

# DELICIOUS PANEER RECIPES

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Smashwords Edition

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## Recipe 1: DELICIOUS Paneer(Tofu) Butter Masala:

Let's talk about **Paneer(Tofu) Butter Masala** today. Not just any kind, the kind that you get in Indian restaurants it's a popular Indian dish.

In most Indian restaurants, dishes are more creamy and have thicker gravy. The reason is very simple – they use cream. They use it as the base of every dish you order and it may make the dish arguably tastier. This is not hard to whip at home provided you have no qualms about adding that bit of cream and kicking up the amount of oil a notch. So here it is, my second Paneer(Tofu) Butter Masala Recipe, like they serve in Indian restaurants.

Paneer(Tofu) butter masala restaurant-style recipe, step by step, using fresh Paneer(Tofu) (or replace with tofu) and cream with other spices. A perfect, rich, decadent side dish for weekends and special occasions.

***Preparation Time: 10 minutes***

***Cooking Time : 25 minutes***

***Total Time : 35 minutes***

***Total Serve : 4 persons***

### INGREDIENTS

- 2 cups of cubed Paneer(Tofu) or tofu
- 1 cup of sliced onions
- 2 tsp of ginger garlic paste
- 1 tbsp of coriander powder
- 1 tsp of garam masala
- 1 tsp of red chilli powder (adjust to your taste)

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- 1 tbsp of canned tomato paste (or 1 cup tomato puree)
- 2 tsp of tomato ketchup
- 1 large pinch kasurimethi
- 3/4 cup of milk
- 3/4 cup of cream
- 2 tbsp of butter or oil

## INSTRUCTIONS:

1. Heat 2 tbsp oil in a pan and fry the Paneer(Tofu)/tofu cubes until golden brown. Drain and set aside.
2. In the same pan, add 1 more tbsp oil and fry the onions until golden brown.
3. Add the ginger garlic paste and fry for a minute.
4. Next, add the dhania, garam masala, chilli powder and some salt. Fry for 30 seconds.
5. To this, add the tomato paste/puree, tomato sauce and kasurimethi. Mix well and add the milk.
6. Lower fire and cook covered for 5 mins.
7. Open lid, add the fried Paneer(Tofu)/tofu and the cream. Mix well and simmer for 3-4 mins.
8. Garnish with fresh coriander leaves and serve hot with nan, roti, pulao, or jeera rice.

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## Recipe 2: DELICIOUS MATAR PANEER(TOFU):

One of the popular Paneer(Tofu) recipes from India. Paneer(Tofu) pieces and green peas are simmered in spicy onion-tomato gravy. This is HEALTHY and LIGHT recipe unlike other Paneer(Tofu) curries.

**Preparation time: 10 minutes**

**Cooking time: 25 minutes**

**Total time : 35 minutes**

**Servings: 2 persons**

**Cuisine: Punjabi, North Indian**

**Category: Main course – Curry**

### INGREDIENTS

- Green Peas – 1 cup, boiled
- Paneer(Tofu) – 200 grams (7 oz), cut into cubes
- ***For paste:***
  - Oil – 2 teaspoons
  - Cumin seeds – 1 teaspoon
  - Onion – 1 medium or 1 cup roughly chopped
  - Ginger – 1/2 inch piece, chopped
  - Garlic cloves – 2, chopped
  - Green chilies – 2 small, chopped
  - Tomato – 2 small or 1 cup roughly chopped
- ***For gravy:***
  - Oil – 1 tablespoon
  - Turmeric powder – 1/4 teaspoon
  - Red chili powder – 1 teaspoon
  - Coriander powder – 1 teaspoon
  - Garam Masala – 1/2 teaspoon
  - Salt – to taste

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Water – 1 cup

Cilantro or coriander leaves – few sprigs, chopped finely.

## INSTRUCTION:

- 1) Heat the 2 teaspoons of oil in a pan on medium heat. Once hot add cumin seeds and let them sizzle.
- 2) Saute ginger, garlic and green chili for a minute.
- 3) Add onion and sprinkle some salt.
- 4) Cook till they becomes soft and translucent.
- 5) Mix in tomatoes.
- 6) Cook till they becomes little soft. Let it cool a bit.
- 7) Meanwhile boil the green peas in microwave or pressure cooker. How I did: in microwave safe bowl, add peas, salt and 2 tablespoons of water. cover it and cook for 2-3 minutes or depends on your microwave. Here I have used frozen peas, so I microwaved it for few minutes. If you are using fresh peas then it takes little more time to cook.
- 8) Now onion-tomato is cooled. Grind into smooth puree.
- 9) Heat remaining 1 tablespoon of oil in the same pan. Once hot add prepared paste and saute.
- 10) Cook till all the moisture evaporates. If it is spluttering too much then partially cover the pan. Do stir in between. it starts to leave the sides of the pan and oil will ooze out.
- 11) Add turmeric powder, coriander powder, red chili powder and garam masala.
- 12) Mix well and saute for a minute.
- 13) Add a cup of water or more or less as per your liking gravy consistency.
- 14) Stir and let it come to a boil and simmer for 2-3 minutes.
- 15) Add boiled peas and cubed Paneer(Tofu).

