

# Recipes

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## Chicken Tikka Masala Spice Mix

Title: Chicken Tikka Masala Spice Mix 1485 Date: 9/17/2022  
 Menu Cat: FC V, D, Ve, M L/M/H On Sample Menu: N  
 Servings: 6 Full recipe makes abt a scant 6T DF GF SV Make It!  
 Prep Time: Servings Desired: 6  
 Cook Time: Season: 1 Charter Level:  
 Made Already?: Stars Make Parts Ahead?  Y Pass?  Y  
 Charter Concerns: FROM THE CLASS - 17.5 t Charter Name 1: SampleWeb  
 Incl in Do Aheads?  ESOC?  On Menu as of: Charter Name 2: APD bda  
 Reg Item  Y Bkr Menu  Y PP Recipe PP Orig Qty Alt?  Y

Quantity	Ingredient	Notes	Reg Item	Bkr Menu	PP Recipe	PP Orig Qty	Alt?
2.000 t	● Garlic Powder	for the spice blend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Y	<input type="checkbox"/>
2.000 t	Dried Ginger		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Y	<input type="checkbox"/>
2.000 t	● Turmeric		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Y	<input type="checkbox"/>
2.000 t	● Coriander		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Y	<input type="checkbox"/>
2.000 t	Cumin		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Y	<input type="checkbox"/>
1.000 t	Cardamom		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Y	<input type="checkbox"/>
0.500 t	Red Pepper Flakes	to taste... might use a little less (using a little > half for charter)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Y	<input type="checkbox"/>
1.000 t	● Cinnamon		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Y	<input type="checkbox"/>
1.000 t	● Nutmeg		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Y	<input type="checkbox"/>
2.000 t	● Paprika		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Y	<input type="checkbox"/>
1.000 t	Saffron	Crushed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Y	<input type="checkbox"/>
1.000 t	Kashmiri Chili Powder	could prob sub a mix of cayenne and smoked paprika if necc but rather not	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Y	<input type="checkbox"/>

### Instructions

Mix all spices together, store in airtight container and use as required

### Chicken Tikka Masala Spice Mix




### Timing


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## Notes

Making a 3 person version for 2 ppl to test quantities

## Scratchpad

## Image of Menu Item

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## Good Companions

Menu Date 1 AM	<input type="checkbox"/>	Y	
Menu Date 1 Minus 1	<input type="checkbox"/>	Y	
Menu Date 1 Minus 3	<input type="checkbox"/>	Y	

## Alternative Meal

Last Mod 3/13/2023

### Dates Served


### Sauces Required

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### Tools


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## Chicken Tikka Masala

Appetizer

Title: Chicken Tikka Masala 1486 Date: 9/17/2022  
 Menu Cat: Entree 553 FC V, D, Ve, M L/M/H On Sample Menu Y  
 Servings: 8 Raised serv fr 6 to 8 on 9/21/22 DF CB GF SV Make It!  
 Prep Time: Servings Desired: 6  
 Cook Time: Season 1 Menu Date 1  
 Made Already? Stars Make Parts Ahead?  Y Pass?  Y  
 Charter Concerns: Charter Name 1: SampleWeb  
 Incl in Do Aheads?  ESOC?  On Menu as of: Charter Name 2: APD bda  
 Reg Item  Y Bkr Menu  Y PP Recipe PP Orig Qty Alt?  Y

Quantity	Ingredient		Reg Item	Bkr Menu	PP Recipe	PP Orig Qty	Alt?
3.000 T	Tikka Masala Spice Mix	Recipe 1485	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="checkbox"/> X
1.500 C	Plain Yogurt	for the marinade, need more for cooking - Could use Cashew based yogurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="checkbox"/> X
1.500 lb	Chicken Breast	Cut into 1.5" pieces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="checkbox"/> X
3.000 T	Ghee	or coconut oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="checkbox"/> X
0.750 med	● Onion		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="checkbox"/> X
3.000 T	Tomato Paste		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="checkbox"/> X
3.000 T	Tikka Masala Spice Mix		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="checkbox"/> X
21.000 oz	Crushed Tomatoes		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="checkbox"/> X
0.563 C	● Cilantro		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="checkbox"/> X
1.500 C	● Heavy Cream	Could use coconut based cream, haven't tried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="checkbox"/> X
3.375 T	● Sugar	to taste - wow, seems like a lot... check it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="checkbox"/> X
1.125 t	● Sea Salt		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="checkbox"/> X

