JENNI MARIE'S TEST KITCHEN

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Butter Chicken

Serves 3-4 people

Equipment Needed:

- **Skewers OR Large Skillet**
- **Medium Saucepan**
- **Rubber Spatula**
- **Whisk & Tongs**
- **Cutting Board & Chef's Knife**
- **Kitchen Scale**
- **Measuring Cups & Spoons**
- **2 Small Bowls or Ramekins**
- **Rice Maker**

Directions:

1). In a small bowl combine salt, sugar, garlic powder, cayenne pepper, black pepper, garam masala, turmeric, and paprika. Mix well and set aside.

- ***1 t. Kosher Salt***
- ***½ t. Sugar***
- ***2 t. Garlic Replacer (or ½ t. garlic powder)***
- ***¼ t. Cayenne Pepper (This amount gives a nice little kick, but not too spicy. More or less, to taste)***
- ***¼ t. Black Pepper***
- ***½ t. Garam Masala***
- ***¼ t. Turmeric***
- ***½ t. Paprika***

2). Cut chicken breast into 1" chunks. Place in a bowl, drizzle with olive oil, and season with garam masala, paprika, salt & pepper. Cover and let marinade while you move to step 3.

- ***16 oz. Chicken Breast Cut into 1" Chunks***
- ***¼ t. Garam Masala***
- ***¼ t. Paprika***
- ***¼ t. Salt***
- ***¼ t. Black Pepper***
- ***2 T. Low FODMAP Garlic Oil (or ¼ t. garlic powder + 1 T olive oil)***

3). Rinse and prep rice in a rice maker and start cooking using the white rice setting - this will take about 25-30 minutes and will keep warm while you finish up your curry. If you don't have a rice maker, follow cooking directions on rice package.

- ***1.5 C. Jasmine Rice (or long grain rice of choice)***
- ***1.5 C. Water***
- ***1/4 t. Kosher Salt***

4). *Make a cornstarch slurry and set aside. Melt butter in a medium saucepan on med/low heat. Once melted, add tomato sauce, spice mixture from step 1, and half and half. Whisk to combine, and bring mixture to a simmer on medium heat, stirring occasionally. Reduce heat to low, cover, and keep warm while you move to step 5 (we will add the yogurt and chives at that time).*

- ***Slurry = 3 T. Cornstarch & 3 T. Water – shake well***
- ***6 T. Butter***
- ***8 oz. Tomato Sauce***
- ***1 C. Half & Half***
- ***¼ C. (57g.) Plain Greek Yogurt (sub with full-fat sour cream)***
- ***3 T. Fresh Chopped Chives (or half a caramelized onion *see note below)***

5). The chicken can be prepared a couple of different ways, but the most efficient way that I have found is to place the cut pieces onto bamboo or metal skewers (kabob style) and cook them in an air fryer at 375*F for 8-10 minutes or until cooked through. Another method that works well is to sear the chicken in a skillet (**see notes below for that method). While chicken is cooking, whisk yogurt and chives into the sauce until well combined. Bring sauce back to a light simmer and add about 1 T. of slurry at a time, stirring constantly, until it reaches desired thickness. You don't have to use much. Remove sauce from heat, add the chicken to the sauce, stir well, and serve over white rice. Enjoy!

We like to do a full Indian food night, and serve butter chicken with sauteed vegetables, buttered naan, and kheer

for dessert. If you're new to Indian cuisine, this is a delicious, mildly spiced meal to start acquiring a taste for it.

***CARAMELIZING AN ONION:** Heat a large non-stick skillet on med-high heat. Dice half an onion. Melt 2 T. butter in hot skillet and add onions. Stir onions frequently with rubber spatula to avoid burning. As pan begins to dry up, add a little water to deglaze, and stir the onions around to absorb that caramelization. Repeat this process for about 15-20 minutes, being attentive and adjusting the temp as needed so as not to burn the onions. Once onions are nice and caramelized, remove to a small bowl or plate, and set aside. Add them to the sauce at the same time you add the chicken.*

- ***Half an Onion***
- ***2 T. Butter***
- ***Glass of Water (about 12oz. needed)***

***SEARING CHICKEN ON STOVETOP:** Heat a non-stick skillet on medium high heat. Once pan is nice and hot add oil, and then immediately add chicken (it should sizzle when it hits the pan – if it doesn't sizzle, wait until the pan heats up a bit more before adding). Sear chicken for 2 minutes (or until golden), and then flip each piece using tongs and sear for 2 more minutes on the other side. Toss chicken around in pan for a couple more minutes before removing pan from burner. While the chicken is cooking, increase heat on the sauce to bring it back to a light simmer. Whisk the yogurt and chives into sauce until well combined. Add about 1 T. of slurry at a time, stirring constantly, until it reaches desired thickness. I don't have to use much. Lastly, add chicken to sauce and remove from heat. Serve immediately over white rice. The rice absorbs a lot of the sauce, so if it feels like too much sauce…it's probably not. Enjoy!*

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