



# BUTTER CHICKEN

*by Tim Bone*

**SERVES: 4**

## INGREDIENTS

### *FOR THE CHICKEN MARINADE*

600G CHICKEN THIGHS, CUT INTO LARGE CHUNKS  
2 TSP GARAM MASALA  
2 TSP GROUND CUMIN  
2 TSP GROUND TURMERIC  
2 TSP GROUND CORIANDER  
½ TSP GROUND CHILLI  
4 CLOVES OF GARLIC, GRATED  
3CM PIECE OF FRESH GINGER, PEELED AND GRATED  
½ CUP MEREDITH DAIRY NATURAL SHEEP MILK YOGHURT (PROBIOTIC)  
¼ TSP SALT  
¼ TSP PEPPER

### *FOR THE CURRY*

4 TBSP GHEE  
2 TBSP VEGETABLE OIL  
1 LARGE BROWN ONION, PEELED AND CUT INTO WEDGES  
½ CUP CHICKEN STOCK  
410G CAN OF TOMATO PUREE  
½ CUP MEREDITH DAIRY NATURAL SHEEP MILK YOGHURT  
1 TBSP CASTER SUGAR  
SALT AND PEPPER TO TASTE  
FRESH CORIANDER TO GARNISH  
PAPPADUMS  
BASMATI RICE

## METHOD

1. HEAT PAN OVER LOW HEAT, ADD ALL THE SPICES TO THE PAN EXCEPT FOR THE SALT AND PEPPER. STIR, TOASTING FOR A COUPLE OF MINUTES OR UNTIL FRAGRANT. REMOVE TO A LARGE GLASS OR CERAMIC BOWL.
2. ADD THE GRATED GARLIC AND GINGER TO THE BOWL. ADD THE SALT, PEPPER AND YOGHURT. MIX WELL TO COMBINE. ADD THE SLICED CHICKEN AND STIR UNTIL COATED. COVER AND PLACE IN THE FRIDGE TO MARINADE FOR AT LEAST 2 HOURS OR OVERNIGHT.
3. HEAT LARGE PAN OVER MEDIUM-HIGH HEAT. ADD 2 TBSP OF THE GHEE AND OIL. WHEN THE GHEE HAS MELTED, ADD THE ONION WEDGES AND COOK STIRRING FOR 3-4 MINUTES OR UNTIL THE ONION IS STARTING TO SOFTEN.
4. ADD THE MARINATED CHICKEN TO THE PAN AND COOK FOR 5 MINUTES UNTIL THE CHICKEN IS SEALED. ADD CHICKEN STOCK AND TOMATO PUREE. STIR TO MIX. PUT THE LID ON AND BRING TO THE BOIL. LOWER HEAT AND SIMMER FOR 10 MINUTES OR UNTIL THE SAUCE HAS THICKENED AND THE CHICKEN IS COOKED THROUGH.
5. ADD THE YOGHURT AND CASTER SUGAR. STIR AND SIMMER FOR ANOTHER FEW MINUTES.
6. TURN OFF THE HEAT AND STIR IN THE EXTRA 2 TBSP OF GHEE. CHECK FOR SEASONING.
7. SERVE WITH AN EXTRA DOLLOP OF YOGHURT, CORIANDER, RICE AND PAPPADUMS.

HOT TIP: I ADDED SOME GHEE, CHOPPED TOASTED NUTS AND DRIED CRANBERRIES TO MY RICE FOR A BIT OF EXTRA FLAVOUR!