

MARINADE

Mix in a bowl:

- 1 cup whole fat yogurt (3%+)
- 1 tbsp garam Masala mix
- 1 tbsp sea salt
- 0.5 to 1 kg of chicken thigh
- bone in or bone out is up to you but you're going to have to debone after the marinade

Let marinate for 30 min to 24 hours

SAUCE

2 tbsp oil in a medium-high heat cast iron pan or enamel cast iron pot (must have lid)

Sear the chicken quickly and attempt to get some char. Fond at the bottom of the pot is great!

Remove chicken and set aside for later. It should not be fully cooked through yet.

Dice 1 medium sized red onion

Finely dice 2 inch knob of ginger

Finely dice 6 cloves of garlic

Black pepper to ur desired level

->Sautee these bitches together on medium low heat until garlic is fragrant and onions are starting to caramelize

Add the following after sautéed:

-2 tsp smoked paprika

-2 tsp ground cumin (fresh)

-1 tbsp garam masala

--optional: freshly grated nutmeg

-1.5 tbsp turmeric

Let the spices mingle and toast a bit

Add 14oz of good quality crushed tomatoes and about 40mL of water (1 shot glass)

-Stir and simmer this mixture until reduced and thicc

BRING IT ALL TOGETHER

Add chicken and continued to simmer, bringing the chicken close to desired doneness.

Add 1 cup heavy cream

-stir and simmer but keep stirring. we are about to emulsify butter in and we need to keep this bad boy moving.

Add 2 tbsp of butter (alternatively use Ghee, which is the preferred item to use. Ask BPC for his ghee recipe).

CONTINUOUSLY STIR TO EMULSIFY FULLY

That should be it once the butter is incorporated.

Top with fresh cilantro and serve with rice or naan

Note: the protein can be switched out for Panter or Tofu. Both are excellent but require slightly different cooking techniques.