

Lunch Recipe:
BBQ Tikka Masala

Part 1: The Marinade

1 Whole chicken cut in 8-10 pieces (no skin, no fat)

½ Cup plain non-fat yogurt

1 Clove of garlic (peeled and crushed)

1 ½ Tsp minced fresh Ginger

1 Cup of yogurt

1 Tbsp of lemon juice

2 Tbsp of Tikka Masala Part 1

2 Tsp of Salt

Part 2: The Sauce

2 Tbsp minced fresh ginger

2 Tbsp ghee

2 Clove of garlic (chopped)

2 Serrano Chilies (finely chopped)

4 Tomatoes (chopped)

1 Cup of Heavy whipping cream or coconut milk

1 ½ tsp of salt

4 tsp of Tikka Masala Part 2

½ Cup chopped fresh cilantro

*Add more salt to taste.

Instructions

1. Using a sharp knife, cut slashes in the flesh of the chicken to allow the marinade to penetrate. In a large bowl, combine yogurt, garlic, ginger, lemon juice, 2 teaspoons of salt, and 2 tablespoons of Tikka Masala Part 1. Stir in with chicken, cover with plastic wrap and refrigerate overnight. Remove chicken from the refrigerator 3 to 4 hours before grilling. Melt ghee in a large skillet on medium heat. Sauté garlic, ginger, and serrano chili for 1 minute then add chopped tomatoes. Cover with lid and allow tomatoes to cook. Add 2 teaspoon of Tikka Masala Part 2 and 1 teaspoon of salt. Next, add 1 cup of cream or coconut milk. Add more salt to taste. Reduce to simmer for

10 minutes for juice to vaporize and garnish with cilantro.
Heat grill to 500 degrees, keeping grill covered. Remove excess marinade before adding chicken to the grill. Cook chicken for 25-30 minutes, turning chicken often to cook evenly. Optimal temperature is 165 degrees. Serve with corn on the cob.