

# Paneer Masala



*The tastes and aromas  
of Indian food by  
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Paneer is a fresh cheese common in South Asian cuisine, of Indian origin. It is an un-aged, non-melting farmer or curd cheese made by curdling heated milk with lemon juice or vinegar. Unlike many cheeses in the world, the making of paneer does not involve rennet as the coagulation agent, thus making it completely lacto-vegetarian and providing one of the sources of protein for vegetarians in India. It is generally unsalted. Although it resembles tofu in appearance, there really is no substitute for it.



## Ingredients

- 4 tbsp cooking oil
- 2 bay leaves - broken into small pieces
- 1 tsp clove powder
- 1 tsp cinnamon powder
- 2 tbsp garlic and ginger paste
- Onion paste (using 2 large / 4 small onions)
- Tomato puree (using 4 medium sized tomatoes)
- 1 tbsp red chilli powder or to taste
- 1 tsp turmeric powder
- 1 tsp garam masala
- 2 tsp curry powder
- Salt to taste
- 1 green capsicum - chopped into square pieces
- 250grms paneer - cubed
- 1 cup light coconut milk or cream
- fresh coriander for garnishing

## Let's Create

1. Heat oil in a pan and add bay leaves, clove and cinnamon powders
2. Add onion paste, garlic and ginger paste; and fry for 5 mins
3. Add tomato paste and continue to fry until oil separates
4. Add red chilli, turmeric, garam masala and curry powders; and salt
5. Add capsicum and mix well to coat the spices
6. Add paneer and mix well gently to avoid breaking the cubes
7. Cook till capsicum pieces become bit softer
8. Add coconut milk / cream and give a gentle stir. Cook for another 5 mins
9. Turn off the heat and garnish it with coriander
10. Enjoy my family's favourite dish with roti, fresh naan or Turkish bread. Bon Appetite!