

butter chicken recipe sanjeev kapoor

Butter chicken recipe Sanjeev Kapoor is a culinary masterpiece that combines rich flavors and a creamy texture, making it one of the most beloved dishes in Indian cuisine. Renowned chef Sanjeev Kapoor has perfected this recipe, ensuring that it is both authentic and accessible for home cooks. This article will delve into the origins of butter chicken, its key ingredients, the step-by-step cooking process, and tips for achieving the perfect dish. Whether you are a seasoned chef or a novice in the kitchen, this guide will help you prepare a mouthwatering butter chicken that will impress your family and friends.

Origins of Butter Chicken

Butter chicken, also known as "Murgh Makhani," originated in the 1950s in Delhi, India. It was created by the chefs at the Moti Mahal restaurant, who used leftover chicken from their tandoor (a traditional clay oven). The chefs decided to cook the chicken in a rich and creamy tomato sauce, which led to the birth of this iconic dish. Since then, butter chicken has gained popularity not just in India but around the world. Its unique combination of spices, creaminess, and tender chicken pieces makes it a favorite in many households.

Key Ingredients

To recreate the authentic butter chicken recipe Sanjeev Kapoor, you will need a variety of ingredients that contribute to the dish's rich flavor profile. Here is a comprehensive list of the essential ingredients:

For the Chicken Marinade:

1. 500 grams of boneless chicken (preferably thigh pieces)
2. 200 grams of yogurt
3. 2 tablespoons of ginger-garlic paste
4. 1 teaspoon of red chili powder
5. 1 teaspoon of turmeric powder
6. 1 teaspoon of garam masala
7. 1 tablespoon of lemon juice
8. Salt to taste

For the Butter Chicken Gravy:

1. 3 tablespoons of butter

2. 1 tablespoon of oil
3. 2 medium-sized onions (finely chopped)
4. 2 green chilies (slit)
5. 1 tablespoon of ginger-garlic paste
6. 400 grams of canned tomatoes (pureed)
7. 1 teaspoon of red chili powder
8. 1 teaspoon of sugar
9. 1 cup of fresh cream
10. 1 teaspoon of garam masala
11. 1 tablespoon of kasuri methi (dried fenugreek leaves)
12. Salt to taste
13. Fresh coriander leaves (for garnishing)

Preparation Steps

Now that you have gathered all the necessary ingredients, let's break down the preparation process into manageable steps.

Step 1: Marinating the Chicken

1. Prepare the Marinade: In a mixing bowl, combine the yogurt, ginger-garlic paste, red chili powder, turmeric powder, garam masala, lemon juice, and salt. Mix well until smooth.
2. Add Chicken: Cut the boneless chicken into bite-sized pieces and add them to the marinade. Ensure that the chicken is well coated with the marinade.
3. Marination Time: Cover the bowl with plastic wrap and refrigerate for at least 1-2 hours. For best results, marinate overnight.

Step 2: Cooking the Chicken

1. Grill or Sauté: Preheat your grill or a pan over medium-high heat. If using a grill, thread the marinated chicken onto skewers. If using a pan, add a little oil and sauté the chicken pieces until they are browned and cooked through (about 8-10 minutes).
2. Set Aside: Once cooked, remove the chicken from the grill or pan and set it aside.

Step 3: Making the Gravy

1. Heat Butter and Oil: In a large pan, heat the butter and oil together over medium heat until the butter melts.
2. Sauté Onions: Add the finely chopped onions to the pan and sauté until they turn golden brown.

3. **Add Green Chilies and Ginger-Garlic Paste:** Add the slit green chilies and ginger-garlic paste. Cook for another 2-3 minutes until the raw smell disappears.
4. **Tomato Puree:** Pour in the pureed tomatoes and cook for 10-15 minutes, stirring occasionally, until the oil starts to separate from the mixture.
5. **Spices and Seasoning:** Add red chili powder, sugar, and salt to taste. Mix well and let it simmer for another 5 minutes.

Step 4: Combining Chicken and Gravy

1. **Add Chicken:** Add the grilled chicken pieces to the gravy and mix well.
2. **Creamy Texture:** Pour in the fresh cream and stir until combined. Let it simmer on low heat for 5-10 minutes to allow the flavors to meld together.
3. **Finishing Touches:** Add garam masala and kasuri methi. Mix well and let it cook for another minute.

Step 5: Serving

1. **Garnish:** Turn off the heat and garnish the butter chicken with fresh coriander leaves.
2. **Accompaniments:** Serve hot with naan, roti, or steamed basmati rice. You may also add a side of raita (yogurt sauce) for a refreshing contrast.

Tips for Perfect Butter Chicken

To achieve the best results with your butter chicken recipe Sanjeev Kapoor, consider the following tips:

- **Quality Chicken:** Use fresh, high-quality boneless chicken for the best flavor and texture.
- **Marination Time:** Allow the chicken to marinate for as long as possible to enhance the flavors. Overnight marination is ideal.
- **Tomato Quality:** Use ripe tomatoes or good quality canned tomatoes for the gravy to ensure a rich taste.
- **Cream Variation:** For a lighter version, you can substitute part of the cream with milk or use low-fat yogurt.
- **Adjust Spice Levels:** Feel free to adjust the chili powder and green chilies according to your spice tolerance.
- **Garnish Creatively:** You can also garnish with slivers of almonds or cashews for added texture and flavor.

Conclusion

Butter chicken recipe Sanjeev Kapoor is a delightful dish that showcases the rich flavors of Indian cuisine. By following this comprehensive guide, you can recreate this classic dish in your kitchen, impressing your family and friends with every bite. Whether for a special occasion or a cozy family dinner, butter chicken is sure to be a hit. With its creamy texture and aromatic spices, this dish captures the essence of Indian cooking, making it a true comfort food. So roll up your sleeves, gather your ingredients, and get ready to embark on a culinary journey that will leave everyone asking for seconds!

Frequently Asked Questions

What are the key ingredients for Sanjeev Kapoor's butter chicken recipe?

The key ingredients include chicken, butter, cream, tomatoes, garlic, ginger, and a blend of spices like garam masala, cumin, and coriander.

How long does it take to prepare Sanjeev Kapoor's butter chicken?

The preparation time for Sanjeev Kapoor's butter chicken is approximately 15-20 minutes, while the cooking time is around 30-40 minutes.

Can I make Sanjeev Kapoor's butter chicken recipe healthier?

Yes, you can use less butter and cream, substitute with yogurt, and add more vegetables to create a healthier version of the dish.

What are the best side dishes to serve with butter chicken?

Butter chicken pairs well with naan, basmati rice, or parathas as side dishes.

Is it necessary to marinate the chicken for Sanjeev Kapoor's butter chicken recipe?

Yes, marinating the chicken in yogurt and spices enhances the flavor and tenderness of the meat.

Can I use boneless chicken for Sanjeev Kapoor's butter chicken recipe?

Absolutely! Boneless chicken can be used and is often preferred for quicker cooking and easier serving.

What can I substitute for heavy cream in Sanjeev Kapoor's butter chicken recipe?

You can substitute heavy cream with coconut milk, cashew cream, or a mixture of milk and flour for a lighter option.

Where can I find Sanjeev Kapoor's butter chicken recipe online?

Sanjeev Kapoor's butter chicken recipe can be found on his official website or popular cooking platforms and YouTube channels featuring his recipes.

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