HOW TO COOK CHICKEN

Butter Chicken and Rice

Prep 20 min | Cook 40 min | Total 60 min | Serves 4



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs, cubed
- 2 tbsp (28 g) butter
- 1 onion (150 g), finely diced
- 3 garlic cloves, minced
- 1 tbsp (6 g) grated ginger
- 2 tsp garam masala
- 1 tsp ground cumin
- 1/2 tsp paprika
- 1/2 tsp fine salt
- 1 can (400 g) crushed tomatoes
- 1/2 cup (120 ml) water
- 1/2 cup (120 ml) heavy cream
- 1 cup (190 g) dry basmati rice
- 1 1/2 cups (360 ml) water for rice

WHY THIS RECIPE WORKS

A gentle simmer lets the chicken absorb the garam masala tomato sauce. A final stir of cream and butter creates a smooth curry, while basmati rice makes a simple base.

COOKING NOTES

Use fully thawed chicken. Ingredient amounts serve four. Keep raw chicken separate from ready-to-eat ingredients.

SERVING SUGGESTION

Serve four portions with rice and vegetables.

DONENESS CHECK

Check the thickest center of each chicken portion with a food thermometer: it must reach 165°F (74°C). Keep the probe away from bone. Cooking time and color alone cannot confirm safety.

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METHOD

1. Melt half the butter in a deep skillet over medium heat. Soften onion for 6-8 minutes.

2. Stir in garlic, ginger, garam masala, cumin and paprika for 30 seconds. Add tomatoes, water and salt; simmer 10 minutes.

3. Add chicken cubes and simmer gently, partially covered, 12-18 minutes, stirring occasionally, until the thickest pieces reach 165°F (74°C).

4. Lower the heat. Stir in cream and remaining butter; warm gently for 2 minutes without boiling hard.

5. Taste the sauce, loosen with a splash of water if needed, and serve hot.

6. In a separate saucepan, bring rinsed rice and its water to a boil. Cover and simmer on low about 12-15 minutes; rest covered 10 minutes. Serve the curry over rice.

TIPS & VARIATION

- Keep the cream below a vigorous boil to maintain a smooth sauce.

- Measure ingredients before starting.

- Use a food thermometer.

- Variation: For a dairy-free variation, replace cream with coconut cream and butter with neutral oil.

STORAGE, FREEZING & REHEATING

Refrigerate: Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Store at 40°F (4°C) or below and use within 3-4 days. Keep fresh vegetables and garnishes separate.

Freeze: Freeze cooked chicken separately from fresh garnishes in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Thaw overnight in the refrigerator. The cooked vegetables or quinoa may soften after thawing.

Reheat: Reheat covered in a skillet over medium-low heat with 1-2 tbsp water until the chicken reaches 165°F (74°C). Stir sauces to eliminate cold spots.