



BUTTER CHICKEN

Prep + cook time: 40 minutes **Serves:** 4

Ingredients

4 chicken marylands (1.4KG)	4 cloves garlic, crushed
1 tablespoon lemon juice	1 teaspoon each: ground coriander, cumin, cinnamon and hot paprika
½ cup (140G) yoghurt	2 tablespoons tomato paste
5cm (2-inch) piece fresh ginger (25g), grated	410g (13 ounces) canned tomato puree
2 teaspoons garam masala	½ cup (125ml) chicken stock
1 tablespoon vegetable oil	2 tablespoons honey
40g (1¼ ounces) butter	⅓ cup (80ml) pouring cream
1 medium brown onion (110g), chopped finely	½ cup loosely packed fresh coriander (cilantro) leaves

1. Combine chicken, juice, yoghurt, ginger and garam masala in a large bowl. Heat half the oil and half the butter in a 6-litre (24-cup) pressure cooker; cook chicken, in batches, until browned. Remove from cooker.
2. Heat remaining oil and butter in cooker; cook onion and garlic, stirring, for 5 minutes or until onion softens. Add spices; cook, stirring, for 1 minute or until fragrant. Return chicken to cooker with paste, puree, stock and honey; secure lid. Bring cooker to high pressure. Reduce heat to stabilise pressure; cook for 20 minutes.
3. Release pressure using the quick release method (see tips); remove lid. Stir in cream; season to taste. Serve chicken sprinkled with coriander.

Tips

If you have an electric pressure cooker you won't need to reduce the heat to stabilise pressure, your cooker will automatically stabilise itself. Always check with the manufacturers instructions before using. For the quick release method referred to, use tongs (steam can burn your fingers) to turn the pressure valve on top of the cooker to open the valve and release the steam (this releases the pressure quickly before you remove the lid). Recipe is not suitable to freeze.

Serving suggestion

Serve with steamed basmati rice.