

ROGANI GOSHT (Meat in a Garlic Cream Sauce)



Ingredients:

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| 2 | Medium | Onions, peeled and quartered |
| 3 | Cloves | Garlic, peeled |
| 1 | Tablespoon | Fresh ginger, peeled and minced |
| ½ | Teaspoon | Red pepper flakes |
| 1 | Teaspoon | Salt |
| 2 | Teaspoons | Ground coriander |
| 12 | Ounces | Plain yogurt |
| 8 | Ounces | Sour cream |
| | | |
| 2 | Tablespoons | Butter |
| 2 | Pounds | Chicken breasts or thighs (boneless, skinless) |
| 2 | Cloves | Garlic, minced |
| 1 | Teaspoon | Ground cumin |
| ½ | Teaspoon | Ground cardamom |
| ½ | Teaspoon | Garam masala |

Directions:

1. Combine first 8 ingredients in blender and puree until very smooth. Set aside. Cut the chicken into 1" pieces. Set aside. Melt butter in large saute pan.
2. Add the minced garlic and spices to the butter and cook, stirring constantly, for 30 seconds. Add chicken to pan and stir to coat with butter and spices.
3. Pour the pureed sauce ingredients over the chicken and stir to combine. Reduce heat, cover, and simmer for 1 hour, stirring frequently and scraping the bottom of the pan to keep sauce from sticking.