

# Cooking Class Prep Packet

Everything you need to prepare for your virtual cooking event with  
The Table Less Traveled



## How to Prepare

1. Your recipe kit will be delivered to your home 1-3 days before class. Immediately open your kit and **refrigerate** any produce, dairy, and/or protein.
2. Gather your equipment and ingredients before class.
3. Prepare and measure out your ingredients as noted.
4. Join the Zoom link emailed to you and get cooking!

## Class Flow

- Welcome & Introductions by TTLT Host & Chef
- Ingredients Review & General Information
- Cooking & Conversation
- Closing Comments & Group Photo

## Transport Yourself to India

Enjoy some Indian music as you prepare for class!

## Tips to Maximize your Experience

- Keep video turned on and mic unmuted to interact with your group.
- Be an explorer! Ask your chef or host questions about the recipe or about the chef's culture out loud or via the chat box.
- Stay on Gallery Mode to see all of the guests and cook alongside them.
- Personalize your dish with optional seasonings or sides, either ones suggested on the next page or ones you think of yourself.
- Don't worry if your dish doesn't look exactly like the chef's.
- Roll up your sleeves, get your hands dirty, and have fun!



# Butter Chicken & Naan with Chef Neha

## Ingredients & Preparation

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### BEFORE CLASS

- Make sure you have your vegetables and chicken chopped

### BUTTER CHICKEN / MASALA PANEER

(3 - 4 servings)

- 2 tablespoons unsalted butter or ghee
- 2 cups diced tomatoes
- 1 cup diced onion
- 750 grams (1.6 lbs) boneless skinless chicken thighs
- 1/2 cup plain Greek yogurt
- 1 serrano pepper, seeds and veins removed and finely chopped
- 1/2 tablespoon grated fresh ginger
- 1/2 tablespoon grated fresh garlic
- 1/2 cup whole milk
- 3 tablespoons heavy cream
- 1 teaspoon [dried fenugreek leaves](#)
- 2 teaspoons [garam masala](#), divided
- 2 teaspoons ground coriander, divided
- 2 teaspoons smoked paprika, divided
- 2 teaspoons cayenne, divided
- 2 teaspoons turmeric, divided
- 2 teaspoons salt, divided
- 2 tablespoons vegetable or canola oil
- Optional: fresh chopped cilantro

### NAAN

(6 - 8 naans)

- 2 cups all-purpose flour
- 1 cup plain Greek yogurt
- 1/4 cup whole milk
- 4 tablespoons unsalted butter
- 1/4 teaspoon baking soda
- 2 teaspoons powdered sugar
- 1/2 teaspoon salt



Meet your chef!  
Chef Neha in  
Delhi,  
India

## Equipment You Need

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Commonly used kitchen tools may not be listed here such as bowls, cutlery, etc.

### For the Butter Chicken / Masala Paneer

- Cutting board & sharp knives
- 1 large mixing bowl
- 1 large deep pot with lid
- [Food processor](#)
- [Metal tongs](#)

### For the Naan

- 2 large mixing bowls
- 1 large frying pan
- [Metal tongs](#)
- [Rolling pin](#)
- Aluminum foil or a tea towel

## General Steps

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1. Cook the onions and tomatoes.
2. Prepare the naan dough. Let rest.
3. Prepare the butter chicken (or paneer).
4. Roll the naan and cook them.



# Butter Chicken & Naan Dietary Restrictions

Note: The prep packet on the previous page consists only of the authentic recipe and ingredients included in your kit to keep true to what our chefs have shared as their own and have made themselves.

Our chef has done their best to provide substitutions, results may vary. Substitutions for the original recipe are listed below.

## Ingredients

### BUTTER CHICKEN

(3 - 4 servings)

- 2 tablespoons unsalted butter or ghee
  - *Vegan option: Neutral-flavored oil like Sunflower, Canola, Vegetable, or Avocado oil*
- 2 cups diced tomatoes
- 1 cup diced onion
- 750 grams (1.6 lbs) boneless skinless chicken thighs
  - *Vegan option: tofu. Vegetarian option: paneer cheese*
- 1/2 cup plain Greek yogurt
  - *Vegan option: plain vegan Greek yogurt*
- 1 serrano pepper, seeds and veins removed and finely chopped
- 1/2 tablespoon grated fresh ginger
- 1/2 tablespoon grated fresh garlic
- 1/2 cup whole milk
  - *Vegan option: soy milk, coconut milk, etc.*
- 3 tablespoons heavy cream
  - *Vegan option: make a cashew nut paste - boil water and pour over 10-15 cashews. Soak for 30 minutes then blend into a paste.*
- 1 teaspoon dried fenugreek leaves
- 2 teaspoons garam masala, divided
- 2 teaspoons ground coriander, divided
- 2 teaspoons smoked paprika, divided
- 2 teaspoons cayenne, divided
- 2 teaspoons turmeric, divided
- 2 teaspoons salt, divided
- 2 tablespoons vegetable or canola oil
- Optional: fresh chopped cilantro

### NAAN

(6 -8 naans)

- 2 cups all-purpose flour
  - *No substitution*
- 1 cup plain Greek yogurt
  - *Vegan option: plain vegan Greek yogurt*
- 1/4 cup whole milk
  - *Vegan option: dairy free milk*
- 4 tablespoons unsalted butter
  - *Vegan option: margarine / plant-based butter*
- 2 teaspoons powdered sugar
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt