



F E A T U R E D
M E N U

Butter Chicken
Chickpea (Vegetarian)

I love the flavours of Indian Cuisine and I am excited to share this simple one pot recipe for you to enjoy. New Brunswick as a whole has evolved into a multicultural society welcoming ethnicities from far and wide. Throughout the years, we experienced a cultural boom of independently owned grocery markets and restaurants. Its foodie heaven to shop and buy products we can cook and experiment with at home!

This recipe caters to all palates by substituting the chicken to chickpeas. As always, I support local business; the chicken from Boudreau Meats and the Balkan Yogurt from Armadale Dairy Farm. For the ethnic spices you can visit a local Asian Grocer or if you live in Moncton, spice ingredients in this recipe are available at Bombay Spice on Mountain Road and the Ghee is available at most Superstores.

This week we are proud to welcome Heather Richards, Food Centre Manager (Peter Mckee Centre) representing the Food Depot Alimentaire (FDA). The FDA has grown leaps and bounds over the past few years and she will be here to give us an update and talk about all the great things they are doing to help those with food insecurities in our region and across the province.

Enjoy!

Chef Cherrie

Series Partners



Local Products



PANTRY/GROCERY LIST

- 8 Boneless Skinless Chicken Thighs or 1 can Chickpeas
- Garam Masala (for best results and authenticity buy whole seed mix)
- Balkan or Greek Yogurt
- Garlic Cloves
- Fenogreek (optional)
- Cinnamon Sticks or Powder
- Cayenne Pepper
- Fresh Ginger
- Turmeric
- Red Chili Powder
- Olive Oil
- Salt
- White Onion
- 14 oz Can Crushed Tomatoes
- Ghee (or butter)
- Green Cardamom Pods
- Heavy Cream
- Cilantro Bunch
- Naan or Paratha

KITCHEN TOOLS

- Knife & Cutting Board
- Bowls
- 5 qt Dutch Oven
- Measuring Equipment
- Garlic Press (Optional)
- Wooden Spoons
- Mortar and Pestle (option)
- Frying Pan or Skillet
- Blender/Hand Blender/Food Processor



Butter-Style Chicken 2 servings / one hour

Chicken Marinade

- 8 boneless skinless chicken thighs
- *Vegetarian option 1 can chickpeas drained
- 2 tbsp Balkan/Greek Yogurt
- 1 1/2 tbsp garam masala (*crushed if using whole seeds)
- 1 tbsp grated ginger
- 1/4 tsp cayenne pepper
- 1 tsp turmeric
- 1 tsp red chili powder
- 1 tbsp olive oil
- salt to taste

Sauce

- 2 tbsp ghee (or 1 tbsp butter+ 1 tbsp oil)
- 1 large onion, sliced
- 4 garlic cloves minced
- 2 cardamom pods
- 1 2" cinnamon stick or 1 tsp powder
- 1/2 tsp fenugreek crushed **optional
- 1 inch piece ginger, peeled and finely chopped
- 1 1/2 tbsp garam masala (**crushed if using whole seeds)
- 14 oz (400 g) crushed tomatoes
- 1/2 tsp red chili powder
- salt (or to taste)
- 1 cup of heavy or thickened cream
- bunch cilantro chopped
- 4 Naan bread or paratha

Putting it all Together

In a bowl, combine chicken with all of the ingredients for the chicken marinade and let stand in the refrigerator for 30 minutes or overnight. Using a paper towel, remove any leftover marinade from the chicken. In a large skillet over medium-high heat, heat the oil, then add the chicken thighs, being careful not to overcrowd the pan. Cook for 2-3 minutes on each side until browned. Remove from heat and set aside. No marinating required if using chick peas.

Roast spices in 5 qt oven proof Dutch Oven dry (cardamom pods, fenugreek, cumin, garam masala, cinnamon, coriander, chili powder) for about 30 seconds to release the oils.

Melt butter or ghee in the same pan. Cook until the onions are translucent, then add the garlic and ginger and proceed to cook until fragrant. Add crushed tomatoes, and season with salt to taste; simmer for about 10-15 minutes stirring occasionally until sauce thickens.

Remove from heat, put mixture into a blender and blend until smooth. You may need to add a bit of water to help it blend. Pour the pureed sauce back into the pan. Stir the cream then add the chicken with its juices or chickpeas back into the pan and cook for an additional 10 minutes until chicken is cooked through and the sauce is thick and bubbling.

In a separate skillet, warm the Naan bread. When ready to serve top off the butter chicken with cilantro and a side of warmed Naan or paratha. You may also serve with Basmati Rice.

****HAVE YOUR INGREDIENTS CUT AND/OR MEASURED**

****MARINATE THE CHICKEN**

**30 MINUTES PRIOR OR FOR BEST RESULTS
2-4 HOURS/OVERNIGHT**