce. Cook for 5 to 10 minutes, or until thickened.

Garam Masala

Cinnamon Stick 1 stick

Bay Leaves 1 ea.

Cumin 2 tsp.

Coriander 3 tsp.

Cardamom ½ tsp.

Black Peppercorns ½ tsp.

Whole Cloves ½ tsp.

Chili Powder To Taste

Ground Nutmeg To Taste

Combine all but chili powder and nutmeg in a frying pan and toast over medium heat, stirring constantly until the cumin turns uniformly brown – 4 to 5 minutes. Place mixture in spice grinder and grind to a powder. Stir in chili powder and nutmeg and store in an airtight container.