

# Chicken Tikka with Trini Curry

## Ingredients:

2 tablespoons Trini Curry Spice divided  
2 pounds boneless skinless chicken breasts cut into 1-inch cubes

## Sofrito:

1 2½ inch piece ginger peeled  
4 cloves garlic  
½ medium yellow onion roughly chopped  
1 carrot peeled and grated on a box grater  
1 small fennel bulb, fonds reserved, stalk removed and bulb roughly chopped  
¼ cup cilantro, stems chopped, leaves reserved  
1 tablespoon tomato paste  
2 tablespoons vegetable oil  
2 tablespoons unsalted butter  
1 28-ounce can crushed tomatoes  
1 10-ounce package frozen peas, thawed  
½ cup plain full-fat yogurt or low-fat yogurt  
1 tablespoon lemon juice

**Garnish:** toasted slivered almonds

## Directions:

Place the chicken in a bowl and toss with 1 tablespoon of Trini and hold to the side.



In a food processor, pulse ginger, garlic, onion, carrot, fennel, cilantro stems, 1 tablespoon Trini curry and tomato paste until finely chopped.

Heat oil over high in a large nonstick skillet (12" is best).

Add the chicken and cook, tossing occasionally, until lightly browned and almost cooked through, about 5 minutes.

Transfer the chicken, using a slotted spoon, to a bowl on the side.

In the same skillet over medium-high heat add the butter and Sofrito mixture and cook until browned and onions are caramelized, constantly stirring (15-20 minutes)

Add the tomatoes and bring to a simmer, then add the chicken.

Remove the pan from the heat and stir in the yogurt, lemon juice, peas and cilantro.

Serve topped with toasted almonds over Jasmine (or your favorite) rice.



### *Chef Jim's Notes*

*This is one of my favorite curries. It utilizes the classic Sofrito method as a way to build flavor. The type of yogurt here is key. Use a full fat yogurt not Greek. The fat is important to balance out the acid in the tomatoes.*

Recipe By Chef Jim @ [www.kitchencreole.com](http://www.kitchencreole.com)  
[www.facebook.com/KitchenCreoleHerbandSpices](http://www.facebook.com/KitchenCreoleHerbandSpices)

Chef at Shipwrecklanding Restaurant Coral Bay St. John USVI