

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.