

Indian Butter Chicken Curry (Murgh Makhani)

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-indian-butter-chicken-curry-recipe>

Ingredients:

- 2 pounds bone in chicken thighs
- 1 teaspoon cayenne pepper
- 1 tablespoon lemon juice
- 1 1/2 teaspoons salt
- 1/2 teaspoon Garam Masala
- 2 inches fresh ginger piece of
- 2 cloves garlic
- 1/2 cup yogurt
- 1 1/2 teaspoons fenugreek leaves dried, kasuri methi
- 1 teaspoon turmeric
- 1 teaspoon Garam Masala homemade or store bought
- 1 1/2 tablespoons cooking oil flavorless, like canola
- 2 1/2 inches fresh ginger piece of
- 10 cloves garlic
- 10 almonds soaked in cool water for 30 minutes and then peeled
- 4 jalapeno peppers 2 for mildly spicy, 3 for medium spicy, and 4 for quite spicy, sliced lengthwise into thin strips
- 4 tablespoons melted butter
- 4 green cardamom
- 1 black cardamom
- 2 inches cinnamon stick
- 2 cloves
- 3/4 teaspoon fenugreek seeds methi
- 3 1/2 cups tomato puree
- 1 tablespoon cayenne pepper
- 1 teaspoon salt
- 1/2 tablespoon honey or more to taste
- 1 tablespoon fenugreek leaves dried, kasuri methi, very lightly toasted in a dry skillet and crushed
- 1 teaspoon Garam Masala
- 3/4 cup heavy cream divided
- lemon juice to taste

- cilantro for garnish, optional

Nutrition:

1. Calories: 930 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 295 milligrams
4. Fat: 67 grams
5. Fiber: 8 grams
6. Protein: 50 grams
7. SaturatedFat: 28 grams
8. Sodium: 2650 milligrams
9. Sugar: 15 grams

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