

# *Paneer Recipes*

# Low Cal Palak Paneer

## Ingredients

Milk - 1 litre

Paneer - 200 gms (finely grated)

Amul Milk Powder - 200 gms

Cardamom - 5-6 (small)

Dry Fruit - cashewnuts, almonds, pista (5-6) each, finely chopped

Sugar to taste

## Method

Boil the milk.

Keep aside half of the milk and cool the other half.

In the cool half put the amul milk powder and mix it well in the milk.

Now heat the mixture of above milk and other half along with the dry fruit, sugar, grated paneer and cardamom, stir it well till the mixture becomes thick (say for 5-10 minutes).

You can add green colour and rose essence.

After that cool it and pour it in the Kulfi container and keep for refrigeration.

# Paneer Shashlik

## Ingredients

250 gm Paneer  
2 Onions (Sliced)  
1 Capsicum (Sliced)  
1/2 cup Tomato Puree  
2 tbsp Ghee  
1/2 cup fresh Cream or fresh lightly beaten malai  
1/2 tsp Garam Masala  
Salt to taste & Red Chilli powder

## Method

Heat ghee in a pan, add onions and capsicum.

Cook for two minutes.

Then add tomato puree, fresh cream, salt, garam masala and red chilli powder.

Cook for One minute.

Cut paneer into cubes and add to the masala. Mix well.

You can add half tea spoon of sugar if you want sweet and sour taste.

Cook again for two minutes.

Serve hot.

# Paneer Chunkies

## Ingredients

### Toss together:

1 cup paneer cubes (1/2"x1/2")  
1/4 tsp. each garlic & ginger pastes  
1/2 tsp. pepper powder  
1/2 tsp. lemon juice.  
salt to taste

### Mix to a paste:

2 tbsp. corn flour  
2 tbsp. plain flour  
3 tbsp. water  
salt to taste  
oil to deep fry

## Method

Marinate tossed paneer for 15 minutes.

Dip each cube in the batter.

Deep fry in hot oil till golden.

Serve hot with hot or cold soups.

# Shahi Paneer

## Ingredients

250 gms. paneer (cottage cheese)  
3 tbsp. ghee or butter  
1 onion chopped into strips  
1/2" piece ginger chopped fine  
2 green chillies chopped fine  
4 tomatoes chopped fine  
2 cardamoms crushed  
1/4 cup beaten curd  
1/2 tsp. red chilli powder  
1/2 tsp. garam masala  
salt to taste  
1/2 cup milk  
2 tbsp. tomato sauce

## To garnish:

2 tbsp. grated paneer  
1 tbsp. chopped coriander

## Method

Chop the paneer into 2" fingers. Heat half the ghee. Add onion, ginger, green chilli and cardamom. Fry for 3-4 minutes.

Add tomatoes and cook for 7-8 minutes, covered. Add curd and cook for 5 minutes.

Add 1/2 cup water and cool. Blend in a mixie till smooth.

Heat remaining ghee, add gravy and other ingredients except milk and paneer.

Boil to get a very thick gravy. Just before serving, heat gravy, add milk and paneer fingers and boil for 3-4 minutes.

Garnish with chopped coriander and grated paneer.

# Paneer Parathas

## Ingredients

1 recipe paratha dough (refer [www.food.sify.com](http://www.food.sify.com))  
1 cup paneer crumbs  
4-5 green chillies finely chopped  
1 onion finely chopped  
1 tbsp. coriander finely chopped  
1 tsp. mint leaves finely chopped  
salt to taste  
2 tbsp. ghee  
ghee or oil to shallow fry

## Method

Roll dough to a large square. Spread some ghee all over. Fold in half.

Spread ghee. Fold in quarter. Spread ghee. Roll again to full size.

Repeat above procedure.

Roll into a tight swissroll. Refrigerate for 15 minutes. Break off lumps and use as regular paratha dough.

Mix all filling ingredients. Take a lump of dough. Roll halfway. Spread some filling.

Make a tight swissroll. Twist to a spiral. Press roll to full size.

Shallow fry. Serve hot with any gravy vegetable.

# Paneer Kababs

## Ingredients

1 cup grated paneer  
1 tbsp. corn flour  
2 tbsp. fine bread crumbs  
4 green chillies chopped fine  
1/2 tsp. ginger crushed  
1/2 tsp. garlic crushed  
1/2 tsp. lemon juice  
1 bread slice  
salt to taste  
oil to deep fry

## Method

Wet the bread slice and squeeze out extra water. Crush coarsely.

Mix all ingredients, except oil and bread crumbs.

Gently knead into a dough.

Make ping pong sized balls and roll in the crumbs to coat the balls.

Heat oil, deep fry the balls on medium fire, till golden brown.

Serve hot with sauce or tamarind chutney.

# Paneer Pudding

## Ingredients

Grated Paneer 1 cup

Cornflour 4 tbsp

Sugar 1/2 cup

Water 2 cup

Vanilla Essence few drops

Chopped Pistachios 1/2 cup

## Method

Make the thin sugar syrup of water and sugar.

Add grated paneer and let it cook for few minutes.

Add diluted cornflour and cook it till it slightly thickens.

Add vanilla essence.

Remove from fire.

Transfer to serving dish.

Garnish with chopped pistachios.

Referigerate and serve chilled.



