

MURGH MAKHANI

(Indian Butter Chicken)



Ingredients:

For the Marinade:

½	Cup	Plain Yogurt
2	Tablespoons	Lemon Juice
1	Teaspoon	Turmeric
2	Teaspoons	Garam Masala*
¼	Teaspoon	Cayenne Pepper
1	Teaspoon	Ground Cumin
1	Tablespoon	Fresh Ginger, grated
2	Cloves	Garlic, minced fine
1½	Pounds	Boneless, Skinless Chicken Thighs, cut into bite-size pieces

For the Curry:

2	Tablespoons	Ghee (or butter)
1	Cup	Tomato Sauce
1	Cup	Heavy Cream (or Half & Half)
1	Teaspoon	Sugar
1	Teaspoon	Salt

Directions:

1. Whisk together the marinade ingredients and add the chicken. Stir to coat the chicken, cover and refrigerate at least 3 hours (or overnight – which is preferable).
2. Heat the ghee (or butter) over medium-high heat in a large saute pan. Remove the chicken from the marinade, shaking off any excess, and cook about 3 – 4 minutes, stirring occasionally. Remove chicken from pan and set aside.
3. Add the curry ingredients to the pan and simmer for 10 minutes, or until it is reduced by half. Add the chicken back to the pan and simmer until the chicken reaches an internal temperature of 165°. Serve over rice, if desired.

* To make your own garam masala – combine 1 Tbl cumin, 2 tsp coriander, 2 tsp cardamom, 1½ tsp ground cinnamon, 1 tsp black pepper, ½ tsp nutmeg, ½ tsp ground cloves and ¼ tsp cayenne pepper. This will yield about 1/3 cup