### Instructions

Combine yogurt, salt, HALF of spice mix in a medium bowl and add chicken, turning to coat. Cover and chill from 1 - 4 hours. Cover remaining spice mixture.

Slice onions (on the thinner side) and set aside.

Heat oil in a large heavy pot over med heat. Add onion, tom paste and cook, stirring often until tom paste has darkened and onion is soft, abt 5 mins. Add remaining half of spice mixture and cook, stirring often, until bottom of pot begins to brown, about 4 mins.

Drain chicken and add to the pot, stir and cook chicken for about 5 mins.

Add tomatoes, chopped cilantro, bring to a boil, reduce heat and simmer, stirring often and scraping up browned bits from the bottom of the pot until sauce starts to thicken.

Add cream and water if needed, stirring occasionally until sauce thickens again, 8 - 10 mins. Taste for seasoning, adjust salt if needed.

### Chicken Tikka Masala

### Timing


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Serve with basmati rice and garnish with cilantro sprigs


## Notes

Originally the recipe said this was 6 serv, but made a batch for 5 and it fed 4 ppl (1 dinner and 1 lunch on passage, so maybe a little light...) with a little left over. Upped total serv to 10 and let's see...

## Scratchpad

Image of Menu Item



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#D Ahead

Comments  
/Incl in DA List

Do Aheads Task	Order/ #D Ahead	Comments /Incl in DA List




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Tender Chicken Breast prepared in a tomato-based sauce, gently spiced and served over saffron Basmati rice with home made naan bread, coriander chutney and tamarind chutney on the side.

## Good Companions

Menu Date 1 AM	<input type="checkbox"/>	Y	
Menu Date 1 Minus 1	<input type="checkbox"/>	Y	
Menu Date 1 Minus 3	<input type="checkbox"/>	Y	

## Alternative Meal

Last Mod 3/13/2023

### Dates Served


### Sauces Required

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### Tools


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## Cilantro Mint Chutney

Sauces/Salad Dressing

Title: Cilantro Mint Chutney 1487 Date: 9/18/2022  
 Menu Cat: Sauces/Salad 700 FC V, D, Ve, M Vegan L/M/H On Sample Menu N  
 Servings: 6 6 serv is about a cup... DF Y GF Y SV 6 Make It!  
 Prep Time: makes about 1.5 C, (each person needs ~ .125 C +) Season 1 Charter Level  
 Cook Time: Menu Date 1  
 Made Already? Stars Make Parts Ahead?  Y Pass?  Y  
 Charter Concerns Charter Name 1 SampleWeb  
 Incl in Do Aheads?  ESOC?  On Menu as of Charter Name 2 APD Reg Item  Y Bkr Menu  Y PP Recipe PP Orig Qty Alt?  Y

Quantity	Ingredient		Reg Item	Bkr Menu	PP Recipe	PP Orig Qty	Alt?
0.500 C	● Greek Yogurt	I like Fage 5%	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="button" value="+"/> <input type="button" value="i"/> <input type="button" value="X"/>
3.000 T	● Lemon Juice		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="button" value="+"/> <input type="button" value="i"/> <input type="button" value="X"/>
1.000 bunch	● Cilantro		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="button" value="+"/> <input type="button" value="i"/> <input type="button" value="X"/>
1.000 C	● Mint		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="button" value="+"/> <input type="button" value="i"/> <input type="button" value="X"/>
1.000 med	● Jalepeno	TAKE IT A LITTLE EASY HERE!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="button" value="+"/> <input type="button" value="i"/> <input type="button" value="X"/>
2.000 t	● Ginger	sliced, fresh	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="button" value="+"/> <input type="button" value="i"/> <input type="button" value="X"/>
1.000 clove	● Garlic		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="button" value="+"/> <input type="button" value="i"/> <input type="button" value="X"/>
	● Salt	to taste	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="button" value="+"/> <input type="button" value="i"/> <input type="button" value="X"/>
1.500 t	● Sugar		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="button" value="+"/> <input type="button" value="i"/> <input type="button" value="X"/>
1.000 T	● Water	JUST enough to get blender going	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="button" value="+"/> <input type="button" value="i"/> <input type="button" value="X"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y <input type="button" value="+"/> <input type="button" value="i"/> <input type="button" value="X"/>