# Paneer Kalakand

## Ingredients

1 cup slightly meshed fresh cottage cheese  
1/2 cup milk powder (full cream)  
1/2 cup powdered sugar  
1 table spoon fresh curd  
A pinch of cardamom (elaichi) powder  
Silver sheets (warak) - if you like it

## Method

Mix all the ingredients well and put in a greased tin.  
Steam it for 15 minutes and allow to cool down.  
Then cut into square pieces.  
Refrigerate before serving.  
Decorate it with warak if you like so.  
It lasts about a week in refrigerator.

# Paneer Pakoras

## Ingredients

Paneer - 1/4 kg  
Besan flour - 1 cup  
2 tbsp Corn flour  
Salt  
Pepper

## For Garnishing:

Oil -1 tsp  
Jeera Seeds - 2 tsp  
Mint leaves - a bunch  
Red Chillies  
Green Pepper  
Chat Masala - 1 tsp

## Method

Cut Paneer into inch long pieces.

Mix Besan, salt, pepper, corn flour in a mixing bowl with water into a thick, sticky paste.

Immerse paneer into the flour.

Drop bite - sized pakoras into hot oil.

Deep fry on medium till golden brown.

Garnishing: Chop the green chillies into small pieces finely. Heat oil in frying pan. Add Jeera seeds, chillies. Sprinkle chat masala powder and add salt, pepper.

Finally add mint leaves to the ingredients. Mix with Paneer Pakoras in the pan.

Garnish the pakoras and serve hot with Tomato Sauce.

# Paneer Bhujia

## Ingredients

Paneer from 1 litre milk [crumbled]

Onion - 1 big

Tomato - 1 big

Frozen Peas - 1 handful

Chilli Powder - 1 tsp

Garam Masala - 1/2 tsp

Haldi

Jeera for seasoning

## Method

Slice onion and tomato into thin long strips.

Heat oil (around 2 tbsp) and season with jeera. Add onion and fry till transparent.

Add tomato and fry for 1 minute and then add the peas.

When done, add the crumbled paneer and chilli powder, garam masala and haldi and also salt.

Fry for a few minutes and garnish with finely cut coriander leaves.

Serve hot with Chapathi or Parathas.

# Paneer Kofta

## Ingredients

Paneer - 50 gms

Palak - 1 bundle

Onions - 2

Tomatoes - 2

Corn flour - 1 tsp

Red Chilli Powder - 1 tsp

Turmeric Powder - 1 tsp

Salt to taste

Oil to fry the koftas

## Method

Mix paneer with palak cut into fine pieces with a little corn flour to hold the mixture tightly.

Then make balls and fry them in oil.

After that prepare the gravy with onions grinded and tomatoes grinded then add chilli powder, turmeric powder and the paneer koftas salt to taste.

In the end before serving add a little fresh cream.

# Mushroom with Paneer

## Ingredients

150 gms mushrooms (sliced)

150 gms paneer cubes

3 onions, chopped finely

3/4 cup tomato puree

1/2 tbsp ginger paste

1/2 tbsp garlic paste

5 green chillies, chopped

2 tbsp oil

1/4 cup milk

Salt to taste

Chopped coriander leaves for garnishing

## Mix all the powder together:

1/2 tsp turmeric powder

1 tsp coriander powder

1 tsp cummin seeds powder

1 tsp garam masala

1/2 tsp red chilli powder

## Method

Heat oil in a pan. Add ginger - garlic paste and simmer for 5 minutes.

Add onion pieces and fry till golden brown.

Add the mixed powder and simmer for a minute.

Add green chillies and salt and simmer for 5 minutes.

Add sliced mushrooms and cook on slow flame till it oozes water.

Add tomato puree and mix well. Add milk and paneer pieces.

Let it cook till thick gravy forms (approx 7-8 min).

Garnish with coriander leaves. Serve hot

# Paneer Open Toasts

## Ingredients

200 gms. cottage cheese (paneer) grated  
3 carrots grated  
2 onions grated  
1/2 cup cabbage chopped fine  
1/2 cup spinach chopped, boiled, drained  
1 tbsp. cornflour  
1/2 tbsp. butter  
pepper to taste  
salt to taste  
2 tbsp. cornflakes (cereal)  
6 slices wheat or white bread

## Method

Heat butter, add onion, stir fry for a minute.  
Add carrots, cabbage, spinach, salt , pepper, cornflour.  
Stir well, keep aside.

## Before serving:

Spread the mixture on each slice of bread.  
Crush the cornflakes and sprinkle over the mixture.  
Top with grated paneer liberally.  
Bake in hot oven for 5 minutes before serving, or till the bread gets crisp.  
Cut into triangles and serve hot with ketchup.

# Kesaria Paneer Kheer

## Ingredients

1 kg Milk

250 gm Paneer

Small pinch of Saffron, Elaichi, Badam and Cashewnut

1/2 tin of Milkmaid

300 gm Sugar

## Method

Boil milk for about 20 min.

Add condensed milk and stir it thoroughly.

Add sugar and mashed paneer in the milk.

Stir it thoroughly near about 10 min.

Add all the other ingredients into it.

Put it inside fridge serve it chilled.

# Channa - Paneer Salad

## Ingredients

2 cup kabuli channa (boiled)  
2 potatoes  
150 grams paneer (cottage cheese)  
2 - 3 firm tomatoes  
1 onion  
2 green chillies  
1 bunch coriander leaves  
salt, red chilli powder to taste  
1 tsp chaat masala  
juice of one lemon

## Method

Boil the potatoes (microwave for 5 mins or pressure cook) and cut them into tiny pieces.

