

Palak Paneer - Virtual Workshop Version

Recipe for 2

Description

A new and fun exotic recipe with cheese!

Note

You can replace the paneer with another grillable cheese, like halloumi.

Ingredients

Palak paneer

- 0.50 Unit(s) Onion
- 1 Unit(s) Tomato
- 1 Handful(s) Baby spinach
- 1 Tsp Chopped garlic
- 0.50 Tsp Fresh ginger
- 35 Ml Cream 35%
- 0.50 Tsp Garam masala
- 0.50 Tsp Cumin seeds
- 0.50 Tsp Fenugrec
- 125 Gr Paneer cheese
- 0.50 Unit(s) Jalapeno pepper

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **30 mins**

To prepare before class

Ingredients

Make sure all your ingredients are weighed and ready.

Wash your veggies if needed.

Material

- 1 cutting board, 1 chef knife, 1 pairing knife
- 1 cooking pot
- 1 hand strainer
- 1 bowl and 1 blender
- 1 anti stick pan if possible

Indroduction

Remove the seeds and roughly chop green chillies. Cut the tomatoes in quarter, remove the seeds

and dice the tomatoes finely. Chop the onion finely. Dice paneer into one inch by one inch by half inch pieces.

Preparation of the palak paneer

Blanch the spinach in salted boiling water for two minutes. Refresh in chilled water. Squeeze out excess water. Grind spinach into a fine paste along with green chillies. Heat oil in a pan. Fry the paneer until light golden color. Set aside. Add cumin seeds and garam masala to the frying pan. When they begin to change colour, add the onion and cook for 2 minutes, then add the chopped ginger-garlic and sauté for half a minute. Add the tomatoes and cook for 2 minutes. Add the spinach puree and stir in the dry fenu greek leaves, crushing them with your fingers first. Check seasoning. Add water if required to obtain a saucy texture. When the gravy comes to a boil, add the paneer and mix well. Finally add fresh cream. Season with salt and serve hot.

Bon appétit!