### Instructions

Blend all ingredients in blender or food processor until relatively smooth  
 Taste and adjust salt and lemon  
 Refrigerate until serving, will keep 4 days in fridge... Prob better the next day...  
 Trying .75 C for 2 ppl

### Cilantro Mint Chutney




### Timing


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## Notes

From the class in CT Sept 2022

## Scratchpad

## Image of Menu Item

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## Recipe Description





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## Good Companions

Menu Date 1 AM	<input type="checkbox"/>	Y	
Menu Date 1 Minus 1	<input type="checkbox"/>	Y	
Menu Date 1 Minus 3	<input type="checkbox"/>	Y	

## Alternative Meal

Last Mod 3/13/2023

### Dates Served


### Sauces Required

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### Tools


## Garlic Butter Naan

Bread

Title: Garlic Butter Naan      1488      Date: 9/18/2022  
 Menu Cat: Bread      652      FC      V, D, Ve, M      L/M/H      On Sample Menu: N  
 Servings: 6      pretty spot on      DF      GF      SV      Make It!  
 Prep Time:      Servings Desired:      Charter Level:  
 Cook Time:      Season: 1      Menu Date 1:  
 Made Already?      Stars: 10      Make Parts Ahead?  Y      Pass?  Y  
 Charter Concerns: THIS IS DELICIOUS!!!      Charter Name 1: SampleWeb  
 Incl in Do Aheads?       ESOC?       On Menu as of:      Charter Name 2: APD  
 Reg Item  Y      Bkr Menu  Y      PP Recipe      PP Orig Qty      Alt?  Y

Quantity	Ingredient		Reg Item	Bkr Menu	PP Recipe	PP Orig Qty	Alt?
1 t	Sugar	for the dough	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y	<input type="checkbox"/> X
.5 C	Water	for the dough	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y	<input type="checkbox"/> X
2.25 t	Yeast	for the dough	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y	<input type="checkbox"/> X
2.25 C	AP Flour	for the dough - 120 grams per cup	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y	<input type="checkbox"/> X
.5 C	Yogurt	for the dough	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y	<input type="checkbox"/> X
.5 t	Salt	for the dough	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y	<input type="checkbox"/> X
1 T	Oil	FOR THE SKILLET	<input type="checkbox"/>	<input type="checkbox"/>	0	<input type="checkbox"/> Y	<input type="checkbox"/> X
3 T	Butter	FOR BRUSHING THE TOPS	<input type="checkbox"/>	<input type="checkbox"/>	0	.25	<input type="checkbox"/> Y
2 cloves	Garlic	minced	<input type="checkbox"/>	<input type="checkbox"/>	0		<input type="checkbox"/> Y
1 t	Cilantro	Chopped, or parsley to top the Naan	<input type="checkbox"/>	<input type="checkbox"/>	0		<input type="checkbox"/> Y
			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/> Y

### Instructions

In a small bowl, add the sugar, water and yeast. Stir to combine. The yeast will be activated when it becomes foamy, about 10 mins.

Transfer flour to a flat surface and make a well in the middle. Add yeast mix, yogurt, salt and oil, knead until the surface becomes smooth and shiny, about 10 mins

Cover with a damp cloth and let rise in a warm place about 1 hour.

Divide dough into equal portions, roll into a circle using a rolling pin.

