

Butter Chicken Recipe

Ingredients: Serves 4-6 (Preheat oven to 250°C)

1kg chicken thigh fillets
¼ (60ml) white vinegar or lemon juice
⅓ cup coriander seeds
2-inch cinnamon stick, broken into smaller pieces
5 brown or black cardamom pods
10 green cardamom pods
1 teaspoon whole cloves
3 teaspoons ground turmeric
2 teaspoons chili powder
2 teaspoons paprika
1 teaspoon ground nutmeg
1 teaspoon ground mace
¼ cup (60g) plain (natural) whole-milk yogurt
2½ tablespoons crushed garlic
2½ tablespoons grated fresh ginger
2½ tablespoons vegetable oil
salt to taste

For sauce:

½ cup (125ml) vegetable oil and melted unsalted butter combined
1kg yellow (brown) onions, about 6 medium, peeled and chopped
1 teaspoon salt, plus extra salt to taste
2½ tablespoons grated fresh ginger
2½ tablespoons crushed garlic
2 teaspoons chili powder
3 teaspoons ground turmeric
2 teaspoons chopped fresh green chilies
1kg tomatoes, about 7 medium, chopped and pureed in blender or food processor
⅓ cup (150ml) heavy (double) cream
¼ cup (60g) unsalted butter
4 teaspoons honey
2 tablespoons dried fenugreek leaves
15g chopped fresh cilantro (fresh coriander)

Method:

Cut chicken fillets into quarters. In a glass or ceramic bowl, combine chicken with 4 teaspoons vinegar or lemon juice and turn to coat. Set aside. In a spice grinder, grind coriander seeds, cinnamon, cardamom and cloves to a powder. Place in a bowl and combine with turmeric, chili powder, paprika, nutmeg, mace, remaining vinegar or lemon juice, yogurt, garlic, ginger and oil, and mix well. Season with salt and add to chicken. Mix well, cover and place in refrigerator to marinate for 30 minutes. Oil a shallow roasting pan and place chicken pieces in pan in a single layer. Bake in preheated oven without turning, for 12 minutes. Remove from oven and set aside. To make Sauce: In a degchi or large frying pan, heat oil and butter mixture over medium-low heat. Add onions and 1 teaspoon salt and cook, uncovered, stirring occasionally, until onions are dark golden brown, about 15-20 minutes. Add ginger and garlic and cook, stirring, for 2 minutes. Add chili powder, turmeric and chilies, and cook for 1 minute. Add tomatoes and cook, uncovered, stirring often, until tomatoes are soft, about 5-10 minutes. Add cream and butter to pan, and

cook, stirring, until butter melts. Stir in chicken, honey and fenugreek, and cook, stirring often, until chicken is cooked through, about 5 minutes. Stir in cilantro. Taste and add salt if necessary. Serve immediately.

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