Finely chop, tomatoes, green chillies and onions.

Cube the paneer into small pieces.

In a large salad bowl mix together the boiled channa, potatoes, onions, tomatoes, paneer and green chillies.

Add salt, red chilli powder, chaat masala and lemon juice.

Add finely chopped coriander leaves.

Mix the whole salad together and chill for a couple of hours.



# Tangy Paneer Dips

## Ingredients

200 gms Paneer, grated

250 gms Potatoes, boiled, peeled and mashed

250 gms. Maida

1 tbsp of Suji rawa

5 tsp Lemon Juice

Paste of 4 Green Chillies and a small piece of Ginger

Salt to taste

Finely chopped Coriander leaves

Oil to fry

## Method

Mix boiled potatoes, grated paneer, chillies-ginger paste, lemon juice, coriander leaves and salt.

Make small balls and flatten them slightly.

Make a thick batter of maida and rava add salt to taste.

Rub in two spoons of hot oil.

Dip the flattened paneer-potato mix in the batter and deep fry them in oil.

This should be had hot with Tomato Ketchup or Mint Chutney.

# Spicy Paneer Curry

## Ingredients

Paneer or cottage cheese - 100 gms

Ground nuts [roasted] - hand full

Yoghurt - 200 gms

Tomatoes - 2 medium sized

Onions - 2 medium sized

Ginger - garlic paste

Garam masala

Turmeric powder - a pinch

Salt to taste

Chilli powder

Oil to fry

## Method

Cut the paneer into cubes and soak them in yoghurt, add the ginger - garlic paste, garam masala, chilli powder, turmeric powder & salt to the paneer and curd mixture. Marinate this for an hour.

Mean while chop the tomatoes, onions and grind it with the roasted ground nuts into a fine paste.

Heat oil in a kadai and after the paneer mixture has marinated for an hour, remove the paneer pieces and fry them in oil and keep it aside.

Finally fry the ground masala [ground nut, tomato, onion] in oil until the oil comes on top, then add the yoghurt paste and salt to taste and after it is done add the fried paneer pieces and serve it with rotis or pooris.

# Paneer Makhani

## Ingredients

Paneer - 200 gms  
Tomato Puree - 4 tbsp  
Tomato Ketchup - 4 tbsp  
Half & Half Cream - 6 tbsp  
Sugar - 1 tsp (opt)  
Capsicum - 1 med (cubed deseeded)  
Ginger -1" grated  
Butter -1 tsp  
Salt - to taste  
Pepper - 1/4 tsp  
Water - 1/4 cup

## Method

Heat butter for 20 seconds. Add tomato puree, stir, add tomato sauce, mix well.

Add water, stir then add capsicum, cook for two minutes add paneer, salt, pepper, sugar & ginger.

Cook for two minutes.

Add cream and stir cook for a minute.

Serve hot with Naan or Tandoori Roti's.

# Paneer Capsicum

## Ingredients

1/4 kg Paneer  
1/4 kg Capsicum  
2 big Onions  
3 big Tomatoes (pureed)  
1 tbsp Ginger - Garlic paste  
1 tsp Jeera  
2 tsp Red Chilli powder  
1 tsp Haldi powder  
2 tsp Coriander powder  
1 tsp Garam Masala  
1 cup Milk  
1/2 cup Cream

## Method

Grate the onions. Cube the paneer. Slice the capsicums. In a kadai heat oil, and add jeera. When it splutters, add the grated onions and fry till pink.

Add the ginger - garlic paste and fry for some more time. Add the sliced capsicum and fry for 2 minutes. Add all the powder masala and fry.

Add the pureed tomatoes and salt. Let it cook. Lastly add the paneer pieces and let it cook in the masala.

Finally add the milk and the cream. Cook for 5 minutes. Garnish with coriander leaves and serve it hot with hot parathas.

This is a favorite dish at all parties. The milk and cream makes the gravy rich, thick and creamy. Hope you all try it and if you all like it please give me the feedback. You can surf for my earlier recipes too on this site.

# Paneer Chilli Fry

## Ingredients

250 gms. Paneer

1 big Green bell pepper (Cut long strips lengthwise)

2 medium onions (Chopped lengthwise)

Soya Sauce

Chili-Garlic Sauce

Aji-no-moto (Also known as chinese salt)

## Method

Cut Paneer into square cubes and fry it in veg. ghee (or oil). Keep it aside.

In a tava, take some oil and add Onion to it. Saute it until light brown and then add capsicum (or bell pepper).

And saute them together for around 2 mins.

Add Soya Sauce, aji-no-moto and chili garlic sauce and salt according to taste. Finally add paneer.

You can serve this as appetizer by putting toothpick on bunch of paneer, capsicum and onion together.

# Paneer Gobi

## Ingredients

Scallions - 1 Bunch (finely chopped)

Cauliflower - 1 medium (cut in small pcs)

Tomato Ketchup - 2 tbsp

Mustard seeds - 1 tsp

Green chillies - 2 chopped (take more if you want spicy)

Coriander Leaves - 2 tbsp (finely chopped)

Salt, Turmeric powder, Dhania powder, Garam masala,  
Red chilli powder & cumin powder - according to taste

Oil - 1 tbsp

## Method

Heat oil in shallow pan, put mustard seeds & green chillies, let seeds splutter.

