

Creamy Chicken Masala

Serves 2-3

This recipe is from California Culinary Academy student Jaspreet Jodhka, a Chronicle test kitchen intern.

- 1 cup plain yogurt (whole milk is best but low-fat or fat-free are fine)
- 2 tablespoons freshly squeezed lemon juice
- 2 teaspoons ground cumin
- 1 teaspoon cayenne pepper
- ½ teaspoon cinnamon
- 1 teaspoon ground coriander
- 1 tablespoon minced fresh ginger
- 1 teaspoon freshly ground black pepper
- 1 teaspoon kosher salt
- 3 boneless skinless chicken breasts (about 1½ pounds), cut into 1-inch cubes
- 4 long skewers, (if wooden then soaked in water for 30 minutes before grilling)
- 1 tablespoon butter
- 2 large garlic cloves, minced
- 1 to 2 green chiles (depending upon heat desired), minced
- 2 teaspoons ground cumin
- 2 teaspoons paprika

- 2 teaspoons ground coriander
- 1½ cup tomato sauce
- ¾ cup heavy cream
- 1½ teaspoons garam masala
- 2 tablespoons slivered almonds for garnish

Instructions: In a medium bowl combine yogurt, lemon juice, cumin, cayenne pepper, cinnamon, coriander, fresh ginger, black pepper, salt and chicken cubes. Stir together and marinate for at least 1 hour, or overnight.

Preheat a grill to medium or medium high. Remove chicken from marinade and thread onto skewers. Discard marinade. Grill chicken for a few minutes on each side.

Meanwhile, melt the butter in a 10-inch nonstick skillet over medium heat. Add garlic and chile, cook 2-3 minutes. Add cumin, paprika and ground coriander and cook until fragrant. Stir in tomato

sauce and cream and whisk gently to break up any lumps. Reduce heat to low and simmer for 20 minutes to thicken sauce. Add cooked chicken, stir well and cover and let simmer another 10 minutes. Stir in garam masala, transfer to a serving plate and garnish with slivered almonds. Serve with basmati rice or naan.

Note: If you don't have a grill, bake the chicken pieces at 450° for about 15-20 minutes.

Per serving: 435 calories, 50 g protein, 15 g carbohydrate, 20 g fat (6 g saturated), 154 mg cholesterol, 925 mg sodium, 4 g fiber.

The calories and other nutrients absorbed from marinades vary and are difficult to estimate. Variables include type of food, marinating time and surface area. Therefore, the marinade is not included in this analysis.