

Butter Chicken: Single Serve

Marinated chicken thigh in a spiced tomato gravy.

1
SERVE

10'
PREP

15'
MARINATE

20'
COOK

45'
TOTAL

INGREDIENTS

MARINADE

Milk	2 tbsp
Lemon juice	1 tsp
Turmeric powder	1/4 tsp
Garam masala	1/2 tsp
Kashmiri chilli powder	small pinch
Ground cumin	1/4 tsp
Ginger, freshly grated	3/4 tsp
Garlic, small clove, crushed	1
Chicken thigh fillet, bite-size	180–200 g

SAUCE (MAKHANI GRAVY)

Butter or oil	1 1/2 tsp
Onion, finely diced	1/4 small
Tomato, diced	1/2 medium
Tomato passata	1/4 cup
Cream	1/4 cup
Kasuri methi	1/4 tsp
Sugar	3/4 tsp
Salt	1/3 tsp

TO SERVE (CHOOSE ONE)

Basmati or white rice, cooked	as desired
Roasted vegetables	as desired
Coriander, chopped	optional

METHOD

- 1 Set up your station.**
- 2 Cut the chicken.** Cut the chicken thigh fillet into bite-size pieces, about the size of a large coin, roughly 2–3cm.
- 3 Make the marinade.** In a bowl, mix the milk, lemon juice, turmeric, garam masala, Kashmiri chilli powder, cumin, ginger, and garlic together with a spoon until combined.
- 4 Add the chicken.** Put the chicken pieces into the bowl and stir until every piece is coated in the marinade. Cover the bowl and set it aside for 15–20 minutes while you move on to your next steps.
- 5 Heat the pan.** Place a dry stainless steel pot on the hob, no oil yet. Set the heat to 100 (TEMP). Flick a small splash of water into the pan. When the water beads up and skates across the surface (the Leidenfrost effect), the pan is ready. Add the butter or oil and swirl it around to coat the base.
- 6 Cook the chicken.** Carefully tip the chicken into the pan, marinade and all, don't drain it off. Stir for about 3 minutes until the chicken turns from pink to white all over. It won't go brown or crispy; that's normal. If it starts to stick, reduce the heat to 80.
- 7 Add the aromatics.** Add the diced onion and diced tomato to the pan. Stir and cook for 2–3 minutes until softened.
- 8 Add the sauce.** Pour in the tomato passata and cream, then add the sugar and salt. Scrape any marinade left in the bowl into the pan too, so nothing is wasted. Stir everything together well.
- 9 Simmer.** Turn the heat down to low (simmering means small, gentle bubbles, not a rolling boil). Let it cook for 12–15 minutes, stirring every few minutes so it doesn't catch on the bottom of the pan.
- 10 Finish with kasuri methi.** Crumble the kasuri methi between your fingers to release the aroma, then stir it through the sauce in the last few minutes. Ask your teacher to check the chicken is cooked through before tasting.
- 11 Taste and adjust.** Carefully taste a small amount (let it cool first!). If it needs more flavour, stir in a little extra salt.
- 12 Serve.** Spoon the sauce over cooked rice or alongside roasted vegetables. Sprinkle with chopped coriander if you're using it.



SELF-CHECK ✓

- ☐ Did you set up your station correctly?
- ☐ What colour chopping board do we use for raw chicken?
- ☐ Do you remember the correct grip for the knife hand and the guiding hand?
- ☐ What does cross-contamination mean, and at what point in this recipe could it happen?
- ☐ Think back to the Baker's Dozen video: what should happen to your hands, board, and knife right after they've touched raw chicken?
- ☐ Could you plate the cooked sauce on the same board or plate the raw chicken sat on? Why or why not?

Dietary - dairy allergy: swap the cream for coconut cream.

Scaling note: Scaled down from 3–4 serves to 1 serve, so simmer time drops to 12–15 minutes; there's less volume in the pan to reduce and heat through.

Marinate time shortened from the original 3+ hours to 15–20 minutes to fit within the lesson, using other prep tasks to fill the wait.