Now put chopped scallions & mix it for 2-3 minutes, to it add all masalas, mix well & then put tomato Ketchup.

Now when this mixture leaves oil, add cauliflower florets, mix well & cover it. Don't add water.

Reduce the heat to low. It will be done in 10 -15 minutes, keep checking in between.

Garnish with fresh coriander leaves.

Serve hot with Roti or Paratha.

# Palak Paneer

## Ingredients

Palak Leaves 2 bunches. wash in cold water and chop  
Green Chillies 2 nos  
Ginger 1" piece  
Tomato 1 medium  
Onion 1 large  
Garlic , 1/2 chopped  
Kasoori Methi 2 tbsp  
Paneer 250 gms  
Oil 2 tbsp  
Fresh Cream 2 tsp optional

## Method

Wash palak nicely in water and chop, add ginger and chillies to it, cook on low flame till all the moisture is evaporated.

Cool, and grind in to a fine paste, keep aside.

Now grind tomato and onion together.

Take a pan put oil, add garlic chopped and then onions paste, fry nicely, till the raw smell disappears, then add the palak and stir add salt to taste and some Kasoori methi also. Cook for a while.

Lastly cut paneer in diamond shape and fry in oil, just before serving mix paneer in the palak gravy.

# Kadai Paneer

## Ingredients

Paneer - 100 gms cut into long cubes  
Capsicum - 2 cut into square pieces  
Onion - 1 , cut into quarter and each layer separated  
Coriander powder - 2 tbs  
Chilli powder - 1 tsp  
Green chillies- 4 chopped pieces  
Ginger 1/2" into julienne  
Garlic-4 cloves chopped into small pieces  
Tomatoes - 2 firm chopped into pieces  
Oil - 6 tbs  
Kasoori methi - 3 tbsp  
Salt to taste

## Method

Take 2 tbs oil in a pan and fry the onion and capsicum for about 5-7mins till the onion turn translucent. Keep it aside.

Add the remaining oil in the pan and add the finely chopped garlic, ginger and chilli.

Cook for sometimes and add the onion and capsicum. Add the chilli and coriander powder and mix it .

Then add the Tomatoes and cook till the tomatoes melt and the oil separates.

Add the kasoori methi, ginger, salt and stir well. Then add the paneer pieces.

Close the pan with a lid and leave it for 5 mins. Stir well so that the paneer is coated with the masala.

Garnish with freshly chopped coriander leaves.

Spices can be adjusted as per your taste. Serve with chappathies.



# Methi Paneer Rajma

## Ingredients

1 bunch of Methi (leaves only)  
1 medium sized Onion (chopped finely)  
1 tsp. Urad dal  
1 tsp. Jeera (whole)  
A few Curry Leaves  
100 gms. Paneer (cubed and fried)  
150 gms. Rajma (canned)  
Salt, Red Chilli Powder to taste  
Oil for frying  
1 tsp. Turmeric powder  
Chat Masala (optional)  
Ground Ginger 1 tsp.

## Method

Wash the Methi leaves and squeeze. Chop them finely.

Heat the oil in a pan and put onion, jeera, Urad dal and Curry leaves.

Fry until onion is golden brown.

Add Red Chilli powder, Turmeric powder and ginger paste and fry for a minute.

Then add Methi leaves, paneer cubes and Rajma.

Add salt and cook until methi is done.

Before serving sprinkle little bit of chat masala and serve with Rotis.

# Paneer Stuffed Karela

## Ingredients

Karela - 5 nos.(Peeled, washed & Deep fried)

Paneer- 250 gms

Onion - 1 medium

Tomato - 1 medium

Oil for Deep frying

Salt to taste

Red Chilli powder - As spicy u want

Turmeric powder - 1/4 tsp

Coriander leaves - 1/2 bunch

Garam Masala - 1/2 tsp

## Method

Crumble the paneer & add to it the spices.(Salt & red pepper)

Now fill the Karelas with this Paneer.

Take little oil in Karahi & fry Chopped onions till transparent.

Now add chopped tomatoes & fry for just a min.

Add the dry spices in the tomatoes (salt, pepper, turmeric)

Add the stuffed Karelas to the Karahi & mix well, make sure the stuffing doesn't come out. If there little paneer left put it in along with Karelas.

Let it be on medium. Fire for 10 mins. Fold in occasionally.

Now add chopped coriander & Garam masala & serve hot with any dals / curries.

# Hariyali Paneer Tikka

## Ingredients

Paneer 400 gms  
Curd 1cup  
Coriander - 2 bunch  
Mint 1 bunch  
Green chillies 4 to 6  
Garlic 30gm  
Ginger Paste 1 tsp  
Grounded garam masala 1 tsp  
Chat masala 1 tsp  
Salt to taste  
Oil 1 tbsp  
Juice of two lemons

## Method

Put coriander leaves, mint leaves, green chillies, garlic, ginger paste & lemon juice in a mixer & grind it to a paste.

Cut Paneer in big slices.

To the grinded mixture add curd, salt, garam masala powder, chat masala powder oil.

Marinate Paneer in this mixture for half an hour.

You can cook it in tandoor, or put little oil in a pan & cook it on high flame, or heat oven to maximum heat & cook for ten minutes.

Garnish with onion rings & serve hot.

