

CHICKEN TIKKA MASALA (PANEER - vegetarian)

Serving 4

INGREDIENTS:

table spoon = tbsp // tea spoon = tsp

For Tikka

Chicken (or Paneer) and vegetables to marinate separately:

800 gr Chicken boneless (cut into cubes) or Paneer

Vegetables:

2 medium red paprika

2 medium tomatoes

2 onions (all cut into cubes same as chicken, remove seeds of the tomatoes)

Marinade spices mix (this is an amount for chicken or vegetables):

1 tbsp coriander powder

1/2 tbsp cumin powder

1/2 tbsp garam masala powder

1 tbsp ginger garlic paste

1 tsp cayenne pepper

1 tsp Kashmiri chili powder

1/2 tbsp kasoori methi powder

1/4 tsp turmeric

2 tbsp lemon juice

1 cup yoghurt

3 tbsp mustard oil

Salt to taste

Skew sticks

(soak in water for 30 minutes before adding the chicken in skew)

For Sauce (masala)

- 2 tbsp** **cashew nut**
- 2 tbsp** **water melon seeds (Charmagaz)**
boil the cashewnuts and the water melon seeds separately in water. Cool and blend them together to make a paste.
- 3** **medium onion (finely chopped)**
- 3** **medium tomatoes (slice and chop them fine)**
- 3 tbsp** **Oil**

this comprises the whole garam masala:

- 1/2tsp** **Cumin seeds**
- 1** **bay leaf**
- 2** **black cardamom**
- 4** **green cardamom**
- 1 inch** **cinnamon**
- 4** **clove**

- 2 tbsp** **Ginger garlic paste**
- 2 tsp** **Coriander powder**
- 1 tsp** **Cumin powder**
- 1 tsp** **Garam masala powder**
- 1.5 tsp** **Kashmiri red chili powder (adjust to your taste)**
- 1/4 tsp** **turmeric**
- Salt to taste**
- 3/4 cup** **Fresh cream (Krem Fløtte)**
- 2 tbsp** **finely chopped coriander leaves**

Make powder by grinding

- 8** **green cardamoms**
- 4** **cloves,**
- inch** **cinnamon stick**

PREPARATIONS:

To make the Tikka

- *Take the boneless chicken and cut into cubes. Also cut the onion, tomatoes (removing the seed) and the red paprika nearly the same size as chicken). For paneer cut it into cubes.*
- *In a bowl mix all the ingredients mentioned under tikka. Remember the chicken and the vegetables will be marinated separately. The ingredients mentioned are for chicken. Take same for vegetables.*
- *Add marinate to the chicken and vegetables separately. Keep for 2 hours. For best result marinate the chicken overnight but vegetables on the day you want to make the Tikka.*
- *Skew the marinated chicken and vegetables. (first a red capsicum cube then an onion cube then a tomato cube and then a chicken cube and repeat the order. Remember to keep little space in between)*
- *Preheat the oven for a least 30 min @200°C for Paneer and 250°C for chicken.*
- *Grill the Tikka s one side nearly 25-30 minutes depending on the oven.*
- *Brush evenly butter or oil on the chicken/paneer and the vegetables and turn on the other side and grill for 30 min again.*
- *Keep an eye while grilling so that it do not burn*

For sauce

- *Take a pan add oil. When the oil is hot put the garam masala, cumin seeds (i.e. all mentioned in point 5 of the ingredients under sauce).*
- *Sauté for a minute and add the finely chopped onion and sprinkle little salt (1tsp). Fry the onion until brown and then add the ginger garlic paste. Sauté for few minutes till the ginger garlic is cooked.*
- *Add the finely chopped tomatoes and cook for about 5 minutes (till the tomato cooks nicely)*
- *In a separate bowl add all the dry spices (7+8+9+10+11 ingredients under sauce) with little water to make a paste. Add this to the fried mixture in the pan. Sauté for few minutes till oil leaves from side.*
- *Add the watermelon seed and cashew nut paste (make it as told above). Sauté till oil leaves from side.*
- *Add the chicken first from the skew and mix well with the spices. Then add the vegetables. Add warm water as required (depending on the thickness and consistency required about 1-2 cups) . Add salt after tasting. At this point you can add more Kashmiri chili as per your taste.*
- *Add the cream.*
- *Boil for 2 minutes. Add the garam masala powder as prepared earlier.*
- *Serve it with Basmati rice or naan*