

Objective

By the end of this lesson, Nadia will learn about the cultural significance, ingredients, and cooking process of Chicken Tikka Masala. She will also gain hands-on experience in preparing this delicious dish, enhancing her culinary skills and knowledge of Indian cuisine.

Materials and Prep

- Chicken breasts (boneless and skinless)
- Yogurt
- Spices (cumin, coriander, turmeric, garam masala, chili powder)
- Tomato sauce or diced tomatoes
- Cream or coconut milk
- Onion
- Garlic and ginger
- Rice or naan bread (for serving)
- Cooking oil (vegetable or ghee)
- Salt
- Cutting board and knife
- Mixing bowls
- Cooking pot or skillet
- Measuring spoons and cups

Before starting, ensure that all ingredients are prepared and ready to use. Familiarize yourself with basic cooking techniques such as marinating, sautéing, and simmering.

Activities

- **Ingredient Exploration:**

Nadia will learn about each ingredient used in Chicken Tikka Masala, including their flavors and health benefits. She can create a chart or poster illustrating each ingredient and its role in the dish.

- **Cooking Demonstration:**

Guide Nadia through the cooking process step-by-step. She will marinate the chicken, prepare the sauce, and combine everything in a fun and engaging way. Encourage her to ask questions and share her thoughts during the cooking.

- **Taste Test and Feedback:**

Once the dish is complete, Nadia will have a taste test. She can describe the flavors and textures, and provide feedback on what she enjoyed and what she might change next time.

- **Cultural Discussion:**

Discuss the origins of Chicken Tikka Masala and its popularity in Indian cuisine and around the world. Nadia can research and present interesting facts about Indian culture, food customs, and how this dish is enjoyed in different regions.

Talking Points

- "Chicken Tikka Masala is a dish that combines marinated chicken with a rich and creamy

tomato sauce. It originated in India but has become popular worldwide."

- "The marination process is important because it helps to tenderize the chicken and infuse it with flavor. Yogurt acts as a tenderizer due to its acidity."
- "Spices like cumin, coriander, and garam masala are essential in creating the authentic taste of Chicken Tikka Masala. Each spice has its own unique flavor profile."
- "In India, food is often a reflection of culture and community. Chicken Tikka Masala is commonly enjoyed during family gatherings and celebrations."
- "Cooking is not just about following a recipe; it's about experimenting and making the dish your own. Feel free to adjust the spices according to your taste!"