# Mughlai Paneer

## Ingredients

1 tsp khus khus  
1 tsp watermelon seeds  
1 cup beaten curd  
1 large onion grated  
1/2 tsp garam masala  
1/2 tsp red chill pd  
salt to taste  
1 cup cream  
250 gms paneer  
Few coriander leaves for decoration

## Method

Soak khus-khus and watermelon seeds in water and grind it to a fine paste.

Heat 1 1/2 tbsp ghee and cook the grated onion till transparent.

Add ground paste cook for 2 mins. Gradually add curd. Cook for 5-7 mins till it turns golden brown and leaves oil.

Add all the masala, cream and again cook for 2-3 mins.

Add paneer and 1 cup water and let it cook till the paneer softens and the gravy thickens.

Add coriander leaves and elaichi powder before serving.

Serve with Parathas.

# Paneer in Cream

## Ingredients

Paneer (Cottage Cheese ) - 250 gms

Tomatoes - 2 medium

Onions - 2 medium

Salt to taste

Turmeric powder - 1/4 tsp

Cream / Half & Half - 3 tbsp

Dry Methi leaves - 1 tsp full (Washed)

## Method

Wash & Cut Paneer into long pieces. Keep aside.

Pressure cook Tomato & Onion together on high till 2 whistles, with little less than

1/2 a cooker of water.

Take out when pressure cooked & set aside along with water, cool & grind with water as to make soup & then strain water in sauce pan.

Bring the soup to boil & pour cream, let boil for at least 10 min.

Now add salt & turmeric powder, stir & let boil for 1 min.

Add the chunks of paneer & washed methi leaves.

Boil for another 2 mins. on high. Serve this with Parathas.

# Paneer Korma

## Ingredients

1/2 Kg Paneer, (grated)  
3 medium Onions  
1 tsp finely chopped Ginger and Garlic  
1/2 cup Tomato (boiled and mashed)  
Little pinch of Orange Food Colour  
1 cup Cream or Malai  
1 tsp Sugar  
1 tsp Salt or as per taste  
Raisins 10-11  
Garam Masala 1/2 tsp

## Method

Grate the paneer. Keep aside. Don't grate in mixer. Grate in grater.

Now grate onions in mixer. Now take butter or ghee in kadai and heat it.

Add raisins and garam masala. Fry few seconds and add ginger garlic and onions.

Add tomato puree and fry 2 min. Now add paneer and cream.

Add salt and sugar. Fry 2 min. Its all done.

Garnish with raisins. Tastes best with naan or maida poories.

# Cottage Cheese (Paneer) Kulfi

## Ingredients

Milk - 1 litre

Paneer - 200 gms (finely grated)

Amul Milk Powder - 200 gms

Cardamom - 5-6 (small)

Dry Fruit - cashewnuts, almonds, pista (5-6) each, finely chopped

Sugar to taste

## Method

Boil the milk.

Keep aside half of the milk and cool the other half.

In the cool half put the amul milk powder and mix it well in the milk.

Now heat the mixture of above milk and other half along with the dry fruit, sugar, grated paneer and cardamom, stir it well till the mixture becomes thick (say for 5-10 minutes).

You can add green colour and rose essence.

After that cool it and pour it in the Kulfi container and keep for refrigeration.

# Pudina Paneer

## Ingredients

1/2 bunch fresh pudina leaves  
3 onions, finely chopped  
250 gms. paneer  
1/4 tsp. turmeric powder  
3/4 tsp. red chilli powder  
3/4 tsp. garam masala  
salt to taste  
4 tsp. oil  
2 tomatoes, chopped

## Method

Cut the tomatoes into 4 big pieces. Remove the pulp. Chop into tiny pieces. Keep pulp aside.

Cut paneer into 1/2" cubes.

Heat oil. Add onions and fry.

Add tomato pulp and cook for 1-2 minutes till pulp is dry.

Add paneer and finely chopped pudina and tomato pieces.

Add garam masala. Cook for 2 minutes.

Remove from heat and serve.



# Lal Paneer

## Ingredients

500 gm paneer-cut into 4 thick slices  
spring onions chopped, for garnish  
1 tbsp oil  
soak together for an hour  
2-3 whole red chillies  
2 tbsp vinegar  
2 tbsp roasted gram  
1 tbsp garlic-chopped  
50 gm onions-chopped  
4 cloves  
4 peppercorns  
1/2 tsp cinnamon-broken to small pieces  
14" blade javitri

## Method

Grind all ingredients together except paneer and spring onions.

Marinate the paneer pieces in the ground paste for an hour.

Place a greased, saucer like plate upright in a dish.

Arrange paneer slices along the edge. Cook uncovered at hi for 4 minutes.

Turn, brush with oil and cook uncovered at hi for 4 minutes.

Lift paneer slices on to a serving dish and serve garnished with the spring onions.

# Paneer Jalfrezie

## Ingredients

300 gm paneer (cubed)  
1 teaspoon cumin seeds (jeera)  
½ cup onion (finely chopped)  
100 gm capsicum (cut into cubes similar to paneer)  
10 button onions (shallots) peeled and halved  
¼ cup tomato puree  
1 teaspoon ginger paste  
1 teaspoon garlic paste  
green chillies - according to taste (finely chopped)  
2 teaspoon red chili powder  
1 teaspoon garam masala  
3 tomatoes (cut into quarters)  
salt - according to taste

## For Garnishing

coriander leaves (finely chopped)

## Method

Take a microwave open proof dish and add cumin seeds and oil in it. Cook covered for 2 minutes. Mix in the onions and cook uncovered at HI for 6 minutes stirring once till onions take a light brown color.

