



**MARVELOUS MASALA.** Pictured is a serving of Chicken Tikka Masala. The recipe appears in *Cooking at Home with Bridget and Julia*. (Daniel J. van Ackere/America's Test Kitchen via AP)

## A simple chicken tikka masala that's neither mushy nor dry

By America's Test Kitchen

Chicken tikka masala is arguably the single most popular Indian restaurant dish in the world. Turns out, it's not an authentic Indian dish—it was invented in a London curry house. Without historical roots, there is no definitive recipe. The variations we found

had mushy or dry chicken and sauces that were unbearably rich and/or overspiced. We wanted an approachable method for producing moist, tender chunks of chicken in a rich, lightly spiced tomato sauce. For more recipes, cooking tips, and ingredient and product reviews, visit <[www.americastestkitchen.com](http://www.americastestkitchen.com)>.

### Chicken Tikka Masala

Servings: 4-6

Start to finish: 30 minutes

6 tablespoons vegetable oil  
1 onion, chopped fine  
1 tablespoon garam masala  
1 tablespoon grated fresh ginger  
2 garlic cloves, minced  
1 (28-ounce) can crushed tomatoes  
2/3 cup heavy cream  
1 cup plain Greek yogurt  
Salt  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1/2 teaspoon cayenne pepper  
2 pounds boneless, skinless chicken breasts, trimmed  
1/4 cup minced fresh cilantro

Combine oil and onion in Dutch oven and cook over medium-high heat until softened, about five minutes. Stir in garam masala, ginger, and garlic and cook until fragrant, about 30 seconds. Stir in tomatoes, cover, and simmer gently, stirring occasionally, until flavors meld, about 15 minutes. Stir in cream, cover, and keep warm.

Meanwhile, adjust oven rack six inches from broiler element and heat broiler. Line broiler-pan bottom with aluminum foil and lay slotted broiler pan on top. Combine yogurt, one teaspoon salt, cumin, coriander, and cayenne in medium bowl. Pound thicker ends of breasts as needed, then pat dry with paper towels.

Using tongs, dip chicken into yogurt mixture (chicken should be coated with thick layer of yogurt) and arrange on prepared broiler-pan top. Discard excess yogurt mixture. Broil chicken until lightly charred in spots and chicken registers 160° Fahrenheit, 10 to 18 minutes, flipping halfway through cooking.

Transfer chicken to cutting board, let rest for five minutes, then cut into one-inch chunks. Stir chicken into warm sauce and allow to heat through, about two minutes. Stir in cilantro and season with salt to taste. Serve.

Nutrition information per serving: 456 calories (236 calories from fat); 26 g fat (8 g saturated, 1 g trans fats); 149 mg cholesterol; 533 mg sodium; 15 g carbohydrate; 3 g fiber; 9 g sugar; 40 g protein.

## Cooking on deadline: Watermelon Strawberry Smoothie

By Katie Workman  
The Associated Press

**H**oly mother of summer, it's gotten **HOT**. My dog is sleeping in our shower because the tiles are cool. I'm testing recipes in the morning because I don't want my oven cranking all afternoon. And (this is how I know it's really hot), I may be coming close to drinking my daily recommended amount of water.

But water can get a little boring.

All this by way of saying, if you have a blender, get it out. Buy frozen berries and other frozen fruit, or freeze the fresh stuff yourself. Cut watermelon into chunks and stash those in the freezer. Have some honey or agave or simple syrup on hand. Blend it all up, maybe with some crushed ice, or juice, or even some sort of milk or nut milk or yogurt for those who are into the creamier thing. Drink. Rinse and repeat.

After 5:00pm, you may also add liquor to the grownups' glasses. After 4:00pm if it's a Sunday. After 3:00pm if it's above 90°



**SUMMER SMOOTHIE.** A Watermelon Strawberry Smoothie will help beat the heat this summer. (Cheyenne Cohen via AP)

Fahrenheit outside and it's a Sunday.

Katie Workman has written two cookbooks focused on easy, family-friendly cooking, *Dinner Solved!* and *The Mom 100 Cookbook*.

### Watermelon Strawberry Smoothie

Servings: 2

Start to finish: 5 minutes

2 cups frozen watermelon chunks  
1 cup frozen strawberries  
1/2 cup crushed ice  
1 1/2 cups orange juice, preferably fresh  
1 teaspoon lemon juice  
1 tablespoon agave or honey, or to taste

Remove the watermelon and berries from the freezer and allow to sit at room temperature for 10 minutes to soften just slightly.

Place all the ingredients in a blender. Process until blended and thick. Serve in glasses with straws.

Nutrition information per serving: 193 calories (6 calories from fat); 1 g fat (0 g saturated, 0 g trans fats); 0 mg cholesterol; 6 mg sodium; 47 g carbohydrate; 3 g fiber; 36 g sugar; 3 g protein.

## Photographer captures the people and sights of Portland's Chinatown

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still alive, though in a more precarious position than it has ever been.

In the statement accompanying his photo titled "Chinatown Organizations Remain," Wong writes about Portland's six Chinese traditional associations, organizations that provide essential services to the community. He quoted the president of the Soo Yuen Association, Richard Kwong: "We are trying to keep the traditions of Chinatown. We're going to stick with Chinatown even though other people have left."

"Made in Chinatown U.S.A.: Portland" is on view through September 2 at the Portland Chinatown Museum, located at 127 N.W. Third Avenue in Portland. To learn more, call (503) 224-0008, e-mail <[info@portlandchinatown.org](mailto:info@portlandchinatown.org)>, or visit <[www.portlandchinatownmuseum.org](http://www.portlandchinatownmuseum.org)>. To make a donation to support the museum, write to P.O. Box 2925, Portland, OR 97208.

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## Indonesia's Aceh carries out public canings despite pledge

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rights activists denounced the punishment as "medieval torture."

Aceh is the only province in Muslim-majority Indonesia that practices Shariah law, a concession made by the central government in 2001 as part of efforts to end a decades-long war for independence.

Hundreds of people have been publicly caned since the punishment was introduced in Aceh in 2005.

## Out of the shadows: Rohingya rape survivors' babies arrive

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Rohingya families willing to take in such children. The organizations have placed around 10 babies with new families, says Krissie Hayes, a child protection in emergencies specialist with UNICEF.

Sometimes, she says, an aid worker stops by the shelter to show her photos of her daughter.

"Even though I got this baby from the Buddhists, I love her," she says. "Because I carried her for nine months."

For her, giving the baby away was the right decision. It was the only decision.

But she aches for her still.

Is it too hot to leave your dog in the car today?

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[www.MyDogsCool.com](http://www.MyDogsCool.com)

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