



# Chicken Tikka Masala

## Ingredients

Chicken thighs (skinless boneless)

## Quantity

9 pieces

## Method of Cooking

To Marinate

### Marinade

Thick yoghurt/ Greek yoghurt

¾ cup

Chickpea flour/ gram flour

6 tsp

Garlic

12 cloves

Ginger (peeled)

6 tbsp

Kashmiri chili powder

1 tsp

Coriander powder

2 tsp

Cumin powder

2 tsp

Cinnamon powder

¼ tsp

Orange red color (optional)

as required

Saffron

a pinch

Salt

as required

1. Cut the chicken thighs into bite size pieces.
2. Add ginger and garlic in a wet grinder and blend to a smooth paste called the ginger- garlic paste.
3. In a bowl, mix the yoghurt with the chickpea/gram flour to get rid of any lumps and add to the ginger-garlic paste from the blender.
4. Add Kashmiri chili powder, coriander powder, then mix with the ground cinnamon, saffron and salt.
5. Stir the mix well and then add the chicken pieces, mix well making sure to coat them in the thick marinade. Leave to marinate overnight or at least for a few hours to marinate the chicken well to make it juicy and succulent.

### To Grill the Chicken

1. Preheat the grill (upper element or flame of the oven) to 250 °C. Soak wooden skewers in water. Shake off the excess marinade and thread the chicken pieces onto the skewers and place them on a wire rack. Metal skewers are better than wooden skewers.
2. Cook under the grill for 8-10 minutes on the top rack. Turn the skewers every 5 minutes, until cooked through and slightly charred around the edges.
3. Heat a heavy bottom sauce pan and add the butter. Add black cardamom, cinnamon stick and cloves.
4. Fry on high heat for 20 seconds, add the onions and sauté for 5-7 minutes on medium heat until light brown.
5. Add the grated ginger, garlic and julienned chili. Fry for a further minute and add the Kashmiri chili powder, garam masala powder along with the tomato paste. Stir well and cook for a couple of minutes.
6. Add the double cream or cashew nut paste, stirring continuously to mix all the spices with the cream. Simmer and cook for 2-3 minutes.
7. If the curry is too thick add a splash of water. Stir in the honey, fenugreek powder and chopped coriander leaves, season to taste.
8. Now add the cooked chicken pieces and simmer the curry on a low heat for 8-10 minutes. Squeeze in the lemon juice and serve with naan bread. (garnish with fresh coriander)

### For Gravy

Unsalted butter

4 ½ tbsp

Black cardamom pods (lightly crushed)

5 pieces

Cinnamon stick

2 piece

Cloves

4 pieces

Onion (finely chopped)

3 small

Ginger (grated)

4 tbsp

Garlic (grated)

1 ½ tsp

Green chili (deseeded, julienne)

1 piece

Kashmiri chili powder

1 tsp

Garam masala

1 tsp

Tomato paste

¼ cup

Double cream or creamy cashew nut paste

500 ml

Honey

5 tsp

Coriander (chopped)

2 tbsp

Fenugreek leaf powder

2 tsp

Orange red food color (optional)

as required

Salt

as required

Water to grind cashew nuts

as required

### To Serve

Lemon Juice

1 lemon

Coriander (chopped)

1 tbsp

Naan bread

To accompany

Note: To make cashew nut paste, in a sauce pan filled with water on medium heat bring the cashew nuts (150 ml) to the boil and simmer for 20 minutes. Drain and pass through cool water. Place cashew nuts in a blender with 100 ml of room temperature water and grind until smooth paste. For a velvety texture you can pass the cashew paste through a sieve for a super smooth paste.

# Chicken Kiev

## Ingredients

Chicken breasts (skinless)  
Salt & black pepper  
Plain flour  
Egg  
Breadcrumbs  
Sunflower oil

## Quantity

4 x 150 g  
as required  
as required  
2 pieces  
150 g  
for frying

## Method of Cooking

1. For the herb butter: mix the garlic, parsley and sage into the softened butter with the cayenne pepper. Divide the butter into 4 knobs and keep in the fridge to firm up.
2. On a yellow chopping board, season the pieces of chicken with salt & pepper.
3. Holding the blade of the knife flat over the board, slice the side of the chicken breast to create a long pocket. (do not slice all the way through) Open the pocket up with your fingers, and push a piece of butter into the pocket.
4. Fold and seal back the chicken, completely covering the butter and making a nice neat parcel. Repeat with the 3 remaining breasts.
5. Coat the pieces of chicken in flour, lightly covering both sides. Gently shake off any excess. Dip the floured chicken in the egg and let the extra drip off, then dip in the bread crumbs and make sure it's well breaded. (for the best result, dip the breaded chicken in egg and bread crumbs again for double coating)
6. In a shallow pan on medium heat, shallow fry the pieces of chicken for 3-4 minutes on both sides until golden-brown. Always fry the presentation side first and then turn over.
7. Remove from frying pan and finish in a pre heated oven at 180 °C for 10 minutes, so that with the carry over heat the inside of the chicken will cook through.
8. Serve with a wedge of lemon.

