

# International Cooking

## Indian Flavors Arrive In American Kitchens



**Chicken Tikka Masala is a classic Indian dish that boasts rich and aromatic spices including lemon and cilantro.**

(NAPSA)—Capturing the essence of Indian flavors doesn't require long lists of ingredients, tedious techniques and extended cooking times—it can be as simple as opening the kitchen cupboards.

With the explosion of accessible, easy-to-prepare international food products, people have the freedom to incorporate a variety of flavors from around the globe into their cooking. For years, Americans have looked to Mexico, Italy and Asia for culinary inspiration, and now all eyes are turning toward India.

As interest in Indian cuisine rises, Indian food products, such as curry pastes, chutneys and cooking sauces make it easy and accessible to add the aromatic spices and unique flavors of India into more basic items like chicken, shrimp and vegetables. For instance, combining chicken with Patak's Tikka Masala Cooking Sauce and simmering it for 30 minutes produces Chicken Tikka Masala, one of the most popular Indian dishes. With genuine flavors and on-the-label recipes that require little preparation time, Indian food products are perfect for busy people who want a great-tasting, innovative Indian meal without sacrificing a lot of time.

"Indian cuisine presents an array of new flavors that bring a sense of excitement to mealtime," said Meena Pathak, director of research and development for Patak's Foods U.S.A. "Experi-

menting with the cuisine doesn't need to be time consuming. An authentic meal can be on the table in 30 minutes or less."

A variety of Indian food products can be found in most major grocery stores or online at [www.worldfood.com](http://www.worldfood.com).

### **CHICKEN TIKKA MASALA**

*Serves 4*

*Prep Time: 10 minutes*

*Cooking Time: 30 minutes*

- 2 teaspoons vegetable oil**
- 1 medium onion, chopped**
- 1 lb. boneless, skinless chicken breast**
- 1 jar (15 oz.) Patak's Tikka Masala Cooking Sauce**
- 1 can (15 oz.) diced tomatoes**
- 2 Tbsp. half-and-half**

**1. In large skillet, heat oil. Add onion and sauté for 1 minute.**

**2. Stir in chicken and sauté until the meat is lightly browned.**

**3. Add Patak's Tikka Masala Sauce and diced tomatoes.**

**4. Bring mixture to a boil. Reduce heat and simmer for 20 minutes or until chicken is cooked through.**

**5. Stir in half-and-half just before serving. Serve with rice.**

*Variation: Modernize this classic dish by wrapping the chicken in tortillas or chapatti, Indian flat bread.*