

BC CHICKEN TIKKA MASALA WITH BC RAITA

 *Yields:*
Yields: 6 portions

INGREDIENTS

For the Rice

3 cups Uncooked Basmati Rice 720 ml

For the Chicken

3 pounds Boneless, Skinless BC Chicken, diced into 1" (2.5 cm) cubes 1.3 kg
(may be breasts, thighs, or a combination)

1 ½ cups BC Yogurt, plain, full fat variety 360 ml

1 ½ tbsp BC Garlic, grated finely 25 ml

1 ½ tbsp Ginger, grated finely 25 ml

1 tsp Garam Masala 5 ml

1 tsp Turmeric 5 ml

1 tsp Cumin, ground 5 ml

1 tsp Ground Black Pepper 5 ml

For the Sauce

¼ cup BC Ghee or BC Butter 60 ml

1 Large BC Onion, diced finely 1

1 tbsp BC Garlic, grated finely 15 ml

1 tbsp Ginger, grated finely 15 ml

1 tsp Garam Masala 5 ml

1 tsp Cumin, ground 5 ml

1 tsp Paprika 5 ml

1 tsp Coriander, ground 5 ml

1 tsp Fenugreek Leaves (optional) 5 ml

½ tsp Chili Powder (optional) 3 ml

5.5 oz Tomato Paste 156 ml

20 oz Canned Tomatoes, strained 600 ml

1 cup BC Heavy Cream 240 ml

1 bunch BC Cilantro, chopped 1 bunch



Pinch	Salt and Pepper	Pinch
6 pieces	Naan Bread	6 pieces

DIRECTIONS

1. Cook rice according to package instructions.
2. Combine BC Chicken, BC Yogurt, BC Garlic, ginger, garam masala, turmeric, cumin, and pepper in a bowl. Cover bowl and let chicken mixture marinate in the refrigerator (from 10 minutes to overnight).
3. Meanwhile, in a large heavy pot, heat BC Ghee or BC Butter over high heat. Add diced BC Onion and sauté until soft.
4. Add BC Garlic and ginger and continue to sauté for 30 seconds.
5. Reduce the heat and add remaining spices (garam masala, cumin, paprika, coriander, fenugreek leaves, and chili powder). Sauté the spices for 30 seconds.
6. Turn the heat back to high and add the marinated chicken. Cook the chicken for 5 minutes. Stir frequently.
7. Add the tomato paste, strained tomatoes, and the BC heavy cream.
8. Simmer uncovered for 15-20 minutes, stirring frequently.
9. When done, remove from heat, add chopped BC Cilantro, and adjust seasoning.
10. Serve with cooked rice, BC Naan Bread, and BC Raita (see below).

BC RAITA



Yields:

Yields: 1 ½ cups (300 ml)

INGREDIENTS

1 cup	BC Yogurt, plain, full fat variety	240 ml
½	BC Cucumber, seeded and grated	½
1 tbsp	BC Red Onion, diced finely	15 ml
3 tbsp	BC Cilantro, chopped	45 ml
½	Lime, juiced	½
1 tsp	Cumin, ground	5 ml
1 tsp	Coriander, ground	5 ml
Pinch	Salt and Pepper	Pinch

DIRECTIONS

1. Combine first 7 ingredients in a bowl and mix.
2. Season with salt and pepper.