

Tikka Masala

This recipe will make enough to fill 3 small trays or 15 cups*

Live. Life. Simple.: [Freeze Dried Tikka Masala Recipe -- Freeze Dried Meals in a Bag](#)

Ingredients:

Tikka Marinade	Sauce
2 lbs. cubed chicken	2 onions diced
1 cup plain yogurt	4 tbsp fresh ginger or
12 cloves of minced garlic	2 tbsp powder or paste
2 tbsp fresh ginger or	12 cloves of minced garlic
1 tbsp ginger paste or powder	2 tbsp paprika
2 tsp garam masala	4 tsp turmeric
2 tsp salt	2 tbsp Garam masala
2 tsp cumin	4 tsp coriander
2 tsp coriander	2 tsp cumin
2 tsp paprika or smoked paprika	¼ tsp cinnamon
¼ tsp cayenne pepper	¼ tsp cayenne pepper
⅛ tsp pepper	2 ½ -3 cups tomato passata
4 tsp lemon juice	2 ½ -3 cups water
	¾ cup of cream or oat milk
	2 tsp sugar



Directions:

1. In a mixing bowl add all ingredients for Tikka marinade and mix well. Cover and refrigerate overnight or minimum of 3 hours.
2. For the sauce add a minimum amount of oil or butter on medium high heat to a large pan
3. Add onions and ginger to the hot oil along with a pinch of salt and saute until golden brown (usually around 5 minutes) Stir frequently
4. Add garlic and paprika and saute
5. In a separate bowl, mix spices and then add to pan
6. Add tomato passata (tomato sauce can also be used) and water
7. Bring pan to simmer and cook for 15 minutes on low
8. In a separate pan, char your chicken marinade mixture. The goal is blackened but not necessarily cooked.
9. Add cream and sugar to the sauce and stir (you can blend sauce smooth if desired)
10. Add charred chicken and cook until chicken is fully cooked and sauce is thickened
11. Add finished Tikka Masala to a freeze dryer tray lined with silicone or pre-cut parchment paper and set your dividers to the 8 or 10 portion setting



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*XL Tray = 15 Cups/Tray
Small = 5 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Cycle times & rehydration for reference only

12. This recipe works well if cooked rice is freeze dried on a separate pan also using dividers in the 8 or 10 portion setting and then added to the finished product in Mylar or a Mason Jar.
13. For 1 large serving, use 2 squares of rice and 2 squares of Tikka Masala
14. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 35 hours	Rehydration: Add 1 ½ - 2 Cups of hot water for 2 squares of Tikka and 2 squares of rice. Mix and let stand for 3-4 minutes and enjoy!
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