

# Indian Yogurt Chicken

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*This Indian-inspired chicken dish is easy to prepare, and simply bursting with flavor. Tender chicken is simmered in a spicy sauce, and the cool creamy yogurt balances out the dish and makes it a wonderful dinner any night of the week. This dish gets better and better the more it sits, so enjoy it for dinner, and then serve for lunch again the next day!*

## Ingredients:

1 lb chicken breast and thighs  
¼ c. olive oil  
3 medium onions  
2 cloves garlic  
1 tsp Cayenne pepper  
1 tbsp coriander  
2 tsp masala seasoning  
2 c. plain yogurt  
¼ c. ghee (clarified butter)  
1 tsp salt

## Directions:

1. Mince onions and set aside. In large heavy frying pan heat oil. Add onions and saute until they are translucent and beginning to brown. Add garlic and saute for 3-5 minutes.
2. Add cayenne, coriander and masala seasoning. Mix in yogurt and stir to combine. Lower heat and simmer for 7-10 minutes. Remove from heat.
3. Transfer yogurt mixture to food processor and puree. Set aside.
4. Heat ghee until it starts to smoke, then add chicken pieces. Stir for 3 minutes, coating with ghee. Chicken should begin to brown on all sides.
5. Return yogurt mixture back to pan, pouring over chicken. Add salt and reduce heat. Cover, and simmer on 30 minutes over low heat, until chicken is cooked through.
6. Let cool until ready to serve. Serve over Basmati rice.

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