



Part 8
The Good Hope Quilters' Guild Mystery Quilt 2023
THE SPICE ROUTE RECIPES

Butter Chicken

Butter chicken, traditionally known as *murgh makhani*, is an Indian curry dish. This dish was developed “by chance” in the 1950’s by mixing leftover tandoori chicken in a rich buttery tomato gravy, by the founders of the Moti Mahal restaurant in Delhi. Since then, it is made all over the world and it became probably the most popular and best known curry. Classic comfort food! Serves 4-6



Photo by Dawie van Niekerk ©

Ingredients

- 1 kg deboned, skinless chicken thighs (cut into 3cm pieces)
- ¼ cup melted butter, for basting
- Fresh coriander, to garnish

Marinade

- ½ cup plain yoghurt
- 2 Tbs cornflour (mixed with a little water to form a paste)
- 1 tsp salt
- 1 tsp garam masala
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp ground turmeric

¼ tsp ground cinnamon
2 garlic cloves, minced
2 cm ginger, minced
1 green chilli, finely chopped
1½ Tbs lemon juice

Sauce

½ cup butter
3 cardamom pods, crushed
2 sticks cinnamon
2 cloves
2 bay leaves
1 tsp ground turmeric
2 tsp garam masala
½ - 1 tsp chilli powder
2 garlic cloves, minced
2cm fresh ginger, minced
1 onion, finely chopped
2 Tbs tomato paste
1 can tomato purée
100ml cream
1 tsp brown sugar
Lemon juice to taste

Method

1. Combine the marinade ingredients in a large glass bowl and mix well. Add the chicken pieces mix well. Cover with clingwrap and refrigerate for at least 1 hour, or overnight for best results.
2. Place the chicken pieces on a wire rack on a baking tray.
3. Preheat oven to 180°C. Brush the chicken with butter and cook on the highest oven rack for 8 minutes. Remove from oven and preheat the oven grill. Turn pieces over and brush with butter. Grill for 5 minutes until charred (trying to mimic the tandoori effect). Remove and set aside.
4. For the sauce: melt the butter in a large non-stick pan and add the spices. Fry for a minute to allow the flavours to develop. Add the onion, garlic and ginger and sauté for 5 minutes until the onions are soft and translucent. Take care not to burn the garlic. Stir in the tomato paste and purée and simmer over low heat for approximately 10 minutes. Add the cream and stir well. Add sugar to taste.
5. Add the grilled chicken and lemon juice to taste. Simmer until slightly reduced.

Garnish with chopped, fresh coriander and serve with roti's, fluffy basmati rice or buttery naans.