



# Chicken Tikka Masala

*Yield: 4 servings    Time: 45 minutes*

## INGREDIENTS

For the Chicken Marinade

- 1 cup plain yogurt or Greek yogurt
- 2 tablespoons fresh lemon juice
- 1 1/2 teaspoons cumin
- 1 teaspoon garam masala
- 1/2 teaspoon red chili powder (not cayenne pepper)
- 1 teaspoon salt
- 2 teaspoons grated fresh ginger
- 2 teaspoons finely minced garlic
- 1 1/2 pounds boneless, skinless chicken breast, cut into small bite-sized pieces

For the Sauce

- 2 tablespoons vegetable oil
- 2 tablespoons butter
- 1 large sweet onion, finely diced
- 2 teaspoons grated ginger
- 2 cloves garlic, finely minced
- 2 teaspoons brown sugar
- 1 teaspoon ground coriander
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1 teaspoon garam masala
- 8 ounce can tomato sauce (unseasoned)
- 1 1/4 cups heavy cream
- 1/4 cup 1/4 cup water, only if needed
- For Serving
- chopped cilantro, for garnish
- [naan bread](#)
- cooked basmati rice

## DIRECTIONS

1. In a bowl, whisk together all the ingredients for the marinade; add the chicken and toss to coat. Let marinate for 15 minutes to 1 hour (ideally overnight in the fridge, if time permits.)
2. Warm oil in a large skillet (preferably cast iron) over medium-high heat. Once shimmering, add chicken pieces in batches, if necessary, making sure not to crowd the pan. Let them fry, untouched, for 1 minute to develop a crust, then sauté until browned for about 5 more minutes. Set aside and keep warm.
3. Melt the butter in the same pan. Sauté the onions until soft (about 3 minutes) while scraping up any browned bits stuck on the bottom of the pan. Add ginger and garlic; sauté for 30 seconds until fragrant.
4. Add in the brown sugar, coriander, cumin, paprika, garam masala, and salt. Stir occasionally for about 15 seconds until fragrant.
5. Pour in the tomato sauce; let simmer gently for about 3-5 minutes, stirring occasionally until sauce thickens and becomes deeper in color.
6. Stir in the cream until incorporated.
7. Add the partially cooked chicken along with its juices back to the pan; cook for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling. Pour in the water to thin out the sauce, only if necessary.
8. Serve over cooked basmati rice, with Naan bread, and garnish with chopped cilantro.

**Wasatch County Cooking Class, January 2024**

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# Naan

*Yield: 12 servings    Time: 2 hours*

## INGREDIENTS

- 1 cup warm water
- 1/2 cup sugar
- 1 package yeast (2 1/4 teaspoon)
- 3 1/2 - 4 cups all-purpose flour, divided
- 2 teaspoons salt
- 1 egg, room temperature, lightly beaten
- 1/4 cup plain yogurt or milk
- 1/2 cup salted butter, melted
- 2 large cloves garlic, minced

## DIRECTIONS

1. Place warm water in a bowl and add sugar and yeast.
2. Let stand for 10 minutes or until bubbly.
3. While yeast is proofing, add 3 cups flour and the salt to a stand mixer with the dough hook.
4. Add proofed yeast mixture, egg and yogurt and mix until a soft sticky dough is formed. Add additional flour if necessary.
5. Knead for 5 minutes with the dough hook.
6. Cover dough and place in a warm location and let rise until nearly double in size, about 45 minutes.
7. Divide dough into 12 pieces and let rise again about 30 minutes or until double in size.
8. Preheat grill or skillet.
9. Place butter in a small bowl and add garlic.
10. When dough has risen and pan is hot, roll out each portion of dough slightly thicker than a tortilla.
11. Using melted garlic butter, lightly butter pan.
12. Place dough on hot pan and grill 1-3 minutes, until small bubbles start to form on top. Brush top side with garlic butter and flip.
13. Cook an additional 1-3 minutes until golden brown on each side.

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# Cucumber Raita

*Yield: 4 servings    Time: 10 minutes*

## INGREDIENTS

- 1 cup plain Greek yogurt
- 1 large English Cucumber, seeded and diced
- 1 clove garlic, minced
- 1/4 teaspoon ground cumin
- 1/4 cup chopped cilantro, garnish

## DIRECTIONS

1. Peel and seed the cucumber.
2. Dice the cucumber.
3. Mix together yogurt, garlic and cumin.
4. Add the diced cucumber and lightly toss.
5. Garnish with cilantro.

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# Mango Lassi

*Yield: 2 servings    Time: 10 minutes*

## INGREDIENTS

- 1 1/2 cup Mangoes, chopped
- 1 cup plain whole milk yogurt
- 1/2 cup milk
- 2-3 Tablespoons sugar
- 1/4 teaspoon cardamom powder\*
- chopped nuts, to garnish

\*A good substitute for cardamom is half cinnamon and half of either ginger, nutmeg or cloves.

## DIRECTIONS

1. Peel and cube chilled Mangoes.
2. To a blender, add mangoes, yogurt, milk, sugar and cardamom powder.
3. Blend until the mango lassis is super smooth. It should be thick, yet pouring consistency.
4. Taste test and add more sugar if needed or more milk if you want it thinner.

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