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16) Mix well and simmer for 3-4 minutes so peas and Paneer(Tofu) absorbs the flavors.

17) Finally sprinkle chopped cilantro.

18) Stir gently and Serve.

If not serving right away then keep it covered till the time of serving.

*Serving suggestion:* Mutter Paneer(Tofu) masala can be served with roti, paratha or naan. It can be served with plain rice as well. make gravy little thinner if I plan to serve it with rice.

### **Recipe 3: DELICIOUS KADAI PANEER(TOFU):**

If you need a quick but irresistible recipe to satiate your hunger pangs or that of a sudden guest's, try this dish of cubed Paneer(Tofu) combined with a spicykadhai gravy! The aroma of spices cooking in simmering tomatoes is an unmistakeable signature of this dish. KadaiPaneer(Tofu) goes well PudinaNaan, Tandoori roti and also with plain chapatti(Bread).

*Preparation time: 20 minutes*

*Cooking time: 25 minutes*

*Total time : 45 minutes*

*Servings: 4 persons*

### **INGREDIENTS**

- 1 1/2 cups Paneer(Tofu)cut into 37 mm. (1 1/2") cubes
- Oil for deep-frying1 tbsp oil
- 1/2 cup finely chopped onion 1 recipe kadhai gravy
- 1 tsp coriander-cumin seeds powder
- 1/4 tsp turmeric powder
- 1 tsp chilli powder
- 1/2 tsp garam masala
- 1/4 tsp dried fenugreek leaves (Kasurimethi)
- 1/2 cup sliced capsicum

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- Salt to taste
- a pinch of sugar
- 1/2 cup fresh cream
- 1 tbsp chopped coriander (dhania powder)

## INSTRUCTION:

1. Heat the oil in a kadhai and deep-fry the Paneer(Tofu) pieces till they turn light brown in colour. Drain on absorbent paper and place in lukewarm water for 10 minutes.
2. Heat the oil in a kadhai, add the onions and sauté on a medium flame till they turn translucent for approx. 3 to 4 minutes.
3. Add the kadhai gravy, coriander-cumin seeds powder, chilli powder, turmeric powder, garam masala, dried fenugreek leaves and sauté on a medium flame for another minute.
4. Add the capsicum, 1 cup water, mix well and cook on a medium flame for 2 to 3 minutes, while stirring once in between.
5. Add the Paneer(Tofu), salt and cook on a slow flame for another 2 to 3 minutes.
6. Add the cream, mix well and serve hot garnished with coriander.

## **Recipe 4: DELICIOUS Paneer(Tofu)jhalfrizi:**

Paneer(Tofu)Jalfrezi basically is an Indian style stir-fry dish which tastes delicious and looks beautiful. This is also a popular restaurant dish. Paneer(Tofu)Jalfrezi is a quick and easy recipe to make. Serve Paneer(Tofu)Jalfrezi with paratha, naan, or plain rice.

|                  |            |
|------------------|------------|
| Preparation Time | 15 minutes |
| Cooking Time     | 15 minutes |
| Total time       | 30 minutes |
| Servings         | 3 persons  |

### **INGREDIENTS:**

- About 1 cup Paneer(Tofu) cut in long strips about 1/4"
- About 1 cup bell pepper cut in long strips about 1/4" – capsicum
- About 1 cup carrots cut in long strips
- About 1 cup green beans cut into about 1" pieces
- 1 tomato medium size cut into byte size pieces
- 3 tablespoons Oil
- 1 teaspoon cumin seeds
- 1/2 teaspoon nigella seeds, kalonji
- 1 tablespoon ginger thinly sliced
- 1 tablespoon green chili chopped
- 1/4 teaspoon turmeric
- About 3/4 teaspoon salt
- 1/4 teaspoon garam masala
- 2 tablespoons Cilantro chopped

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## INSTRUCTION:

1. Heat the oil in frying pan over medium high heat. Oil should be moderately hot, add cumin seeds, and nigella as the seeds crack, add carrots, beans and salt. Stir-fry three to four minutes.
2. Add bell pepper, ginger, green chili, turmeric, and red chili powder, stir fry for two to three minutes. Add Paneer(Tofu) and tomatoes stir gently cook until all the vegetables are tender.
3. Add garam masala and cilantro stir gently everything is mixed well. vegetables should be crisp, do not overcook.
4. Turn off the heat.

