

Butter Chicken (Sous Vide)

November 29th, 2021

This recipe serves: 4

Prep Time: 00:15

Cook Time: 02:00

This is an easy Chicken recipe, designed for the Sous Vide. You can prepare beforehand and freeze in a vacuum-sealed bag up to 6 months. Just drop the bag in your Sous Vide pot and walk away. Your main course will be ready to eat a few hours later.

Ingredients:

4 Chicken Breasts, boneless and skinless

1/4 Teaspoon Table Salt

1/2 Teaspoon Fenugreek

1/2 Teaspoon Cardamom seeds

1 Clove

1 Cinnamon Stick

1/2 Teaspoon Garam Masala powder

2 Ounces Butter

6 Ounces Yogurt

2 Garlic cloves, minced

1 Bay Leaf

1/2 Onion, thinly sliced

1 Tablespoon Cilantro, chopped.

Directions:

Salt the Chicken Breasts.

In a medium pan, add the Fenugreek, Cardamom, Clove, Cinnamon, and Garam Masala powder.

Heat the pan until the spices become fragrant.

Remove from heat and cool.

Heat the Butter in the microwave for 15 seconds.

In a small bowl, mix the Yogurt and Garlic.

Place the Chicken into a Sous Vide bag, in a single layer.

Mix the Spices into the bag, coating the Chicken well.

Add the Butter, again coating the Chicken.

Add the Yogurt, Bay Leaf, and Onion slices, and Cilantro to the bag.

Vacuum out all the air and seal the bag.

Refrigerate up to 1 week.

Freeze up to 6 months.

Sous Vide at 143° F for 1.25 hours (1.5 hours if frozen).

Remove the bag from the Sous Vide.

Serve each Chicken Breast with Basmati Rice, and a vegetable medley.