

★ U.K. ★ BBQ ★ Week ★



Direct grill
on skewers



Indirect grill
in a pot or
Dutch Oven



Final Temp
74°C/165°F



60 mins



£7.00
+ Store
cupboard
ingredients



Serves 6

INGREDIENTS

Marinade

- 1 tsp ground cumin
- 1 tsp coriander
- ½ tsp ground black pepper
- 1 tsp fenugreek leaves
- 1 tsp ground turmeric
- 1 tsp paprika
- 1 tsp chilli powder
- 1 tsp flaked sea salt
- 2 tsp garlic and ginger paste
- 1 tsp tomato puree
- 4 tbsp natural yoghurt
- 6 chicken breasts

Butter Sauce

- 125g ghee (or 100g butter and 2 tbsp oil)
- 2 onions chopped
- 3 tbsp garlic and ginger paste
- 1 tsp ground turmeric
- 4 ripe tomatoes
- 3 tbsp tomato puree
- 1 tbsp caster sugar
- 1 tsp flaked sea salt
- 100ml double cream
- Handful fresh coriander

RECIPE

Butter Chicken



METHOD

1. Combine all the dry ingredients for the marinade to form a spice mix, take three table spoons of the spice mix and add to the yoghurt tomato puree and garlic and ginger paste. Reserve the rest of the spice mix for the sauce.
2. Cut each chicken breast into six pieces and add to marinade. Put in fridge over night or at least four hours.
3. To make the butter sauce, heat the ghee and add onions, garlic and ginger paste, cook gently until the onions are softened, we do this in a dutch oven on the bbq but it can be done on the cooker.
4. Increase the heat and stir in the rest of the spice mix you prepared for the marinade and the turmeric. Cook for 3 mins stirring regularly.
5. Stir in the tomatoes, tomato puree, sugar and salt and cook for 5 mins stirring constantly until the tomatoes have softened. Add 200 ml of cold water and bring to a gentle simmer.
6. Preheat your bbq, put the chicken on the skewers and grill until they are ready (internal temperature of 165°F or 74°C) and ideally they should have a light char.
7. Blitz your sauce with a stick blender, add the cream and simmer for a couple more minutes. Take your chicken and slide it off the skewers in to the sauce.
8. Serve sprinkled with chopped coriander and serve with rice and nan bread.

Recipe from **Chillin N Grillin**