## For the Herb Butter

Salted butter (room temperature)  
Garlic (finely chopped)  
Sage (finely chopped)  
Parsley (finely chopped)  
Cayenne pepper

4 tsp  
4 cloves  
1 sprig  
1 sprig  
a pinch

## To Serve

Lemon (wedges)

As required

# Roasted Chicken

## Ingredients

Whole Chicken (1.2-1.5 kg)

### For the Brine Solution

Water

Salt

Sugar

Cinnamon

Bay leaf

Black pepper corns

Cloves

### For the Herb Butter

Butter (room temperature)

Thyme (chopped)

Garlic (mashed)

Black peppercorns (crushed)

Parsley (chopped)

Lemon zest

Salt

## Quantity

1

1 liter

3 tbsp

3 tbsp

1 stick

2 pieces

1 tsp

6-8 pieces

100 grams

7 grams

1 clove

2 tsp

handful

1 whole

as required

## Method of Cooking

1. Use your fingers to pry the wishbone from the chicken, which will make the roast chicken easier to carve.
2. Prepare the brine by dissolving the salt and sugar into the water, and add the remaining spices.
3. Soak the chicken in the brine for 24 hours or at least over night in the fridge.
4. Preheat oven to 170C.
5. Mix all ingredients together for the herb butter.
6. Take the chicken out of the brine and pat dry using a paper towel, using your hands rub the herb butter all over the chicken and stuff some butter under the skin.
7. Roast at 170C for 45-60 minutes.
8. Rest for 5-10 minutes before serving.



# Peri-Peri Chicken

## Ingredients

Chicken leg with thigh

## Quantity

4 pieces

## For Marinade

Thyme (fresh)

3 sprigs

Oregano

1 tsp

Caster sugar

1 tsp

Smoked paprika

½ tsp

Garlic(halved)

1 whole pod

Red onions (unpeeled, quartered)

1 pieces

Ripe tomatoes

3 pieces

Canned tomatoes in juice (whole)

1 piece

Fresh chilies (deseeded)

6 pieces

Lemon (juice)

1 tbsp

Sea salt

as required

Freshly ground black pepper

as required

Olive oil

1 tbsp

## For the Sweet Potato Wedges

Sweet potatoes

750 g

Smoked paprika

1 tsp

Fine semolina

2 tbsp

Salt & black pepper

as required

Olive oil

2 tbsp

## Garnish

Lemon Zest

1 tsp

Thyme

1 sprig

## Method of Cooking

1. In a grill pan, on medium high heat; place the quartered onions, halved tomatoes, chilies and halved garlic pod. Grill for 5 to 10 minutes, or until charred all over, turning regularly.

2. Remove the garlic skins and peel the onions, then add all the vegetables to a food processor with thyme, oregano, caster sugar, smoked paprika and lemon juice, and a drizzle of olive oil. Blitz until smooth (add a splash of water to loosen, if needed). Season to taste.

3. Pass the sauce through a strainer. Use half the sauce as marinade and save the other half to accompany the cooked chicken.

4. Using a kitchen paper towel, pat dry the chicken pieces. Season with salt and black pepper; pour the marinade over the chicken, mix well and let it marinate for a few hours or overnight, in the fridge.

5. When you are ready to cook, preheat the oven to 160C.

6. Heat the same grilling pan and on medium heat grill the chicken for 1 or 2 minutes on each side until charred with grill marks.

7. Transfer the chicken to a roasting tray and place in the hot oven and cook at 160C for 15 minutes.

8. Without opening the oven door, increase the temperature to 200C and continue to cook for another 5 minutes.

9. Cut the sweet potatoes into rough 2cm wedges.

Combine with the paprika, semolina, a small pinch of salt and pepper and a lug of olive oil. Spread the wedges out onto two large baking trays, then place in the oven for 25 to 30 minutes, or until tender and crisp.

10. Serve the roast chicken garnished with lemon zest and thyme leaves and accompanied with Peri -Peri sauce & sweet potato wedges.

Note: if sauce is too thick, add 1 tsp of chicken stock to thin it to the right consistency.

# Grilled Quail with BBQ Sauce

Ingredients	Quantity	Method of Cooking
<b>For the Quail</b>		
Quail	8 pieces	<ol style="list-style-type: none"> <li>1. Heat the oil in a medium saucepan over medium heat; add the onions and sweat until soft. Add the pomegranate juice, orange juice, pomegranate molasses, vinegar, sugar, cinnamon sticks and orange zest and cook until reduced by half. Add the ketchup and cook for 15 minutes.</li> <li>2. Remove from the heat, whisk in the mustard, salt and pepper and let cool slightly. Strain and remove cinnamon sticks before using. Keep aside about 1 cup of the sauce for serving.</li> <li>3. Preheat oven to 180C.</li> <li>4. Heat the grill to medium high for direct grilling. Brush the spatch cocked quail with canola oil and sprinkle with salt and pepper. Put breast-side down on the grill and cook about 3 minutes.</li> <li>5. Brush the quail with BBQ sauce (Baste) and place on an oven tray, and put in the oven for 5 minutes until cooked through.</li> <li>6. Serve hot with a drizzle of the BBQ sauce and green salad of your choice on the side.</li> </ol>
Canola oil	for brushing	
Sea salt & crushed black pepper	as required	
<b>For BBQ Sauce</b>		
Canola oil	2 tbsp	
Yellow onion (diced)	1 piece	
Pomegranate (juice)	1 cup	
Orange (juice)	1/4 cup	
Pomegranate molasses	1/4 cup	
Red vinegar	1/4 cup	
Light brown sugar	3 tbsp	
Cinnamon (sticks)	2 pieces	
Orange (zest)	1 piece	
Ketchup	1/2 cup	
Dijon mustard	1 tbsp	
Sea salt	as required	
Crushed black pepper	as required	