

TRAVEL TO SOUTH ASIA VIA TWO REMARKABLE RECIPES

SPICING UP SUNDAY

Butter Chicken

From Chef Jassie Bakhshi, Glory of India

Chef Bakhshi says that after you have made this dish once, feel free to increase or decrease the seasonings in the marinade according to your tastebuds. At Glory of India, they cook the chicken in their tandoor (clay oven)

to give the dish that perfect smoky flavour.

Yum. Your barbecue might be the best alternative.

ALSO SEE

■ Peshawari chole recipe C2

Marinade

- 6 large garlic cloves
- 4 inches (about 10 cm) peeled ginger, in about 1-inch/2.5-cm chunks
- 1/4 cup (about 50 mL) water (enough to cover garlic and ginger)
- 1/2 cup (125 mL) yogurt
- 1 tsp (5 mL) paprika
- 1 tsp (5 mL) garam masala

- Salt
- 1 1/2 lb (750 g) boneless, skinless chicken, cut into 1 1/2-inch/4-cm pieces
- 2 tbsp (25 mL) canola oil

Place garlic and ginger in a blender and cover with water. Puree into thick paste. Set aside 2/3 of paste for use in butter-chicken sauce.

Mix 1/3 of garlic-ginger paste in a large bowl with yogurt, paprika and garam masala. Season to taste with salt. Mix in chicken pieces. Pour canola oil over top of mixture, but do not mix in. Place marinating chicken in the refrigerator for 2 hours.

Butter-Chicken

- Sauce
- 2 tbsp (25 mL) canola oil
- Reserved garlic-ginger paste (see marinade recipe)
- 1 1/2 cups (375 mL) tomato puree
- 1 tbsp (15 mL) paprika
- 1/4 cup (50 mL) whipping cream
- Pinch sugar
- Salt



Photos, Ted Jacob, Calgary Herald

Glory of India owners Jassie and Kiran Bakhshi show off their popular Butter Chicken recipe.

Put canola oil in a large pot over medium heat and add reserved garlic-ginger paste. Stirring to ensure paste does not stick, cook 2 to 3 minutes, or until paste starts to brown. Add tomato puree and paprika and cook, stirring occasionally, for about 10 minutes, or until ingredients are fully incorporated. Stir in whipping cream and sugar, and season to taste with salt. Bring to a

boil, stirring occasionally. Set aside to use in butter-chicken preparation.

Makes about 2 cups (500 mL).

Cook's Note: When cooking the garlic-ginger and tomato purees with the paprika, when they are fully incorporated, the consistency should be gravy-like. (Like whose gravy, you ask? Maybe just think ketchup-thick.) If it is too thick, add some water.

Butter-Chicken Preparation

Marinated chicken (see recipe)

2 cups (about 500 mL) butter-chicken sauce (see recipe)

2 tbsp (25 mL) crumbled kasoori methi (dried fenugreek leaves)

Whipping cream, for garnish

Preheat the oven or barbecue to 400°F (200°C).

Remove chicken from marinade and place in a shallow roasting pan, a large skillet or on skewers; place chicken in the preheated oven or barbecue (with lid open). Cook for 10 to 15 minutes, or until chicken is cooked through.

Place pot of butter-chicken sauce on the stovetop over medium-high heat and add cooked chicken and kasoori methi. Bring to a boil. Remove from heat and serve with naan bread or rice, garnishing butter chicken with drizzle of whipping cream.

Serves 4 to 6.

— John Gilchrist and Catherine Caldwell for the Calgary Herald

