Indian Butter Chicken with Cucumber Tomato Raita

Serves 6:

Ingredients

Marinade:

- 2 inch piece of ginger, peeled and grated
- 3 to 4 garlic cloves, minced
- 1 teaspoon red chili flakes
- 1 teaspoon garam masala
- 1/2 cup 0% or 2% Greek yogurt*
- 2 tablespoons lime juice (about 1 lime)
- 1 3/4 pounds chicken breast

Sauce:

- 2 tablespoons butter
- 1 small red onion, finely chopped
- 1 tablespoon cumin
- 1 tablespoon garam masala
- 1 tablespoon raw or granulated sugar
- 1 teaspoon red chili flakes
- 1 teaspoon turmeric

kosher salt

- 1 1/2 cups tomato purée
- 1/2 cup water
- 1/4 to 1/2 cup 0% or 2% Greek yogurt*

Cucumber Tomato Raita:

Adapted from David Rosengarten/Food & Wine

- 1/2 hothouse cucumber, peeled and grated
- 1 medium plum tomato, seeded and finely diced

kosher salt

- 1 cup 0% or 2% Greek yogurt*
- 1 small serrano chili, seeded and minced
- 2 tablespoons chopped fresh mint
- 1/4 teaspoon cumin
- 1 tablespoon lime juice

cilantro leaves for garnish steamed jasmine or basmati rice warm naan (Indian flatbread) rice

*Note: One pint size container of Greek yogurt works for this entire recipe -- I like to use Fage brand.

Preparation

In a medium bowl, combine yogurt with blended spices and lime juice.

Toss with the chicken which has been cut into 1 inch chunks.

Place in the refrigerator to marinate for at least an hour and up to overnight.

In a large sauté pan, melt two tablespoons butter over medium to medium-low heat.

Cook the chopped red onion for 2 minutes until it softens.

Add the spices: cumin, garam masala, sugar, chili flakes, turmeric and kosher salt.

Stir for about a minute until fragrant.

Pour the tomato purée and water into the pan and stir.

Bring to a simmer; cook for 2 minutes.

Add the chicken with its marinade to the sauce; stir to incorporate.

Adjust heat to maintain a simmer and cook for 10 to 15 minutes, until chicken is cooked through.

Make the Cucumber Tomato Raita: place the grated cucumber and finely diced tomato in a strainer set over a small bowl. Sprinkle with 1/2 teaspoon kosher salt; let drain for 20 minutes.

Press the cucumber tomato mixture to remove any extra moisture, then place in a small bowl. Combine with yogurt, cumin, finely chopped serrano chili, chopped mint and lime juice.

Taste and adjust seasoning before serving.

To finish the chicken, add 1/4 to 1/2 cup yogurt to the sauce to lighten it. Taste and adjust seasoning, adding more kosher salt if needed. Platter the Butter Chicken with rice and garnish with cilantro leaves. Serve the raita and warm naan alongside.

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