Original Recipe: Chicken Tikka Masala

YIELD Makes: 6 Servings ACTIVE TIME1 hour TOTAL TIME5 1/2 hours

INGREDIENTS

6 garlic cloves, finely grated

4 teaspoons finely grated peeled ginger

4 teaspoons ground turmeric

2 teaspoons garam masala

2 teaspoons ground coriander

2 teaspoons ground cumin

1 1/2 cups whole-milk yogurt (not Greek)

1 tablespoon kosher salt

2 pounds skinless, boneless chicken breasts, halved lengthwise

3 tablespoons ghee (clarified butter) or vegetable oil

1 small onion, thinly sliced

1/4 cup tomato paste

6 cardamom pods, crushed

2 dried chiles de árbol or 1/2 teaspoon crushed red pepper flakes

1 28-ounce can whole peeled tomatoes

2 cups heavy cream

3/4 cup chopped fresh cilantro plus sprigs for garnish

Steamed basmati rice (for serving)

PREPARATION

Combine garlic, ginger, turmeric, garam masala, coriander, and cumin in a small bowl. Whisk yogurt, salt, and half of spice mixture in a medium bowl; add chicken and turn to coat. Cover and chill 4-6 hours. Cover and chill remaining spice mixture.

Heat ghee in a large heavy pot over medium heat. Add onion, tomato paste, cardamom, and chiles and cook, stirring often, until tomato paste has darkened and onion is soft, about 5 minutes. Add remaining half of spice mixture and cook, stirring often, until bottom of pot begins to brown, about 4 minutes.

Add tomatoes with juices, crushing them with your hands as you add them. Bring to a boil, reduce heat, and simmer, stirring often and scraping up browned bits from bottom of pot, until sauce thickens, 8-10 minutes.

Add cream and chopped cilantro. Simmer, stirring occasionally, until sauce thickens, 30-40 minutes.

Meanwhile, preheat broiler. Line a rimmed baking sheet with foil and set a wire rack inside sheet. Arrange chicken on rack in a single layer. Broil until chicken starts to blacken in spots (it will not be cooked through), about 10 minutes.

Cut chicken into bite-size pieces, add to sauce, and simmer, stirring occasionally, until chicken is cooked through, 8-10 minutes. Serve with rice and cilantro sprigs.

Modified Recipe: Creamy Chicken Tikka masala

YIELD Makes: 6 Servings ACTIVE TIME1 hour TOTAL TIME5 1/2 hours

INGREDIENTS

6 garlic cloves, finely grated

4 teaspoons finely grated peeled ginger

4 teaspoons ground turmeric

2 teaspoons garam masala

2 teaspoons ground coriander

2 teaspoons ground cumin

1 1/2 cups low fat yogurt

1 ½ tsp kosher salt

2 pounds skinless, boneless chicken breasts, halved lengthwise

3 tablespoons butter

1 small onion, thinly sliced

1/4 cup tomato paste

6 cardamom pods, crushed

2 dried chilies de árbol or 1/2 teaspoon crushed red pepper flakes

1 28-ounce can whole peeled tomatoes

2 cups 1% milk cream

3/4 cup chopped fresh cilantro plus sprigs for garnish

Steamed basmati rice (for serving)

PREPARATION

Combine garlic, ginger, turmeric, garam masala, coriander, and cumin in a small bowl. Whisk yogurt, salt, and half of spice mixture in a medium bowl; add chicken and turn to coat. Cover and chill 4-6 hours. Cover and chill remaining spice mixture.

Heat ghee in a large heavy pot over medium heat. Add onion, tomato paste, cardamom, and chiles and cook, stirring often, until tomato paste has darkened and onion is soft, about 5 minutes. Add remaining half of spice mixture and cook, stirring often, until bottom of pot begins to brown, about 4 minutes.

Add tomatoes with juices, crushing them with your hands as you add them. Bring to a boil, reduce heat, and simmer, stirring often and scraping up browned bits from bottom of pot, until sauce thickens, 8-10 minutes.

Add milk and chopped cilantro. Simmer, stirring occasionally, until sauce thickens, 30-40 minutes.

Meanwhile, preheat broiler. Line a rimmed baking sheet with foil and set a wire rack inside sheet. Arrange chicken on rack in a single layer. Broil until chicken starts to blacken in spots (it will not be cooked through), about 10 minutes.

Cut chicken into bite-size pieces, add to sauce, and simmer, stirring occasionally, until chicken is cooked through, 8-10 minutes. Serve with rice and cilantro sprigs.