Tofu Butter Chicken

A meat-free butter-chicken-style curry with browned tofu in a tomato-cream sauce.

Prep 20 min | Cook 35 min | Additional 20 min | Total 75 min | Serves 4

Ingredients

- 2 blocks (14 oz / 400 g each) firm tofu, drained
- 2 tbsp (28 g) unsalted butter, divided
- 1 tbsp (15 ml) neutral oil
- 1 medium onion (150 g), finely chopped
- 4 garlic cloves (12 g), minced
- 1 tbsp (15 g) grated ginger
- 2 tsp (4 g) garam masala
- 1 tsp (2 g) ground cumin
- 1 tsp (2 g) mild paprika
- 1/4 tsp (0.5 g) turmeric
- 1/2 tsp (3 g) salt
- 1 1/2 cups (360 ml) tomato passata
- 1/2 cup (120 ml) water
- 1/2 cup (120 ml) heavy cream

Method

1. Press tofu between clean towels under a light weight for 20 minutes, then cut into 1-inch cubes. Heat oil in a nonstick skillet and brown tofu on several sides for 8-10 minutes; set aside.

2. Reduce heat to medium. Add half the butter and onion; soften for 6 minutes. Stir in garlic and ginger for 1 minute, then garam masala, cumin, paprika and turmeric for 30 seconds.

3. Add passata, water and salt to the aromatics. Simmer 8 minutes, then fold in tofu and simmer 5 minutes until thoroughly hot.

4. Turn heat to low. Stir in cream and remaining butter; warm 2 minutes without boiling hard. Add a spoonful of water if too thick.

Serving

Serve four portions with separately cooked basmati rice or warm flatbread and cucumber salad.

Cook’s notes

Measure and prepare ingredients before heating the pan. Check several pieces for even cooking; adjust heat to avoid scorching.

Storage, freezing & reheating

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Freeze airtight portions for up to 2 months for best quality. Thaw in the refrigerator. Dairy sauces may separate slightly. Reheat leftovers to 165°F (74°C), adding a splash of water to prevent drying. Stir sauced dishes frequently over gentle heat.

Tofu should be hot throughout and the sauce gently simmering before adding cream.