

## CHEF'S RECIPE OF THE WEEK

# Chicken Tikka Masala

## Poultry Recipe Suggestion

Serves: 4

### Ingredients

1 cup yogurt  
1 tablespoon lemon juice  
2 teaspoons ground cumin  
1 teaspoon ground cinnamon  
2 teaspoons cayenne pepper  
2 teaspoons freshly ground black pepper  
1 tablespoon minced fresh ginger  
4 teaspoons salt, or to taste  
3 boneless skinless chicken breasts, cut into bite-size pieces  
4 long skewers

1 tablespoon butter  
1 clove garlic, minced  
1 jalapeno pepper, finely chopped  
2 teaspoons ground cumin  
2 teaspoons paprika  
3 teaspoons salt, or to taste  
8 ounce tomato sauce  
1 cup heavy cream  
1/4 cup chopped fresh cilantro

### Directions:

In a large bowl, combine yogurt, lemon juice, 2 teaspoons cumin, cinnamon, cayenne, black pepper, ginger, and 4 teaspoons salt. Stir in chicken, cover, and refrigerate for 1 hour.

Preheat a grill for high heat.

Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill until juices run clear, about 5 minutes on each side.

Melt butter in a large heavy skillet over medium heat. Sauté garlic and jalapeno for 1 minute. Season with 2 teaspoons cumin, paprika, and 3 teaspoons salt. Stir in tomato sauce and cream. Simmer on low heat until sauce thickens, about 20 minutes. Add grilled chicken, and simmer for 10 minutes. Transfer to a serving platter, and garnish with fresh cilantro.



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Sysco San Francisco

# Chef's Recipe of the Week

Sysco San Francisco Inc  
510 226-3000

## Chicken Tikka Masala

Serves - 4 for \$27.80

	Plate/Serving	Total	%
Price:	\$6.95	\$27.80	
Cost:	\$1.45	\$5.80	20.87
Profit:	\$5.50	\$22.00	79.13

SUPC	S	Description	Brand	Seq	Qty	Type	Unit Cost
5003157		YOGURT PLAIN NON FAT	BERKFRM	1	1.00	CP	\$0.06
4063095	S	JUICE LEMON PSTRZD ULTRA PREM	SYS NAT	2	1.00	TB	\$0.00
5913439	S	SPICE CUMIN GRND	IMP/MCC	3	4.00	TS	\$0.01
5229406	S	SPICE PEPPER CAYENNE GRND	IMP/MCC	4	2.00	TS	\$0.01
5935689	S	SPICE PEPPER BLACK TABLE GRND	AREZZIO	5	2.00	TS	\$0.01
1158211		GINGER FRESH	PACKER	6	1.00	TB	\$0.03
6631485		*CHICKEN BRST IFZ BLSLWHL ZIP	SYS CLS	7	3.00	EA	\$1.64
7485170		BUTTER SOLID USDA AA UNSLTD	WHLFARM	8	1.00	TB	\$0.51
1821537	S	GARLIC PEELED FRESH JAR	SYS NAT	9	0.10	EA	\$0.21
1185156		PEPPER JALAPENO FRESH	SYS IMP	10	1.00	EA	\$0.26
5229224	S	SPICE PAPRIKA HUNGARIAN GROUND	IMP/MCC	11	2.00	TS	\$0.01
4030284		SAUCE TOMATO FCY CAL	SYS IMP	12	1.00	CP	\$0.04
4828802		*CREAM HEAVY WHIPPING 36% ESL	WHLFARM	13	1.00	CP	\$0.10
2112068		CILANTRO FRESH ICELESS	PACKER	14	1.00	EA	\$0.18