Enjoy.

## Recipe 5: DELICIOUS Paneer(Tofu)korma:

Pamper your senses with this aromatic and rich korma of soft, succulent Paneer(Tofu) cubes in a tangy onion-tinged tomato gravy. The accents of cardamom and the abundance of fresh cream make the Paneer(Tofu) Korma a true luxury. Serve hot with any puri, roti(bread) or pulao(rice) of your choice, to make a special occasion much more special.

## INGREDIENTS:

- 250 gms Cottage Cheese (Paneer(Tofu))
- 4 Tomato
- 3 Onion
- 1 " long piece Ginger
- 2 Green Chilly
- 1 cup Mava
- 1 cup Cream
- 1/2 tsp Red Chili Powder
- 1/4 tsp Turmeric

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- 1/2 tsp Garam Masala
- 2 tblsp Clarified Butter

## INSTRUCTION:

- Cut Paneer(Tofu) in square pieces.
- Grind onion, ginger, green chilly.
- Milk cream.
- Heat clarified butter in a pan.
- Add onion, tomato paste.
- Continue cooking it on medium flame till ghee/oil begins to separate.
- Add cream.
- Simmer for 2 minutes.
- Add salt, red chili powder, turmeric, garam masala.
- Add cottage cheese (Paneer(Tofu)) pieces with 1/2 cup of water
- When the gravy thickens put off the flame.
- Take off the fire and serve hot.

## Recipe 6: DELICIOUS palak(spinach) Paneer(Tofu):

Palak Paneer(Tofu) is likely the most popular Paneer(Tofu) dish from North India. Creamy spinach with tasty Paneer(Tofu) makes a delicious main dish.

*Preparation time: 10 minutes*

*Cooking time: 25 minutes*

*Serving : 3 persons*

## INGREDIENTS:

- 10 oz. spinach washed and clean, about 6 cups packed spinach
- 1-1/2 cups Paneer(Tofu) cubed in bite size, about 1/3 pound of Paneer(Tofu)
- 1 tomato finely chopped, this will make 3/4 of chopped tomato
- 1 green chili chopped
- 1 tablespoon chopped ginger
- 1 tablespoon oil
- 1/2 teaspoon cumin seeds, (jeera)
- 1/8 teaspoon asafetida (hing)
- 1 teaspoon coriander powder (dhania)
- 1/4 teaspoon turmeric (haldi)

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- 1/2 teaspoon red chili powder
- 1/2 teaspoon salt, adjust to taste
- 1/2 teaspoon sugar
- 1 tablespoon whole wheat flour
- 1/3 cup heavy cream

## INSTRUCTION:

1. First blanched the spinach, this helps to keep the spinach color bright. To blench the spinach, boil about 6 cups of water in a saucepan add the spinach boil for one minutes. Drain the water and put the spinach in ice cold water for about two minutes. Drain the water.
2. Blend the spinach, ginger and green chili, spinach should be creamy but not pasty.
3. Soak the cubed Paneer(Tofu) in about three cups of hot water, for about 5 minutes or more. This helps to give Paneer(Tofu) soft texture. Set aside.
4. While cooking, spinach can splatter, use larger sauce pan. Heat the oil in a sauce pan, over medium high heat. Test the heat by adding one cumin seed to the oil; if it cracks right away it is ready.
5. Add cumin seed, and asafetida. After cumin seeds crack, add the tomatoes and stir fry for 1-2 minutes, tomatoes should be tender not mushy. Add coriander, turmeric, red chili powder, salt, and sugar, stir and add the spinach.
6. After spinach comes to boil lower the heat to low, and let the spinach cook for about 5-6 minutes do not cover the pot. This helps keeping the green color of spinach.
7. Mix the flour to 1/2 cup of water and add to the spinach, also add the cream. Mix it well and let it cook for five minutes. If needed add little more water.

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8. Drain the Paneer(Tofu) and fold it gently with spinach and let it simmer for about five minutes.
9. PalakPaneer(Tofu) is ready, serve with naan, tandoori roti, Paratha.

## **Recipe 7: DELICIOUS Paneer(Tofu) tikka:**

Paneer(Tofu) tikka masala is an Indian dish. It is essentially made from Paneer(Tofu) tikka, which is served in a spiced gravy. It is a vegetarian alternative to chicken tikka masala and other meat dishes. It is mainly made of Paneer(Tofu).