Add the capsicums button onions tomato puree ginger-garlic pastes green chillies salt and chilli powder. Cook covered at HI for 5 minutes.

Finally add paneer and tomato. Cover and cook at 70% for 7 minutes. Stir sprinkle the garam masala and cook at HI for 3 minutes.

Serve hot garnished with finely chopped coriander leaves.

# Kashmiri Paneer

## Ingredients

400 gm paneer-cubed  
1 ½ tsp thandai/sardai mixture-soaked in ½ cup water  
10 almonds-blanching and peeled  
1 tbsp clarified butter  
¼ tsp green cardamom powder  
10 peppercorns  
½ cup hung yoghurt  
2 tsp ginger paste  
1 tsp kashmiri chilli powder  
1 tsp turmeric  
1 ½ tsp salt

## Method

Grind the thandai mixture, strain and make up to 1 ½ cups with water.

Grind 8 almonds and mix into the thandai mixture. Sliver the remaining 2 and keep for garnish.

Mix ghee, half the cardamom powder, peppercorns, ½ tbsp yoghurt and ginger paste in a dish and cook covered at HIGH for 2 minutes.

Mix in chilli powder, turmeric, salt, yoghurt and thandai mixture. Cover and cook at HIGH for 5 minutes.

Add the paneer, mix well and cook covered at 70% for 7 minutes.

Serve garnished with the remaining cardamom powder and the slivered almonds.

# Stuffed Paneer

## Ingredients

500 grams paneer	4-6 curry leaves
350 grams boiled potatoes	1 teaspoon red chilli powder
40 grams onion (cut into small pieces)	2 tablespoon coriander leaves chopped
15 grams garlic (grated)	200 grams gram flour (besan)
15 grams ginger (grated)	salt to taste
2-3 green chillies	oil for frying
1 teaspoon cummin seeds	lemon juice of 2 lemons
1 teaspoon mustard seeds	

## Method

Cut paneer into squares of about 1.5 inch wide.

Marinate these paneer pieces in salt and lemon juice and keep aside while you prepare the stuffing.

Mix besan, water and salt into to mixture and keep it aside. This mixture should not be thin but thick.

In a wok heat some oil and add cummin seed, mustard seeds and curry leaves and fry for few seconds.

Next add onion, garlic and ginger and fry till golden in colour.

Now mix mashed potatoes and keep on stirring for 5 minutes. Also stir in the green chillies and red chillies. When this is done let it cool.

Now take out the paneer pieces from the marinade and put a thick coating of potato on each piece.

Heat oil and dip this paneer piece in besan mixture and deep fry in oil till little red in colour.

Enjoy this snack with tomato ketchup or coriander chutney.

# Malai Mutter Paneer

## Ingredients

1 packet store bought paneer.  
2 cups frozen peas  
half cup light cream  
a handful of broken cashews  
chopped coriander  
2 tablespoons tomato paste

## Method

Grind the ingredients from 6 to 12 in a food processor.  
In a saucepan, add 3 tablespoons of oil and add some cumin.  
Then add the paste from the food processor.  
Cook for about 10 minutes till all the water evaporates.  
Now add the peas, cover and cook for 5 minutes.  
Meanwhile cut the paneer into 1 inch cubes.  
Fry the cashews in little ghee.  
Add cream to the saucepan and cook for 15 minutes.  
Now add the paneer, cashews, chopped cilantro and salt to it.  
Mix well and heat up.  
Enjoy with chapattis, naan etc.

# Coco - Matar Paneer

## Ingredients

paneer - light fried.

peas - boiled.

tomato - 2 (big) - finely chopped.

onion - 2 (big) - chopped.

green chilli - 5

ginger

shredded coconut - 1/2 cup.

chilli powder - 3 tbsp

coriander powder - 1/2 tbsp.

garam masala powder - 1 tbsp

turmeric powder - 1/2 tbsp.

vegetable oil / ghee.

veg. oil is healthier than ghee. ghee will make it more tasty.

## Method

Heat oil / ghee, fry the onions & green chillies until light brown.

Add the shredded coconut. Fry until light brown.

Add all the powders & ginger. Fry for one or two minutes until the whole thing is well-coated.

Add the tomatoes & salt. Stir constantly until they mix well.

Add sufficient water until a thick gravy.

Add the pieces of fried paneer & the pre-boiled peas. Cook for 4/5 minutes, & your coco-paneer - masala is ready. Try it. Wish you good luck.

# Paneer Tikka

## Ingredients

2 cups paneer, cut into 50 mm. (2") cubes  
1/2 cup capsicum, cut into 50 mm. (2") pieces  
1/2 cup thick curds  
1 teaspoon ginger paste  
1 teaspoon garlic paste  
2 teaspoons chilli powder  
1/2 teaspoon kasuri methi (dried fenugreek leaves)  
1/2 teaspoon garam masala  
2 tablespoons chopped coriander  
1 teaspoon chat masala  
1 tablespoon oil  
salt to taste

## Method

Combine the curds, ginger paste, garlic paste, chilli powder, kasuri methi, garam masala, coriander, oil and salt and mix well to prepare a marinade.

Add the paneer and capsicum to it and keep aside for 15 minutes.