Heat a large skillet over high heat and lightly grease surface with oil to avoid dough sticking to skillet. Let pan get nice and hot for maximum rising of the dough.

Place dough on skillet. When it puffs, and bubbles and brown spots appear, flip and cook other side. Repeat the same until all dough is gone.

Brush naan with melted butter, serve warm.

### Garlic Butter Naan




#### Timing


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If dough is sticky, add e more T of flour to bind.

## FOR GARLIC BUTTER TOPPING

Combine melted butter and minced garlic together in a bowl. Brush each naan with the garlic butter and top with the fresh herb of your choosing.

Trying in bread machine 9/21/22! :-0 OMG, DELICIOUS!!!

## Notes

From the class in CT Sept 2022 - see how it differs from yeasted naan recipe... Should be similar.

## Scratchpad

## Image of Menu Item

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#D Ahead

Comments  
/Incl in DA List

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## Good Companions

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Menu Date 1 Minus 1	<input type="checkbox"/>	Y	
Menu Date 1 Minus 3	<input type="checkbox"/>	Y	

## Alternative Meal

Last Mod 3/13/2023

### Dates Served


### Sauces Required

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### Tools


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## Basmati Rice with Saffron

Carb Side

Title: Basmati Rice with Saffron 1489 Date: 9/18/2022  
 Menu Cat: Carb Side 602 FC V, D, Ve, M L/M/H On Sample Menu N  
 Servings: 8 Upped the serv size fr 6 to 8 on DF GF SV Make It!  
 Prep Time: Servings Desired: 6  
 Cook Time: Season 1 Menu Date 1  
 Made Already? Stars Make Parts Ahead?  Y Pass?  Y  
 Charter Concerns: Charter Name 1 SampleWeb  
 Incl in Do Aheads?  ESOC?  On Menu as of Charter Name 2 APD Reg Item  Y Bkr Menu  Y PP Recipe PP Orig Qty Alt?  Y

Quantity	Ingredient	Notes	Reg Item	Bkr Menu	PP Recipe	PP Orig Qty	Alt?
1.500 C	Basmati Rice	I use .25 uncooked rice per serving.	<input type="checkbox"/> 0	<input type="checkbox"/> Y			<input type="checkbox"/> Y <input type="button" value="X"/>
3.000 C	Water		<input type="checkbox"/> 0	<input type="checkbox"/> Y			<input type="checkbox"/> Y <input type="button" value="X"/>
1.500 T	Butter		<input type="checkbox"/> 0	<input type="checkbox"/> Y	.25		<input type="checkbox"/> Y <input type="button" value="X"/>
	Sea Salt	to taste	<input type="checkbox"/> 0	<input type="checkbox"/> Y			<input type="checkbox"/> Y <input type="button" value="X"/>
0.750 pinch	Saffron		<input type="checkbox"/> 0	<input type="checkbox"/> Y			<input type="checkbox"/> Y <input type="button" value="X"/>
			<input type="checkbox"/>	<input type="checkbox"/> Y			<input type="checkbox"/> Y <input type="button" value="X"/>
				<input type="checkbox"/> Y			<input type="checkbox"/> Y
				<input type="checkbox"/> Y			<input type="checkbox"/> Y
				<input type="checkbox"/> Y			<input type="checkbox"/> Y
				<input type="checkbox"/> Y			<input type="checkbox"/> Y
				<input type="checkbox"/> Y			<input type="checkbox"/> Y

### Instructions

Pour rice into a strainer and rinse with cold running water.  
 Repeat 2 - 3 times until water runs clear.  
 In a large pot, combine rice with 4 c water, butter and salt. Bring pot to a boil over high heat.  
 Add saffron threads, Allow water to continue to boil until it has been absorbed by the rice and you no longer see water over the top of the rice (abt 5 min). Turn heat to low and cover rice. Cook 15 - 20 mins.  
 Check consistency - should be slightly al dente. Use a fork to fluff.

