



Murgh Makhani Recipe

Ingredients:

For the Chicken Marinade:

1 lb (450g) boneless chicken thighs or breasts, cut into bite-sized pieces

½ cup plain yogurt

1 tablespoon lemon juice

1 tablespoon ginger paste

1 tablespoon garlic paste

1 teaspoon ground cumin

1 teaspoon garam masala

1 teaspoon turmeric powder

1 teaspoon chili powder

Salt, to taste

For the Sauce:

2 tablespoons butter

1 tablespoon oil

1 large onion, finely chopped

3 garlic cloves, minced

1 tablespoon ginger paste

2 teaspoons ground cumin

1 teaspoon ground coriander

1 teaspoon turmeric powder

1 teaspoon paprika

1 teaspoon garam masala

1 can (14 oz/400g) crushed tomatoes

1 cup heavy cream

½ cup water or chicken broth

1 tablespoon sugar (optional)

Salt, to taste

For Garnish:

Fresh cilantro, chopped

A drizzle of cream

Directions:

Marinate the Chicken:

In a bowl, mix yogurt, lemon juice, ginger paste, garlic paste, cumin, garam masala, turmeric, chili powder, and salt. Add the chicken, ensuring it's well-coated. Cover and refrigerate for at least 1 hour, preferably overnight.

Cook the Chicken:

Heat a grill pan or skillet over medium-high heat. Cook the marinated chicken pieces until browned and almost cooked through, about 3-4 minutes per side. Remove and set aside.

Prepare the Sauce:

In a large pan, heat butter and oil over medium heat. Sauté the onions until golden brown, about 5-7 minutes. Add garlic and ginger paste, and cook for another minute.

Stir in cumin, coriander, turmeric, paprika, and garam masala. Cook the spices for 1-2 minutes until fragrant.

Add the crushed tomatoes, sugar (if using), and salt. Simmer for 10-15 minutes until the sauce thickens and deepens in color.

Combine and Finish:

Add the chicken to the sauce and stir to coat. Pour in the cream and water or broth. Simmer for another 10 minutes until the chicken is fully cooked and the sauce is creamy.

Adjust seasoning as needed.

Serve:

Garnish with fresh cilantro and a drizzle of cream. Serve hot with naan bread or steamed basmati rice.

Prep Time: 15 minutes (plus marinating time) | Cooking Time: 35 minutes | Total Time: 50 minutes

Kcal: 480 kcal | Servings: 4 servings