

Chicken Tikka Masala

This recipe makes about 15 cups



Ingredients

Tikka marinade

2 lbs cubed chicken
1 cup plain yogurt
12 cloves of garlic
2 tbsp fresh ginger or
1 tbsp ginger paste or
powder
2 tsp garam masala
2 tsp salt
2 tsp cumin
2 tsp coriander
2 tsp paprika or smoked
paprika
¼ tsp cayenne pepper
⅛ tsp pepper
4 tsp lemon juice

Sauce

2 onions diced
4 tbsp fresh ginger or 2
tbsp powder or paste
12 cloves of minced garlic
2 tbsp paprika
4 tsp turmeric
2 tbsp garam masala
4 tsp coriander
2 tsp cumin
¼ tsp cinnamon
¼ tsp cayenne pepper
2 ½ -3 cups tomato passata
2 ½ -3 cups water
¾ cup oat milk or cream
2 tsp sugar

Directions:

1. In a mixing bowl, add the cubed chicken and all marinade ingredients and mix well.
2. Cover and refrigerate for at least 3 hours, preferably overnight.
3. Heat a small amount of oil or butter in a large pan over medium-high heat
4. Add diced onions and fresh ginger, along with a pinch of salt. Sauté, stirring frequently, until golden brown (about 5 minutes)
5. Stir in minced garlic and paprika, sautéing for another minute until fragrant
6. In a separate bowl, mix all the remaining sauce spices, then add them to the pan
7. Pour in tomato passata (or tomato sauce) and water, stirring well
8. Bring the sauce to a simmer and cook on low heat for about 15 minutes
9. After the sauce has simmered, stir in the cream (or oat milk) and sugar; blend for a smoother texture
10. In a separate pan, cook the marinated chicken over high heat until it is slightly blackened but not fully cooked. Once the chicken is blackened, remove it from the heat and set aside
11. Add the chicken to the sauce and simmer until the sauce thickens
12. Add parchment paper to your trays
13. Distribute the masala evenly across the trays
14. Place dividers (if you choose). We like 10 portions for this recipe
15. Pre Freeze when possible
16. Freeze dry (my cycle time was 35 hours)
17. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add ¾ cup hot water to 2 divider portions or about 1 ½ cups of freeze dried tikka masala. Stir and cover for about 5 minutes. Enjoy

Notes:

Serve over rice. To use freeze dried rice use a 1:1 ratio of hot water to freeze dried rice to rehydrate.

Nutritional Value Per 1 ½ cup serving pre-freeze-dried without rice

Calories: 275 Protein: 28 g Fat: 12 g Carbohydrates: 12 g Sugar: 7 g Fiber: 1 g