CHICKEN TIKKA MASALA
Serving 8

INGREDIENTS:
1 kg of chicken filet

For the homemade Masala paste:
1 tsp whole coriander seeds
8 black peppercorns
2 dried red chillies (or fresh if you like)
2 inch stick cinnamon
1 tsp cumin seeds
1 star anise
4 cloves
Seeds of 4 green cardamom pods
1 black cardamom (optional)
1 tsp fennel seeds
1 tsp turmeric
2 tbsp concentrated tomato puree
2 tbsp coconut cream
1 tsp salt
1 tbsp lemon juice
For the sauce:
1 tbsp oil
4 cloves fresh garlic, chopped
1 tbsp grated ginger
3 red chillies, chopped (or to taste)
1 tbsp concentrated tomato puree
400 g passata (fresh tomato puree)
2 tbsp ground coriander
1 tbsp ground cumin
2 tsp garam masala
2 tbsp ground almonds
2 tsp ground green cardamom seeds
2 tsp ground fennel seeds
400 ml coconut milk
1 tsp kasoori methi (optional)
2 tbsp light brown sugar
Salt, to taste

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PREPARATIONS:

1. *To make the tandoori paste, heat a dry frying pan until hot. Add all the spices apart from the coconut cream, lemon juice, salt and concentrated tomato puree. Toast until aromatic, a couple of minutes but don't leave it unattended because it can burn very easily.*

2. *Place all the spices in a high-powered blender or coffee grinder. I use my NutriBullet. Once ground to a fine powder, stir in the lemon juice, coconut cream, tomato puree and salt.*

3. *Add the chicken filet to the paste and give them a good mix. Set aside while you make the tikka masala sauce. After about 20 minutes Fry on both sides until golden brown and set aside once again.*

4. *To make the tikka masala sauce, heat the oil in a medium, non-stick pan. Add the garlic, ginger and chillies. Sauté for a few moments before adding the concentrated tomato puree. Cook for 5 minutes on a medium heat, stirring all the time. Add the passata, followed by the rest of the ingredients and the Chicken. Give it a good whisk, cover and cook on a low heat for 20-30 minutes, stirring often.*

5. *Serve immediately. Garnish with chopped coriander, lime or lemon wedges and extra coconut cream.*