

Exploring the Melt-in-Your-Mouth World of Butter Chicken

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Abstract: *A popular Indian meal known as "murgh makhani," or butter chicken, is renowned for its rich, creamy curry made with tomatoes and its soft chicken pieces. This piece delves into the rich and varied realm of butter chicken, starting with the traditional Delhi dish Murgh Makhani. It explores the spicy Tandoori Butter Chicken, the flavorful Punjabi rendition, and even the creative vegan options. Its popularity extends beyond India's boundaries, as seen by foreign interpretations like "Butter Chicken Pie" and butter chicken poutine. Indian cuisine's rich tapestry is further demonstrated by the distinctive flavors offered by the country's regional variances. All variations of butter chicken continue to be a cross-cultural culinary hit.*

Keywords: Butter Chicken, Chicken makhani, Tomato based gravy, Creamy curry

I. INTRODUCTION

Butter chicken, known as "murgh makhani" in Hindi, is a beloved dish that has transcended its Indian origins to become a global culinary sensation. This rich and creamy tomato-based curry with succulent pieces of chicken has won the hearts and taste buds of people worldwide. However, what makes butter chicken truly fascinating is its ability to adapt and transform into various delicious variations. In this article, we'll take a culinary journey through the diverse world of butter chicken, exploring different interpretations and regional adaptations of this iconic dish.

History of butter chicken:

The popular Indian meal butter chicken, or "murgh makhani" as it is known in Hindi, has a savory and rich history. Delhi, in northern India, is credited for giving rise to it, especially in the 1950s and 1960s. There are several myths and legends about who invented butter chicken, but one that is generally believed to be true credits Kundan Lal Gujral, the man behind the well-known eatery Moti Mahal.

The recipe is credited to Kundan Lal Gujral, who opted to reuse the leftover tandoori chicken because it had a tendency to dry up when warmed. He made a tomato-based gravy with butter and different spices in order to avoid wasting any food and to make a fresh and tasty meal that he paired with the tandoori chicken.

The meal soon became well-liked by both locals and tourists from other countries, and it was established as Moti Mahal's hallmark dish. As news of this delicious meal spread, it began to show up on menus in other restaurants—not just in India but all around the world. Nowadays, butter chicken is a mainstay of Indian cooking, loved by individuals with a wide range of culinary interests.

These days, butter chicken is a well-liked Indian culinary staple that is served in homes and restaurants all over the world. It is renowned for its rich, creamy, and subtly sweet flavor and is frequently eaten with naan, rice, or other Indian food.

Variations of Butter Chicken

The Classic Murgh Makhani:

Let's start with the classic. Murgh makhani is said to have originated in Delhi, India, in the 1950s. It typically features tender pieces of tandoori chicken simmered in a velvety tomato-based gravy enriched with butter and cream. The harmonious blend of spices and the creamy texture make this version of butter chicken a timeless favorite.



Figure 1 Classic Butter Chicken (Google)

Punjabi Butter Chicken:

Punjab, the heartland of Indian cuisine, has its own take on butter chicken. This variation is robust, featuring a generous use of spices like garam masala and fenugreek leaves (kasurimethi). It's slightly spicier than the classic version, giving it a unique Punjabi flavor.



Figure 2 Punjabi Butter Chicken (Google)

Tandoori Butter Chicken:

For those who crave the smoky flavor of tandoor-cooked meats, the tandoori butter chicken is a must-try. The chicken is marinated in yogurt and spices, then roasted in a tandoor before being immersed in the creamy tomato gravy. This smoky twist adds a delightful dimension to the dish.



Figure 3 Tandoori Buter Chicken (Google)

Vegan Version:

In response to the growing demand for plant-based options, chefs and home cooks have crafted vegan versions of butter chicken. Instead of chicken, these recipes use tofu, seitan, or other meat substitutes, while cashew cream or coconut milk replaces dairy. Surprisingly, these vegan variations capture the essence of the original while catering to a wider audience.



Figure 4 Vegan (Google)

International Adaptations:

Butter chicken has gone beyond India's borders and been adapted in various international cuisines. In the United Kingdom, you'll find "Butter Chicken Pie," a fusion of British and Indian flavors. In Canada, butter chicken poutine is a delicious twist on the popular Canadian dish. The United States also has its share of creative butter chicken fusion recipes, from butter chicken tacos to butter chicken pizza.

Regional Variations:

Different regions within India have put their own spin on butter chicken. In the South, you might encounter a spicier version with coconut milk, while in the North-East, the use of bamboo shoots and unique local spices makes for an intriguing twist. Each region's butter chicken showcases the diversity of Indian cuisine.

II. REVIEW OF LITERATURE

There are rumors that the official bird of the city of New Delhi is actually a main course called butter chicken rather than a bird at all. With some younger professionals now monitoring their cholesterol levels, Delhi-ites' extraordinary devotion to this rich, creamy mixture might be fading a little. A dish full of butter chicken with a crunchy triangle of naan bread for dipping—tangy but not overly spicy, rich but easily digestible—might be the ideal comfort food in an unbearably hot place. (Krich, 2007)

Following butter chicken's globalization, other nations quickly adopted the dish and served it in their own distinctive ways. In Canada, for example, the meal is served with tacos and Rotis. On the other side, New Zealand once attempted to include the meal as "butter chicken pie" on their McDonald's menu. (welcome restaurant)

In an article, Chef Sanjeev Kapoor states that Butter Chicken is the first meal that comes to mind when someone thinks of ordering chicken at a restaurant. To say that this dish is legendary would be an understatement. For many families dining out, this has been the go-to chicken meal for years. This tasty and flavorful comfort food, also known as Murgh Makhani Wala in Hindi, goes well with steamed rice, naan, and tandoori roti. Although each restaurant has a distinctive method for preparing this hearty treat, the final product is always wonderful. (kapoor)

With Pitre's "Instant Pot Keto Indian Butter Chicken" recipe, making butter chicken was a lot easier: just add the spices, chicken, and tomatoes (onions, she wrote, would be "heresy, y'all") to the machine, set it on high pressure for ten minutes, blend the sauce with butter and cream, and voila! The outcome was colorful and intricate, with the chicken being exceptionally soft and the sauce having a rich, earthy taste reminiscent of garam spice. With time, the dish rose to the top of the Facebook group's most popular posts, and Pitre earned the nickname "Butter-Chicken Lady" among "I.P." circles. (Krishnan, 2018)

III. METHODOLOGY

The research approach employed in this work was limited to secondary data, all of the information and data were taken from already-public sources, including books, journals, websites, and other published materials.

IV. CONCLUSION

"Murgh makhani," or butter chicken, is more than just a dish; it's a culinary adventure that embraces innovation while respecting tradition. This famous dish offers a wide range of flavors and textures, from its traditional Delhi beginnings to the powerful Punjabi version and the smoky enchantment of Tandoori Butter Chicken. It adjusts to the changing tastes of modern diners; vegan variants support plant-based diets, while global modifications push the boundaries of cuisine. Furthermore, India's tremendous gastronomic diversity is showcased by regional variances. The ever-changing, interconnected world of global gastronomy, where innovation and tradition coexist peacefully, is symbolized by butter chicken.

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