

## Tikka Masala (Chicken Curry)

Serves 4 to 6

¼ cup plain yogurt or sour cream  
2 T high heat oil, divided  
2 tsp lemon juice (fresh squeezed)  
4 garlic cloves, minced  
1 tsp salt  
1 tsp garam masala, divided  
2 tsp turmeric, divided  
1 1/2 lbs skinless chicken breasts or thighs, cut into 1-inch pieces  
2 T ghee (clarified butter)  
½ onion, chopped  
1 red bell pepper, chopped  
2 tsp minced fresh ginger  
2 tsp ground coriander  
1/2 tsp paprika  
1/2 tsp ground cumin  
1/2 tsp cayenne, or to taste  
1/2 tsp ground cardamom  
2 T tomato paste  
2 (14 ½-ounce cans) crushed tomatoes  
1 c unsweetened coconut milk

Combine yogurt, 1 T oil, lemon juice, garlic, salt, ½ teaspoon each of garam masala and turmeric and chicken in a bowl. Cover and chill for 2 to 4 hours.

Heat ghee in a large heavy pot over medium-high heat. Add onions and ginger; cook until onions are golden, 7 to 9 minutes. Add bell pepper and stir in coriander, paprika, cumin, cayenne, cardamom and remaining garam masala and turmeric. Cook and stir until fragrant, 2 to 3 minutes. Stir in tomato paste. Add crushed tomatoes and coconut milk; bring to a boil. Reduce to simmer and cook until sauce thickens slightly, about 10 minutes.

Heat the remaining oil in a heavy skillet over medium-high heat. Working in batches, add chicken and cook until browned, 3 to 5 minutes. Add chicken to the sauce and simmer until chicken is cooked through, 10 to 15 minutes.