

## Butter Chicken

### *Marinade*

45 ml yogurt  
1 ml salt  
5 ml tandoori masala  
1 chicken piece

### *Cream Sauce*

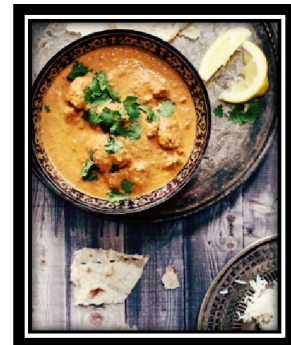
10+30 ml butter  
1 cloves garlic  
1 / 2 inch grated ginger  
100 ml crushed tomatoes  
60 ml whipping cream  
1 ml salt  
5 ml sugar  
1 ml turmeric  
2 ml hot paprika  
5 ml tandoori masala  
3 ml garam masala

### **Equipment:**

Read the ingredients and method, then fill in at least 8 pieces of equipment.

### *Rice:*

175 ml basmati rice  
350 ml water



## Method:

### Day 1 (prework):

1. Cut 8-10 chicken breasts into 2-3" pieces.
2. Mix all marinade ingredients. Pour over chicken.
3. Marinate for at least 30 minutes or up to overnight.

### Day 2:

1. Bake chicken uncovered at 350°F for 35 minutes.
2. Melt butter and fry garlic over medium heat until golden brown. Be careful not to burn.
3. Add tomatoes, salt, spices and ginger. Cover and let cook over medium heat for ten minutes.
4. Reduce heat to low and add whipping cream. Cook five minutes more.
5. Turn off heat and add 30 ml butter. Mix well until melted.
6. Drain all liquid from chicken and add to sauce. Cook for 5-10 minutes (time permitting).
7. Serve over basmati rice.
8. Garnish with cilantro and garam masala.

### Rice:

1. Add 175 ml basmati rice and 350 ml water to a pot. Bring to boil. Reduce heat to minimum (3) and cover.
2. Allow to simmer for 15 mins. Turn off heat and allow to stand for five minutes.
3. Add peas and allow to warm in pot, if desired.

## Garlic Naan

### Dough

2.5 ml yeast

310 ml flour

60 ml canola oil

60 ml warm water

60 ml warm milk

15 ml sugar

2 ml salt

1 clove garlic, crushed into paste



1. Sprinkle water with sugar and yeast. Allow to sit until foamy.
2. Add milk, whole wheat flour, garlic paste,  $\frac{3}{4}$  of all-purpose flour, oil and salt.
3. Mix. Add more flour as required.
4. Knead dough in bowl. It should be sticky.
5. Coat dough in oil and wrap loosely as shown in demo. Bag, label, and refrigerate overnight.
6. Heat cast iron pan. Meanwhile, melt butter and add garlic.
7. Roll out each dough (about 6" by 10" oval)
8. When pan is hot, place naan into it and cook for 1-2 minutes until tiny bubbles appear all over.
9. Flip naan (and, if possible, char on gas flame of stove)
10. Keep rolled naan covered with a kitchen towel to prevent drying.

#### Toppings

4-5 cloves garlic

Melted butter

60 ml cilantro

## Hummus

200 ml chickpeas, drained  
30 ml tahini  
1-2 garlic cloves, chopped or minced  
30 ml lemon juice  
f.g. cayenne if desired  
f.g. cumin if desired  
salt & pepper to taste

1. Using a potato masher, coarsely mash the chickpeas. Mash until you are happy with the texture.
2. Mix the tahini into the chickpeas, then the rest of the other ingredients. Mix well. Serve with pieces of naan.