### Basmati Rice with Saffron




### Timing


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## Good Companions

Menu Date 1 AM	<input type="checkbox"/>	Y	
Menu Date 1 Minus 1	<input type="checkbox"/>	Y	
Menu Date 1 Minus 3	<input type="checkbox"/>	Y	

## Alternative Meal

Last Mod 3/13/2023

### Dates Served


### Sauces Required

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### Tools


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## Tamarind Chutney

Sauces/Salad Dressing

Title: Tamarind Chutney 1494 Date: 10/6/2022  
 Menu Cat: Sauces/Salad 700 FC V, D, Ve, M L/M/H On Sample Menu N  
 Servings: 6 6 to 8 servings, I think DF GF SV Make It!  
 Prep Time: \_\_\_\_\_ Servings Desired: \_\_\_\_\_ Charter Level: \_\_\_\_\_  
 Cook Time: \_\_\_\_\_ Season 1 Menu Date 1: \_\_\_\_\_  
 Made Already? \_\_\_\_\_ Stars \_\_\_\_\_ Make Parts Ahead?  Y Pass?  Y  
 Charter Concerns: \_\_\_\_\_ Charter Name 1: \_\_\_\_\_  
 Incl in Do Aheads?  ESOC?  On Menu as of: \_\_\_\_\_ Reg Item  Y Bkr Menu  Y PP Recipe PP Orig Qty Alt?  Y  
 Charter Name 2: \_\_\_\_\_

Quantity	Ingredient		Reg Item	Bkr Menu	PP Recipe	PP Orig Qty	Alt?
.33 C	Tamarind Preserves		<input type="checkbox"/>	0	<input type="checkbox"/>	Y	<input type="checkbox"/> X
					Tamari	<input type="checkbox"/> + <input type="checkbox"/> i	
.25 t	Kashmiri Chili Powder		<input type="checkbox"/>	0	<input type="checkbox"/>	Y	<input type="checkbox"/> X
					Kashm	<input type="checkbox"/> + <input type="checkbox"/> i	
.25 t	Cumin		<input type="checkbox"/>	0	<input type="checkbox"/>	Y	<input type="checkbox"/> X
					Cumint	<input type="checkbox"/> + <input type="checkbox"/> i	
.25 t	• Coriander	dried	<input type="checkbox"/>	0	<input type="checkbox"/>	Y	<input type="checkbox"/> X
					Corian	<input type="checkbox"/> + <input type="checkbox"/> i	
.25 t	• Salt		<input type="checkbox"/>	0	<input type="checkbox"/>	Y	<input type="checkbox"/> X
					Saltt	<input type="checkbox"/> + <input type="checkbox"/> i	
2 T	• Water	more or less, to get to desired consistency	<input type="checkbox"/>	0	<input type="checkbox"/>	Y	<input type="checkbox"/> X
					Water	<input type="checkbox"/> + <input type="checkbox"/> i	
.5 t	Jaggery Powder	might have used a whole teaspoon, this stuff is really good!	<input type="checkbox"/>	0	<input type="checkbox"/>	Y	<input type="checkbox"/> X
					Jagger	<input type="checkbox"/> + <input type="checkbox"/> i	
			<input type="checkbox"/>			<input type="checkbox"/> Y	<input type="checkbox"/> X
						<input type="checkbox"/> Y	
						<input type="checkbox"/> Y	
						<input type="checkbox"/> Y	

### Instructions

Just mix all together in a bowl and serve as a condiment

### Tamarind Chutney

### Timing







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## Notes

Made this on the passage from Warwick, RI to BDA with Chicken Tikka Masala, Naan, Cilantro Mint Chutney and Dave's Raita

[someindiangirl.com](http://someindiangirl.com)

## Scratchpad

## Image of Menu Item

Do Aheads Task	Order/ #D Ahead	Comments /Incl in DA List
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## Good Companions

Menu Date 1 AM	<input type="checkbox"/>	Y	
Menu Date 1 Minus 1	<input type="checkbox"/>	Y	
Menu Date 1 Minus 3	<input type="checkbox"/>	Y	

## Alternative Meal

Last Mod 1/6/2023

### Dates Served


### Sauces Required

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### Tools
