



It is said that ?Ali Ahmed Aslam invented chicken tikka masala at his Glasgow restaurant in the 1970s. With its chunks of spiced chicken surrounded by a rich tomato and yogurt-based sauce, chicken tikka masala is one of the UK's most beloved dishes.? I?m not sure if this is correct, but this was Sue?s take on the dish.

Marinade Ingredients:-

3 Chicken Breasts, cubed
3 Tbsp of Lemon Juice
1 Thumb of Ginger, grated
2 Cloves of Garlic, minced
1 Tsp of Ground Cumin
1 Tsp of Paprika
6 Tbsp of Yogurt
1 Tbsp of Chilli Paste
½ Tsp of Garam Masala
3 Tbsp of Oil
Salt to taste

Sauce Ingredients:-

1 Onion, diced
1 Thumb of Ginger, grated
6 Cloves of Garlic, minced
1 Tbsp of Ground Coriander

½ Tsp of Turmeric
¾ Tsp of Chilli Powder
2 Tsp of Paprika
4 Tbsp of Yogurt
350ml of Chicken Stock
¼ Tsp of Garam Masala
Oil to fry
Salt & Pepper to taste
Chopped Coriander leaves to garnish

Method:-

- (1) Place the chopped Chicken in a bowl and add the Lemon Juice.
- (2) Season with Salt.
- (3) Combine the remaining Marinade ingredients and stir around the Chicken.
- (4) Place in the fridge for 4 hours or so.
- (5) In a large frying pan add Oil over a medium heat and add the Onions, frying until softened.
- (6) Season with Salt & Pepper and then add the Garlic and fry for a further minute.
- (7) Add the Ginger, Coriander, Turmeric, Chilli Powder, Paprika and stir in.
- (8) Add the Yogurt a spoonful at a time stirring constantly.
- (9) Add the Chicken Stock and allow to simmer until the sauce has thickened.
- (10) Remove the Chicken from the marinade and thread into skewers.
- (11) Grill turning occasionally until cooked through and slightly charred.
- (12) Stir the remaining marinade to the sauce and add a handful of Chopped Coriander and the Garam Masala.
- (13) Remove the Chicken from the skewers and add to the Sauce.
- (14) Allow to simmer until thoroughly heated through and coated.

Serve over Rice and garnish with Chopped Coriander leaves and a slice of Lemon.