

Dipna Anand's Makhani Chicken

Cuisine: **Indian**
Food category: **Poultry**



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Company: **Retigo**



Program steps

Preheating:

200 °C

1

Hot air

0 %

Termination by time

00:25 hh:mm

175 °C

+ 100 %

Ingredients - number of portions - 4		
Name	Value	Unit
Diced chicken breast	800	g
4 tble spoons Olive Oil	0	pcs
1/4 Teaspoon Salt	0	pcs
1 1/2 Teaspoons Cumin powder	0	pcs
1 Tablespoon Ginger paste and garlic paste	0	pcs
1 Teaspoon Smoked paprika	0	pcs

Makhani Sauce		
Name	Value	Unit
Pureed Tomatoes	375	g
Double Cream	250	ml
2 1/2 Tablespoons Vegetable oil	0	pcs
Chopped Onions	80	g
Butter	45	g
1 tablespoon ginger and garlic paste	0	pcs
Green Chilli - chopped	1	pcs
1 1/2 Teaspoons salt	0	pcs
1 1/2 Teaspoons Cumin Seeds	0	pcs
1 1/4 Teaspoons Turmeric powder	0	pcs
1 Teaspoon Garam masala	0	pcs
3 teaspoons dried fenugreek leaves	0	pcs
2 ½ tablespoons fresh chopped coriander	0	pcs
1 ¼ teaspoons coriander powder	0	pcs
1 tsp red chilli powder	0	pcs

Nutrition and allergens

Directions

To marinate chicken:

Pre-heat oven to 175°C.

In a bowl pour the olive oil onto the chicken thigh pieces together with the salt, smoked paprika, ginger and garlic paste and cumin powder, coat the chicken well in the marinade.

Lay the chicken onto an oven and cook for 20-25 minutes until tender and cooked perfectly (do not overcook). Meanwhile start the makhani sauce.

For the Makhani sauce:

Heat vegetable oil in the Vision Bake pan.

Add the cumin seeds and once the cumin starts to sizzle add the onions to the pan, cook for 5-6 minutes on a medium to high heat until the onion are brown and caramelised.

Add in the ginger and garlic paste and green chilli paste followed by the puréed tomatoes and cook for a few seconds.

Add in the turmeric, red chilli powder, coriander powder and salt, mix well together and add the butter, cook for about 30 seconds and remove from the heat.

Purée the sauce using a hand blender until smooth and put back in the oven.

Cook the masala sauce for 5-6 minutes.

Once the oil and butter starts to seep out the edges and the sauce is sizzling (the water will have dried out) add the double cream to the sauce together with the fenugreek leaves (crushed), garam masala and fresh coriander, cook for a minute or so.

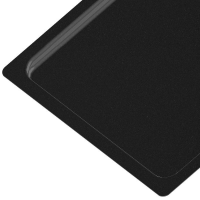
The chicken should now be perfectly cooked, remove from the oven, add to sauce with half of the chicken juices from

Allergens:
Minerals: 758 mg, 76, Calcium, Iron, Magnesium,
Manganese, Na: 38, Phosphorus, Potassium, Sodium: 38,
Zinc
Vitamins: Folate, Niacin, Riboflavin, Thiamin, Vitamin B6,
Vitamin C, Vitamin E, Vitamin K

the oven tray.
Mix well together and cook for a final 3-4 minutes.

Nutritional value of one portion	Value
Energy	729.6 kJ
Carbohydrate	7.3 g
Fat	16.4 g
Protein	63.8 g
Water	235.2 g

Recommended accessories



Vision Bake



GN container Stainless steel full