

Butter Chicken

I was inspired to create this recipe to mimic a saffron chicken dish from my favorite Iranian Restaurant. My family named this recipe Butter Chicken because it melts in your mouth! There is actually a very small amount of butter that is used in the chicken baste while the remaining ingredients are healthy. For a complete meal, serve with Yogurt Sauce and Yellow Basmati Rice.

Ingredients

Marinade

1 large White Onion, finely chopped
1 ½ cups good quality Whole Plain Yogurt
¼ cup Extra Virgin Olive Oil + additional
1 teaspoon Saffron threads dissolved in ¼ cup hot water
Juice of 2 large Limes (about ¼ cup)
1 ½ teaspoons Salt + additional
1 teaspoon Black Pepper + additional
6-8 Skinless Boneless Chicken Breasts cut into thick 2x2 inch squares

4 large Tomatoes
2 large White Onions, halved

Baste

Juice of 2 large Limes (about ¼ cup)
2 tablespoons Unsalted Butter
1 teaspoon Saffron threads dissolved in ¼ cup hot water
½ teaspoon Salt
¼ teaspoon Black Pepper

Yogurt Sauce – see recipe (optional)
Yellow Basmati Rice – see recipe (optional)

Garnish

Fresh Basil (optional)

Preparation

Dissolve saffron in hot water for marinade and set aside until water is a dark yellow color. Mix onions, yogurt, olive oil, lime juice, salt, pepper, strained saffron water and chicken in a large mixing bowl and refrigerate. Marinate for at least 1 hour or up to two days. When ready to grill place chicken pieces on skewers packing closely together leaving room to handle at the ends. Set aside.

Brush tomatoes and onions with olive oil and sprinkle with salt and pepper, set aside.

Dissolve saffron in hot water for baste and set aside until water is a dark yellow color, strain when ready for use. In a small saucepan melt the butter on medium heat, add the rest of the baste ingredients (including strained saffron water) and mix well. Keep the mixture warm until ready to use.

Heat barbeque grill and set to medium heat. Spray with non-stick spray to prevent sticking. Grill chicken skewers, tomatoes and onions (keep the vegetables separate from the chicken) and turn often. Once the chicken is almost cooked thru baste with baste mixture and repeat as you turn until chicken is completely cooked thru about 15 minutes total. Meanwhile grill the tomatoes and onions until slightly tender. Serve with Yogurt Sauce and Yellow Basmati Rice/and or Pita Bread. Garnish with Fresh Basil.

*Chicken can be marinated for up to 2 days. For best result marinate for at least one day.