

# BUTTER CHICKEN

Butter chicken is a beloved dish for good reason: it's easy, comforting and delicious. You can think of this as a 'gateway' curry: it's accessible and not overly spicy - and my version is easy and quick. The flavour of the curry powder is key to this dish - its worth making my vadouvan curry powder but any good blend will do the trick.



**Serves:** 4

**Time:** 30 minutes



## INGREDIENTS

80 grams (3 oz) roasted cashews  
1 medium onion, halved  
2 cloves garlic  
20 grams (0.7 oz) fresh ginger  
40 grams (1.4 oz) olive oil, ghee or butter  
2 tbsp curry powder (I use my [vadouvan](#))  
1 tsp turmeric  
1/2 tsp fine salt  
650 grams (23 oz) chicken thighs, cut into 3cm (2 in) pieces  
70 grams (2.5 oz) [tomato paste](#)  
200 grams (7 oz) pouring cream

### To serve

rice  
naan  
chopped tomatoes  
extra roasted cashews, chopped



## METHOD

1. Place cashews in mixing bowl and grind **6 sec/speed 8**. Set aside. There's no need to wash the mixing bowl.
2. Place onion, garlic and ginger in mixing bowl and chop **5 sec/speed 4.5**. Scrape down.
3. Add ghee, butter or olive oil, curry powder, turmeric and salt. Cook **5 min/120°C (250°F)/speed 1**. (Use Varoma in TM31.)
4. Add chicken and tomato paste. Cook **12 min/110°C (230°F)/Rev/speed soft**. (Use 100°C in TM31.)
5. Add ground cashews and cook **5 min/120°C (250°F) / Rev/speed soft**. (Use Varoma in TM31.)
6. Add cream. Cook **3 min 30 sec/100°C (212°F)/Rev/speed soft**.

Serve with rice, naan and chopped cashews.

### Tips

- Use boneless, skinless chicken thighs
- Garnish with chopped tomatoes and coriander leaves, if desired.
- I usually use butter in this dish because I have it on hand. Ghee is easy to make too: [I show you here](#).



...continued



You can use olive oil, if preferred, but I love the rich taste of butter or ghee.

- Use bought tomato paste or [make your own](#).

#### **Variations**

- Chicken thigh will give a richer result but breast can also be used.
- Use almonds instead of cashews.



# BUTTER CHICKEN

Serves: 4



## SHOPPING LIST:

- Roasted, unsalted cashews (120 grams / 4.2 oz)
- Medium onion (1)
- Garlic (2 cloves)
- Fresh ginger (20 grams / 0.7 oz)
- Olive oil, ghee or butter (40 grams / 1.4 oz)
- Curry powder (2 tbsp)
- Turmeric (1 tsp)
- Fine salt
- Boneless, skinless chicken thighs (650 grams / 23 oz)
- Tomato paste (70 grams / 2.5 oz)
- Pouring cream (200 grams / 7 oz)
- Rice
- Naan
- Tomatoes, to garnish



## NOTES & TIPS: