

U The Lexingtonienne U

CROCK POT CHICKEN TIKKA MASALA

Serves 6

- 3 lbs boneless skinless chicken thighs, cut into bite-size pieces
- 1 large onion, finely diced
- 4 cloves garlic, minced
- 2 Tbsp fresh ginger, minced
- 1 (28 oz) can tomato puree
- 1 1/2 C plain yogurt
- 2 Tbsp olive oil
- 2 Tbsp Garam Masala*
- 1 Tbsp cumin
- 2 tsp salt
- 1 1/2 tsp paprika
- 1 to 3 tsp cayenne pepper, depending on your heat preference**
- 1/2 tsp cinnamon
- Several turns of fresh ground black pepper, or about 3/4 tsp if you're measuring
- 2 to 3 bay leaves
- 1 C heavy cream (you could use half & half if you prefer)
- 3 Tbsp cornstarch
- Chopped cilantro (more authentic, but yuck) OR parsley (my preference) for garnish

**Garam Masala is an Indian spice blend. I bought mine at Whole Foods, but I have also found it at the regular grocery store (McCormick makes it) and even at Target (Archer Farms brand).*

***I used 2 teaspoons of cayenne pepper, and my Chicken Tikka Masala ended up quite spicy. I recommend starting with 1 teaspoon. Use 2 or more teaspoons only if you're daring and a spice-lover. And if you're cooking for kids, use 1/2 a teaspoon or none at all.*

Combine first 14 ingredients (chicken through black pepper) in the crock pot, stirring thoroughly. Add bay leaves. Cover and cook on high for 4 hours or low for 8 hours (or split the difference - high for 2 hours, then low for 4 hours).

With about an hour to go till serving time, whisk together cream and cornstarch. Pour into crock pot mixture and stir. Continue cooking for about another hour.

Serve over Basmati rice, and garnish with cilantro or parsley.



