

TIKKA MASALA SAUCE



Rosie's Preserving School
PRESERVING PRESERVING

EQUIPMENT LIST

- chopping board
- knife
- ladle
- wide mouth funnel
- small dish
- cloth
- head space gauge
- your chosen jars and seals

Increase ingredients if you want to make bigger jars or more of them! The recipe should make around 7 x 500ml jars

Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!

Rosie

INGREDIENTS

<input checked="" type="checkbox"/> coconut oil	4 tablespoons	
<input checked="" type="checkbox"/> onion, finely chopped	2	
<input checked="" type="checkbox"/> fresh ginger, minced	4 tablespoons	
<input checked="" type="checkbox"/> fresh garlic, minced	10 cloves	
<input checked="" type="checkbox"/> ground cumin	4 teaspoons	
<input checked="" type="checkbox"/> ground turmeric	4 teaspoons	
<input checked="" type="checkbox"/> ground coriander	4 teaspoons	
<input type="checkbox"/> paprika	4 teaspoons	
<input checked="" type="checkbox"/> chilli powder	4 teaspoons	
<input checked="" type="checkbox"/> garam masala	4 teaspoons	
<input checked="" type="checkbox"/> tomato puree	2 teaspoons	
<input checked="" type="checkbox"/> tomato sauce/passata	1600g	2.5 pints
<input checked="" type="checkbox"/> water	600ml	20floz
<input checked="" type="checkbox"/> salt	2 tablespoons	

Marinade for chicken: 125g plain yoghurt, 2 tablespoons lemon juice, 6 cloves minced garlic, 1 tablespoons minced ginger, 2 teaspoons salt, 2 tsp ground cumin, 2 tsp garam masala, 2 tsp paprika

Combine all ingredients, add chicken, refrigerate overnight before oven baking to serve with the sauce, rice and naan bread

METHOD

BEFORE THE WORKSHOP

Get your jars warmed, lids and seals organised
Canner prepped with water, heat turned on under the canner.

WORKSHOP

If possible process the onions, ginger and garlic in a blender to achieve a smooth paste

Heat the oil in a large stock pot or pan over a medium heat. Add the paste and cook for a few minutes but don't let it brown

Mix the spices in a small bowl and add to the pan. Cook for around 30 seconds

Add the tomato puree, tomato sauce and the water

Bring to the boil and cook for around 5 minutes

Fill your prepared jars allowing 3cms/1 inch headspace. Debubble and then wipe the rims with vinegar on a paper towel.

Add the seals and screw lids/rings.

Add to the canner, add 2 tablespoons vinegar to the water in the canner, then close the lid. Process at 30 mins 10psi for 500ml jars, 45 mins 10 psi for 750ml upwards

To serve: reheat adding some double cream. Serve with *marinated chicken baked in the oven until browned and crispy, plain rice and naan bread

* see previous page