Arrange the marinated paneer and capsicum pieces in a shallow glass dish and microwave on HIGH for 3 minutes.

Serve hot, sprinkled with the chat masala.

# Paneer Chopsuey

## Ingredients

paneer 150 gms  
capsicum sliced 15 gms  
red bell pepper 15 gms  
fresh mushroom 15 gms  
water chestnuts 15gms  
bean sprouts 20 gms  
spring onion 20 gms  
green portion of spring onion 10 gms  
oil 5 ml  
ginger 10 gms  
vegetable stock 100 ml  
corn flour slurry 1 tsp  
salt 1 tsp  
white pepper powder 3 gms  
boiled basmati rice 150 gms

## Method

Heat a wok and add 5 ml of oil along with 100 ml water to avoid maximum use of oil needed.

Add chopped ginger and cook for a moment and add the paneer pieces.

Toss for a minute and add all the vegetables except chopped spring onion.

Toss again to mix well and cook in water for a minute.

Add seasoning and the corn flour slurry.

Take boiled rice in a serving dish and put the vegetables over it.

Garnish with chopped spring onion.



# Paneer Pasta

## Ingredients

5-6 medium sized onion  
4-5 medium sized tomatoes  
200 gms macaroni or pasta as you like  
200 gms paneer (boiled with a pinch of salt)  
2-3 medium sized green bell pepper  
2 tbsp oil (groundnut oil preferred)  
1 tea spoon red pepper powder  
salt to taste  
tomato ketchup

## Method

Boil the macaroni with a pinch of salt and keep it aside.

Cut the onions into small cubes.

Cut the tomatoes, paneer and bell pepper and keep it aside.

Now heat the oil in a pan and put the onions in it.

Cook for some time till onion changes colour to golden brown.

Now add the boiled macaroni and cook for 15 min. Now add bell pepper and paneer and cook for 2 mins.

Take care to see that it does not stick to the bottom.

Now add salt and red pepper.

Finally add tomato ketchup and voila its ready.

Serve hot!!

# Chinni Paneer

## Ingredients

300 gm paneer/tofu (crumbled)  
3 big tomatoes (finely chopped)  
1 big onion (finely chopped)  
3 green peppers (finely chopped)  
1/4 bunch cilantro/coriander (finely chopped)  
1 tablespoon ginger - garlic paste  
1 tablespoon lemon juice  
1 teaspoon red pepper powder  
1 teaspoon dhania powder  
1 teaspoon jeera powder  
1/2 teaspoon jeera  
1/2 teaspoon garam masala powder  
2 tablespoons oil  
1 cup hot water  
a pinch of turmeric  
salt for taste

## Method

Heat oil and fry Jeera & Onion till they are done.

Add Paneer and fry for 5 min.

Add all the remaining ingredients except water and fry for 3-4 min.

Add water and cook covered till the tomatoes are soft and the water is evaporated.

Serve hot with Roti or Rice.

# Paneer Tomato Peas

## Ingredients

250 gms paneer chopped into medium pieces  
100 gms peas boiled (if fresh) / frozen (washed)  
100 gms tomato paste (mashed tomato)  
2/3 tomatoes cut in medium pieces  
25 gms green chilli paste  
1 teaspoonful garam masala  
1/2 teaspoonful jeera  
25 gms ginger paste  
25 gms garlic finely cut  
1 teaspoonful kashmiri mirch (deggi)  
1/2 teaspoonful turmeric powder

## Method

Put frying pan on heat with cooking oil.

Now put jeera and garlic and let them turn brown. Now put tomato and green chilli paste and fry for 4 minutes.

Put boiled peas and medium cut tomatoes.

Also put turmeric, garam masala, ginger paste and kashmiri mirch into it.

Fry for 3 minutes and put paneer.

Fry for 3 minutes on high heat.

Dish is ready for serving.

# Mushroom Mutter Paneer

## Ingredients

6 tbsp ghee or vegetable oil  
250 gms paneer cubes  
1 finely chopped onion  
few chopped mint leaves  
few chopped coriander leaves  
3 chopped green chillies  
3 cloves of garlic  
1 piece of sliced ginger  
1 tsp turmeric, chilli powder, garam masala  
salt to taste  
250 gms tiny button mushrooms  
250 gms frozen peas thawed and drained  
175 gms plain yoghurt mixed with 1 tsp cornflour  
tomatoes and coriander leaves to garnish

## Method

Heat the ghee or oil in a pan and fry the paneer cubes until they are golden brown. Remove and drain on kitchen paper.

Grind onion, mint, coriander, chillies, garlic and ginger to a smooth paste. Remove and mix in the turmeric, chilli powder if using, garam masala and salt.

Remove excess ghee or oil from the pan leaving about 1 tbsp. Heat and fry the paste until the raw onion smell disappears and the oil separates.

Add mushrooms, peas and paneer. Mix well. Cool the mixture and gradually fold in the yoghurt. Simmer for about 10 minutes. Garnish with tomatoes and coriander and serve hot.

# Paneer Stuffed Potatoes

## Ingredients

potatoes - 4 (semi boiled and peeled)

paneer - 200 gms (mashed)

green chillies - 6-7 (finely chopped)

corn kernels boiled - 1/4 cup coriander - 1 tbsp finely chopped ginger - 1 tsp (grated)

garlic - 1 tsp (crushed)

red chillies - 1/2 tsp (crushed)

spring onion - 1 (finely chopped)

corn flour - 1/2 tbsp

butter - 2 tbsp

salt - to taste

## Method

Make a dent in the top of the potato with a potato-scooper. Keep aside.

