

Chicken tikka masala (Jaflong kitchen recipe)

Our Richmond head chef's home-cooking version of the classic tikka masala. Yogurt-marinated chicken tikka char-grilled, then folded into a smooth tomato and onion sauce finished with fresh cream and kasuri methi.

Prep: 25 min **Cook:** 30 min **Total:** 55 min **Serves:** 4 servings **Spice:** Medium

INGREDIENTS

- 700g halal chicken thigh, diced
- 200g full-fat natural yogurt
- 2 tbsp ginger-garlic paste
- 2 tsp Kashmiri chilli powder
- 1 tsp ground cumin
- 1 tsp garam masala
- 1 tsp turmeric
- Juice of 1 lemon
- 3 tbsp ghee or vegetable oil
- 2 large onions, finely chopped
- 400g tinned chopped tomatoes
- 3 tbsp desiccated coconut, soaked then blended smooth (we cook without nuts)
- 150ml single cream
- 1 tbsp kasuri methi (dried fenugreek)
- Salt to taste
- Fresh coriander to finish

METHOD

1. Marinate the chicken in yogurt, ginger-garlic paste, lemon, Kashmiri chilli, cumin, turmeric and salt for at least 1 hour (overnight is best).
2. Thread onto skewers and grill under a hot grill or on a barbecue for 8–10 minutes, turning until lightly charred at the edges.
3. Heat ghee in a heavy pan and cook onions over a medium heat for 10 minutes until deeply golden.
4. Add a second tablespoon of ginger-garlic paste and the spices; cook for 2 minutes until fragrant.
5. Add tomatoes and 100ml water; simmer 12 minutes until the oil rises to the surface.
6. Blend the sauce smooth, return to the pan, stir in the coconut paste and cream, then warm gently — do not boil.
7. Fold in the grilled tikka and crushed kasuri methi; simmer 3 minutes until the chicken is glossy.
8. Finish with fresh coriander and serve with basmati rice or hot naan.

CHEF'S TIPS

- For the smokiest finish, place a hot coal in a steel cup inside the sauce pan, drizzle with ghee and cover for 90 seconds (dhungar method).
- Always blend the soaked coconut fully — it replaces flour as the thickener and keeps the sauce gluten-free and nut-free.
- Use thigh, not breast: it forgives the high tandoor heat and stays succulent.

ALLERGENS

Contains: Dairy (yogurt, cream)

Free from: Gluten, Egg, Soy, Peanut, Shellfish

- Dairy-free: Swap yogurt for coconut yogurt and cream for coconut cream.
- Nut-free: Swap the cream for 2 tbsp coconut cream + 1 tbsp cornflour slurry.

Naturally gluten-free — always check that your Kashmiri chilli powder and garam masala are certified GF.

TOO BUSY TO COOK?

We cook this in our Richmond kitchen every evening from 4pm. Order collection or delivery at jaflongtandoori.online, or call 020 8332 1339. Catering for 10 to 200 guests: jaflongtandoori.online/catering/hub