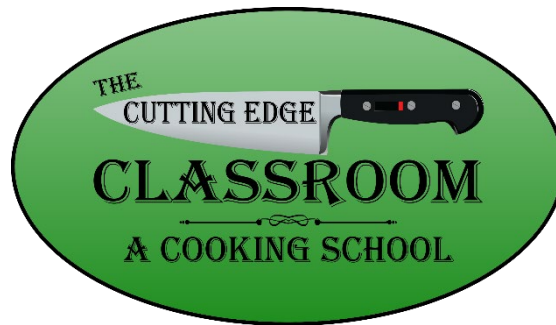


Class Date and Time: 8/18/2021
Contact Person/Company: AARP
Contact Phone Number: 865-237-5681
Contact Email: tmatthews@aarp.org



Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

The Menu

Chicken Tikka Masala

Hand Made Naan

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Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- ✓ 1 lb boneless skinless chicken breast cubed

Produce

- ✓ ½ onion chopped
- ✓ ½ tb ginger grated
- ✓ 5 clove garlic grated or minced
- ✓ 1 ½ tb cilantro

Dairy

- ✓ 4 oz plain yogurt
- ✓ ¼ cup milk
- ✓ ¼ cup salted butter

Pantry Items

- ✓ 1 tb honey
- ✓ ¼ tbsp garam masala
- ✓ ½ tsp coriander
- ✓ Salt
- ✓ ¾ tb veg oil
- ✓ ½ tb cumin
- ✓ ½ tsp fenugreek
- ✓ ¼ tsp baking powder
- ✓ 1 ¾ cup flour
- ✓ 1 ¼ tsp active dry yeast

Dry/Canned Goods

- ✓ 1 tb tomato paste
- ✓ 7 oz tomato sauce or puree

Other:

- ✓ 2 Cups cooked basmati rice

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Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ✓ Knife and cutting board

Hand Tools/Gadgets

- ✓ Tongs
- ✓ Spatula
- ✓ Measuring cups and spoons

Cookware

- ✓ Cast iron pan or heavy skillet
- ✓ Large sauce pan
- ✓ Small sauce pan with lid or rice cooker
- ✓ Mixing bowls

Appliances

- ✓ Mixer if available with paddle and dough hook

Bakeware

- ✓

Other

- ✓

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Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along
- It is helpful to organize the ingredients by recipe on rimmed baking sheets if possible
- Please pre-measure ingredients
- We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor

Notes:

- At the end of this class you will have: Tikka Masala for 3 and 6-8 pieces naan
- Storing or freezing: Store refrigerated for up to 7 days

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Chicken Tikka Masala

Chicken tikka masala is a popular Indian dish that is so full of flavor and so easy to make. Tender chicken is marinated in spices and yogurt, then cooked in a tomato sauce with spices for a classic Indian flavor.

Servings 3

Ingredients:

- 1 pound boneless skinless chicken breasts cut into large cubes
- 2 1/2 ounces (2/3 cup) plain yogurt
- 1/4 tablespoon garam masala
- 1/2 teaspoon coriander
- 1/2 teaspoon salt divided
- 3/4 tablespoons vegetable oil
- 1/2 large onion cut into large pieces
- 1/2 tablespoon fresh ginger grated
- 2 cloves garlic grated
- 1/2 tablespoon cumin
- 1/2 teaspoon ground fenugreek
- 1/8 teaspoon salt
- 1 tablespoon tomato paste
- 7 oz tomato sauce (pureed canned tomatoes)
- 1/4 cup milk
- 1 1/2 tablespoon fresh cilantro optional, chopped

Instructions:

- To a large bowl add the yogurt, garam masala, coriander and 1/4 teaspoon salt, mix well.
- Mix in the raw chicken pieces to the yogurt, cover and refrigerate for 2 hours.
- After 2 hours remove from the refrigerator.
- To a large saucepan add the vegetable oil over medium heat.
- Add the onions and cook until softened, about 5 minutes.
- Add the grated ginger, garlic, cumin, fenugreek and 1/4 teaspoon salt.
- Stir the spices into the onions until well mixed and cook for 1 minute, stirring often.
- Stir in the tomato paste and cook for a few seconds while stirring.
- Add the chicken and yogurt that has been marinating, stir.
- Add the milk and tomato sauce, mix well.
- Simmer on low heat uncovered until sauce thickens and the chicken is cooked and tender, about 15 minutes. Check for salt and add more if needed.
- Serve over basmati rice and garnish with cilantro with a side of naan bread.