Scoop out as much of the inside as possible. Repeat for all.

Mix together the mashed paneer, green chilli, salt, corn flour, corn kernels and scoop potato pulp.

Stuff all potatoes with this filling, carefully. Put the cap of potato keep aside and close dent.

Heat butter, add ginger, garlic, red chilli, spring onion and saute (pan fry) for 5-6 seconds.

Place the potatoes in carefully.

Sprinkle the remaining corn flour and roll the potatoes gently to get coated evenly all over.

Transfer to a casserole and bake till lightly browned on the outside. (approx 15 minutes @ 200 C). Serve hot.

# Capsicum and Paneer Sabzi

## Ingredients

1 cup paneer cut lengthwise  
1 cup capsicum cut lengthwise  
1/2 cup onions cut lengthwise  
1 cup tomatoes cut lengthwise.  
pinch of ajinomoto  
salt and red chilli powder to taste  
1/2 cup coriander leaves

## Method

Saute the onions, add capsicum and tomatoes with ajinomoto, salt and chilli powder.

When done add the paneer and coriander leaves.

Serve hot with chappaties.

# Karahi Paneer

## Ingredients

tomato 1/2 kg  
250 gms cup paneer  
1 onion chopped  
2 tbsp butter  
chilli powder -4 tbsp  
turmeric powder -1tsp  
coriander powder -3tbsp  
methi powder -1.5 tsp  
salt to taste  
sugar 2 spoon

## Method

Boil tomato, mess it in mixer  
Cut onion in round shape  
Cut paneer in small pieces  
Put two spoon of butter in pan; boil it well  
Put chopped onion, fry it well.  
Put tomato paste in it and cook it  
Put all the remaining ingredients except paneer  
Put paneer in it, cook it well  
Enjoy this dish with parathas.

# Paneer Tikki

## Ingredients

### For the Filling

channa dhal -1/2cup (soaked for 2 hrs and coarsely ground)

paneer-500gms.

red chilli-5

chat masala-2 tsp.

ginger- 1 piece

green chilli-6

### For the Tikki

potatoes-4 medium and should be boiled.

1/4th tsp corn flour.

## Method

Heat oil in pan. Add ginger and green chillies and fry for minute.

Now add channa dhal,salt,red chilli and chat masala.

Fry till dhal is done well.

Add the paneer and mix well.

Now take one and half table spoon of potatoes in the palm and flatten it,stuff with 1/2 teaspoon of filling into it.

Make it into the shape of tikkis and toss it on corn flour and shallow fry it till crisp and brown.

Serve with Green Chutney and Khajur Imli Ki Chutney.



# Kishgar

## Ingredients

paneer malai- 400 gms  
red cherry - 24  
potatoes- 400 gms  
cashewnuts- 25 gms  
badam- 10 gms  
charmegaz- 75 gms  
khus khus- 75 gms  
tomato puree 250 ml  
cream 200 ml  
baked beans 400 gms  
garam masala 10 gms  
kismis 25 gms  
ginger 125 gms paste  
garlic 125 gms paste  
salt to taste  
oil 200 gms

## Method

Mash potatoes, paneer, raisins and cherry and make flat tikkis and deep fry it till golden brown.

Boil khus khus, charmegaz and cashewnut and make puree of the same.

Heat oil put ginger garlic paste and fry it till it gets brown, add khus khus and cashew paste to it and cook for 5 mins.

Add tomato puree, baked beans, Cream and salt.

Add paneer tikkis to it.

# Jhatpat Paneer Masala

## Ingredients

paneer cubes - 20 pcs  
potato pcs in cubes - 2 cups  
tomato chopped - 1 cup  
onion-garlic paste - 2 tsp  
red chilli powder - 2 tsp  
jeera -coriander powder - 2 tsp  
garam masala powder - 2 tsp  
lemon juice - 1/4 cup  
fresh coriander chop - 1/4 cup  
whole jeera - 2 tsp  
whole garam masala - few  
bay leaf - 2 nos  
water - 1-1/2cup

## Method

Heat a pan add oil. Now add jeera, whole garam masala, bay leaf into it.

After tempering add potatoes and fry for 5 minutes till golden brown.

Add all masalas and fry for 2 minutes. When oil removes from masalas then add water and turned to boil.

After boiling add the paneer cubes and cover it and cook it for 15 minutes in a slow flame.

Garnish it with fresh coriander and serve hot with Rice, Roti or any Paratha.

# Paneer Stuffed Simla Mirch

## Ingredients

Green Simla Mirch - 2

Cooking Oil - one spoon

## For the Stuffing

Paneer - 100 gm

Frozen Peas (soaked in water for 5 minutes) - one small bowl

Ginger grated - one spoon

Salt to taste

Coriander Leaves cut

Green Chillies one cut in small pieces

## Method

Grate the paneer.

Add paneer, peas, grated ginger, coriander and salt and mix together. Keep aside.

Take simla mirch, remove the top with a knife so as to make an opening in it. Fill it with half the mixture. Repeat for the other mirch too.

Now take a baking tray, put some oil around the mirch using your fingers and keep in the baking tray.

Bake at 350 degree for approx. 40 minutes.

Remove and cut the mirchies in two along the length. Spread coriander on top and serve with parathas.