



- Beginner Indian Cuisine -

- Menu -

Homemade Naan Bread - Butter Chicken Curry
Basmati Rice

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Shopping List

Protein

- 5 small chicken breasts (about 3 – 3.5 pounds)

Produce

- 1 cup chopped onions
- Small handful fresh cilantro leaves

Dairy/Freezer

- 5 TB unsalted butter, divided
- 3 TB plain yogurt
- ¾ cup heavy whipping cream

Pantry

- 1, 28 ounce can whole tomatoes
- Salt and pepper
- 5 TB Granulated sugar
- 1 TSP turmeric
- 1 TB cumin, plus 1 TSP for marinade
- 3 TB malt vinegar
- 1 TSP active dry yeast
- 2 cups all-purpose flour, plus more for rolling out
- 1/8 TSP baking powder
- Olive oil
- 1 cup basmati rice

Specialty Spices

- 3 TSP, divided Kashmiri chili powder (see photo below)
- ½ TSP Garam masala

Other

- 2 TB, divided G/G Paste (garlic/ginger paste)

Equipment List

Pans

- Large 12” skillet
- Large saucepan with tight fitting lid
- Cast iron skillet

Baking

- Rolling pin

Tools

- Fine mesh sieve
- Measuring spoons
- Measuring cup
- Wooden spoon
- Spatula
- Large bowl
- Medium bowl

Electric

- Food processor or blender

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

I recommend you marinate the chicken before we start to get it more flavor, but I will give you some time to do this when we start.

***If you want to cook the Naan with me – you will need to make the dough ahead of class 2 hours!! If you want, you can mix the dough with me and then cook later. I will make one dough ahead and one during the class so you can see both.*

Indian Butter Chicken

Chicken Marinade

5 chicken breasts, cubed into 1” pieces (you can use thighs if you prefer) About 3 pounds
1 TB garlic and ginger paste
1 TSP cumin
1 TSP Kashmiri chili powder
½ TSP Kosher salt

Combine the above ingredients in a medium bowl cover and marinate 30 minutes in the refrigerator. Remove from the refrigerator and let come to room temperature.

Sauce

1 cup chopped onions
3 TB unsalted butter
1, 28-ounce can whole tomatoes
1 TB garlic ginger paste
1 TSP turmeric
1 TB cumin
2 TSP Kashmiri chili powder
3 TB malt vinegar
½ TSP garam masala
5 TB granulated sugar
¾ cup heavy whipping cream

In a large skillet heat 2 TB of vegetable oil over medium heat. Place half the marinated chicken pieces in the heated oil and cook until no pink remains. Remove the chicken to a platter and repeat with the remaining chicken. Once the chicken is browned, remove to the same platter. Set aside

Next begin the sauce:

In the same skillet, pour in 2 TB vegetable oil and melt 3 TB butter. Add the chopped onions, cook 7 minutes or until they are translucent. Pour in the tomatoes and their juice. With a wooden spoon, break up the tomatoes slightly and add the next seven ingredients. Gently stir so that all the spices are combined. Simmer over low heat 15 – 20 minutes or until the tomatoes are extremely soft. Remove the mixture from the heat and let cool.

Pour the mixture into a blender or food processor. Blend until the sauce is very smooth. Place a fine mesh sieve over a large bowl. Strain the sauce into the sieve and with a spatula press the liquids through. Toss out the solids remaining and place the sauce back into the pan. Add the cooked chicken, $\frac{3}{4}$ cup heavy whipping cream. Simmer the chicken in sauce about 7 minutes to finish cooking. Garnish with fresh cilantro and serve with rice.

Spices:

Garam Masala – this is the Indian equivalent of the French Herbes de Provence. Translated garam masala means “spices of various levels of heat”.

The blend of spices changes from region to region and can be made up of as few as 7 spices and as many as 18. It primarily consists of: coriander, cumin, cardamom, cloves, black pepper, cinnamon and nutmeg.

Kashmiri Chili Powder – this chili powder is best described as medium hot on the spiciness scale, hotter than paprika but milder than cayenne pepper. It is known for its vibrant red color.



You can purchase all the spices I have used today at H-Mart in the Indian food and spice aisle.

Naan Bread

1 TSP active dry yeast
2 TSP sugar
2 cups all-purpose flour, plus extra for rolling out the dough
1 TSP sea salt
1/8 TSP baking powder
3 TB plain yogurt
2 TB olive oil
2 TB melted butter

In a small bowl combine the yeast and 1 TSP sugar with $\frac{3}{4}$ cup warm (100 degrees) water. Let sit until frothy, about 10 minutes.

Meanwhile, sift the flour, salt, remaining 1 TSP of sugar and baking powder into a large bowl.

Once the yeast is frothy, add the yogurt and the olive oil into the bowl and stir. Pour this mixture into the dry ingredients and mix the ingredients together with a fork. As the dough comes together, finish mixing it with your hands. Keep going until it is a soft, sticky, and pliable dough. Cover the dough with plastic wrap and let it sit in a warm place for 2 – 4 hours.

Once you are ready to roll the dough, place a small bowl with water and another with flour next to the work area. Divide the dough into 6 equal pieces and roll each piece in flour.

Roll each piece of dough into a teardrop shape, it should be 8"-9" long, and 4" wide at the widest part and $\frac{1}{4}$ " thick. Warm a cast iron skillet on high with a lid nearby.

Dampen your hands with the water from the bowl and flip-flop the naan between your hands. Lay it in the skillet and cook approximately 1 minute until bubbles have formed. Flip the naan over and cover it with a lid for 30 seconds. Remove the naan from the pan and brush with melted butter and sprinkle with coarse salt.

Repeat and serve.

Basmati Rice

Makes about 4 cups of rice

1 cup basmati rice

1 $\frac{3}{4}$ cups water

Pinch of kosher salt

First, place the rice in a large bowl and cover the rice with water. Swish the rice around until the water is cloudy. Drain the water and repeat another three times to remove most of the starch. Leave the rice to soak in cool water 30 – 40 minutes. Drain the rice once it has soaked into a fine mesh sieve.

Place 1 $\frac{3}{4}$ cups of water in a large saucepan with a pinch of kosher salt. Bring the water to a boil then stir in the basmati rice. Once the mixture returns to a boil, reduce the heat and cover. Cook for 15 minutes or until the all water has been absorbed. Remove the rice from the heat and leave to cool with the lid on an additional 5 minutes. Remove the lid and fluff the grains of rice with a fork. Serve.

**If you do not soak the rice ahead, you will need to add an additional $\frac{1}{4}$ cup of water. As the rice soaks it starts to absorb the water.