

Slow-Cooked Chicken Tikka Masala

Say goodbye to dry and overcooked chicken. Precise temperature control in the Brød & Taylor Folding Proofer and Slow Cooker is the key to this easy and foolproof Chicken Tikka Masala. Use high temperature, just below boiling, to perfectly blend the complex flavors of the sauce, then switch to a lower temperature to cook the chicken to succulent perfection.

Yield: About eight to ten servings.

Timing: 45 minutes preparation and 2.5 hours in the Folding Proofer and Slow Cooker.

Ingredients	Volume	Grams	Ounces
Onion, diced	½	100	3.5
Ghee	3 T	45	1.6
Garlic cloves, chopped	4	20	0.7
Ginger, grated	3 tsp	17	0.6
Cardamom pods, crushed	4	0.6	0.02
Coriander, ground	2 tsp	5	0.2
Cumin, ground	2 tsp	4.5	0.16
Red pepper flakes	½ tsp	1.3	0.05
Turmeric	2 tsp	6.4	0.2
Garam masala	½ tsp	2.5	0.1
Sea salt	2 tsp	6	0.2
Tomato paste	3 T	50	1.8
Tomatoes, crushed	1 can	800	28
Heavy cream	2 C	450	16
Chicken breasts, boneless and cubed	2-3	1 kg	2 lb
Fresh cilantro, chopped (optional)	½ C	40	1.4

Equipment: Brød & Taylor Folding Proofer and Slow Cooker, metal 6-quart/liter covered stock pot with short handles and less than 8" / 20 cm tall with lid. Less than 8" / 20 cm will allow the pot to rest in the center of the Proofer during slow cooking.

Note: The original Folding Proofer and Slow Cooker models (FP-101 and FP-201) may also be used. Set the Proofer to 109 °F / 42 °C and place the metal stock pot directly on the base of the Proofer. Follow the recipe and check the internal temperature of the chicken after 1.5 hours. Internal meat temperature will be 160 °F / 70 °C for tender and fully cooked chicken.

Getting Ready. Remove the water tray and rack from the Proofer. Set the Slow Cook Mode and set the temperature to 195 °F / 90 °C. Prepare the ginger and set aside. Combine cardamom, coriander, cumin, red pepper flakes, turmeric, garam masala, and 1 tsp / 6 g of the sea salt in a small bowl and set aside.

Sauteing Onions and Garlic. Saute the onions in ghee for about 5-8 minutes over low-medium heat in the metal stock pot on the stove until the onions just begin to brown. Add garlic, then mix and saute for another 1 minute.

Preparing the Sauce. Add the prepared dry spices to the onions and garlic. Stir and mix thoroughly. Then add ginger, crushed tomatoes, and tomato paste mixing until evenly combined. Add cream stirring constantly until smooth.

Covering and Slow Cooking. Cover the stock pot and place the pot directly on the center of the aluminum heating plate in the Proofer. Close the Proofer and allow the sauce to cook for about 1 hour.

Preparing and Adding Chicken. Cut the chicken into about 1"/ 2.5 cm cubes. Coat the chicken cubes with the remaining 1 tsp / 6 g of sea salt. Add the chicken to the stock pot and stir gently to coat it with the sauce, then cover the stock pot.

Adjusting the Proofer Temperature. Set the temperature on the Proofer to 165 °F / 74 °C. Close the Proofer and allow the chicken to cook 1-1.5 hours, then check the internal temperature of the chicken. If the chicken has reached the temperature of 165 °F / 74 °C, it is ready to eat. If it has not reached the set temperature yet, continue to cook for another ½ hour, then check the temperature again. Once the chicken is fully cooked, reduce the Proofer temperature to 110 °F / 43 °C to keep the dish warm.

Serving. Chicken Tikka Masala is delicious served over rice with a cilantro garnish. Basmati is long grained white rice traditionally served with Indian food and is preferred with this recipe.

Tip: Gently place the stock pot in the center of the Proofer base and avoid sliding your pot to prevent scratching the aluminum surface on the base of the Proofer. Scratching will not damage the function of the Proofer, just the appearance. Placing a sheet of aluminum foil on the Proofer base plate will also protect the base from spills.