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HOMEMADE NAAN

Prep time: 15 MINUTES cook time: 75 MINUTES total time: 1 HOUR 30 MINS

Yield: 4 SERVINGS

INGREDIENTS

NAAN INGREDIENTS:

- 1/2 cup warm water (about 110°F)
- 1 tablespoon honey
- 1/2 package active dry yeast (about 1 1/4 teaspoons)
- 1 3/4 cups all-purpose flour
- 1 oz plain yogurt
- 1 teaspoon fine sea salt
- 1/4 teaspoon baking powder
- 1 egg

(OPTIONAL) GARLIC BUTTER INGREDIENTS:

- 1/4 cup salted butter
- 3 cloves garlic, peeled and minced
- finely- chopped fresh cilantro or parsley
- (optional) flaky sea salt

INSTRUCTIONS

1. Activate the yeast: Briefly stir together the warm water and honey in the bowl of a stand mixer.
2. Sprinkle the yeast on top of the water and give it a quick stir, then let the mixture rest for 5-10 minutes until the yeast is foamy.
3. Mix the dough: Add the flour, yogurt, salt, baking powder, and egg. Using the dough attachment, mix the dough on medium-low speed for 2-3 minutes until smooth. (The dough will still be slightly sticky, but should form into a ball that pulls away from the sides of the mixing bowl. If it's too sticky, add a bit more flour.)
4. Note: Can be mixed by hand with a wooden spoon.
5. Let the dough rise. Remove dough from the mixing bowl and use your hands to shape it into a ball. Grease the mixing bowl (or a separate bowl) lightly with cooking spray, then place the dough ball back in the bowl and cover it with a damp towel. Place the bowl in a warm location (I set mine by a sunny window) and let it rise for 1 hour until the dough has nearly doubled in size.
6. (Optional) Make the garlic butter: During the last 10 minutes of the dough's rise time, heat the butter in a small sauté pan over medium heat until melted. Add the garlic and cook for 1-2 minutes until fragrant. Remove the pan from heat and stir in some chopped herbs, if desired. (You can also strain out the garlic chunks if you prefer the garlic butter to be completely smooth.)
7. Roll out the dough. Once the dough is ready to go, transfer it to a floured work surface and shape it into an even(ish) circle.
8. Cut the dough into 8 equally-sized wedges and roll each wedge into a ball with your hands. Then use a rolling pin to roll out the dough ball until it forms an oval about 1/4-inch thick. (I recommend multi-tasking this process — rolling out the next dough ball while you cook one on the stove.)

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9. Cook the dough. Heat a large cast-iron skillet or non-stick sauté pan over medium-high heat until it is nice and hot. Add a piece of the rolled-out dough to the pan and cook for 1 minute, or until the top of the dough begins to bubble and the bottom turns lightly golden. Flip the dough and cook on the second side for 30-60 seconds, or until the bottom is golden as well, then transfer the dough to a clean plate. (If you are making garlic naan, brush one or both side(s) of the dough with the garlic butter once the naan has cooked.) Sprinkle the naan with a pinch of flaky sea salt, if desired. Then lightly cover the naan with a clean towel so that it stays warm. Repeat with remaining dough until all of the naan pieces are cooked, adjusting the heat of the pan if needed to keep it hot (but not overly-hot so that it burns the bread).
10. Serve warm and enjoy!

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