### **INGREDIENTS**

- Paneer(Tofu) - 150 Gram, Chopped in cubes
- Capsicum | Bell Pepper - 1 medium size square cut
- Tomato- 1 medium size square cut
- Onion - 1 medium size square cut & 1 big finely chopped
- Curd(yoghurt) - 2 Table spoon
- Dry fenugreek leaves (kasurimethi) –1/2 Teaspoon
- Dry Cilantro Powder | Dry Coriander Powder | Dhania Powder - 1 Teaspoon
- Ginger and Garlic Paste - 1 Teaspoon (Paste of 1 Inch Ginger and 4 - 5 Garlic cloves)
- Garam Masala - ½ Teaspoon
- Tomato Puree - 1 medium size Tomato
- Refine Flour | Maida - ½ Teaspoon
- Lemon | Lime Juice - ½ Lemon

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- Oil - 3 Table spoon
- Roasted Cumin Seed - 1 Teaspoon
- Chaat Masala - 1 Teaspoon
- Red Chili Powder - 1½ Teaspoon
- Turmeric Powder - ½ Teaspoon
- Cumin Seeds | Jeera - ½ Teaspoon
- Salt - To taste

## INSTRUCTIONS

### Method to prepare Paneer(Tofu) Tikka Masala

#### Marination for Paneer(Tofu) Tikka Masala:

1. Take a bowl, put curd in it, add 1 teaspoon red chili powder, ½ teaspoon roasted cumin powder, chaat masala, half of the turmeric powder, lemon juice, fenugreek powder, half of the ginger-garlic paste and salt according to taste.
2. Mix the curd and spices very well and add 2 tablespoon oil and again mix it well.
3. Add Paneer(Tofu) and square cut vegetables: Onion, tomato & capsicum. Mix well again.
4. Keep it aside for 15-20 minutes to marinate.

#### Gravy making for Paneer(Tofu) Tikka Masala:

1. Put on the burner and place a pan on it. Put 1 tablespoon oil and let it heat.
2. When the oil is properly heated add cumin seeds, when cumin starts sparkling and turn light brown in colour, add chopped onions, salt according to taste, add ginger-garlic paste and turmeric powder. Cook until onions become transparent.
3. Now add coriander powder, red chili powder, roasted cumin powder and refine flour (Maida). Mix everything well & add tomato puree. Keep stirring continuously until the mixture leaves oil.
4. When the gravy starts leaving oil, add garam masala, stir well and add water.
5. Keep stirring and put off the burner after sometime.

#### Preparation for Paneer(Tofu) Tikka Masala:

1. Twenty minutes are now over and Paneer(Tofu) will marinate well by this time.
2. Now we need to cook the marinated mixture a little. Put on a burner and place a pan on it.
3. Put the marinated mixture and cook for sometime, keep stirring so that the Paneer(Tofu) and vegetables are properly cooked from all sides as shown in video. Take out the tomatoes in a bowl as they cook faster than other ingredients. When the marinated mixture is cooked add it to the gravy along with tomatoes and put on the burner & mix everything well.
4. To enhance its flavor and texture, put 3 tablespoon cream in the gravy. Stir a little and put off the burner.
5. Garnish the yummy dish with coriander and serve hot.

#### Serving Ideas

Enjoy the delicious Paneer(Tofu)tikka masala with hot tawanaan, chapati or paratha. It goes great with jeera rice also.

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**Tips**

1. In absence of Paneer(Tofu) you can use tofu.
2. If you are using frozen Paneer(Tofu) then defrost it before using.

**Recipe 8: DELICIOUS Paneer(Tofu) 65 :**

Paneer(Tofu) 65 recipe is the most famous recipe originating from the Southern India – Chennai and has grown popular all over the world. It's one of the most popular finger snack and you would find them on menus of hotels, joints or five star hotel's in India. Originally chicken 65 was popular later Paneer(Tofu) was used for a vegetarian option. This snack is crispy from exterior and soft, juicy succulent from within. You would just finish this snack at the first go. This dish is a great option as a starter or side dish for your cocktail parties, or any kind of party.

This recipe is hot, spicy and tangy. You could club them with rotis, breads, naans or just eat them as it is. Lot of ingredient's goes in making this but curry leaves is one of important ingredient. For spice you could use green chilies plus red color however I have used kashmiri chili paste which gives a deep red color also no need to add color. For giving the sour taste I have used soy sauce and little vinegar but you could use yogurt, lime juice etc also for getting the sour effect.

Other key point to remember is the Paneer(Tofu) has to be firm and not very soft else they would crumble or fall apart while frying. I have deep fried but you could shallow fry them if you are calorie conscious. If whole red chilies aren't available then used kashmiri red chili powder. In Restaurant lot of color is used so when you make home you could take care of that bit.

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My non vegetarian friends could make chicken 65 and vegan friends could make tofu 65, mushroom 65 etc. Irrespective of whatever ingredients you make 65 the recipes would taste awesome. Even kids would love them just club some fried rice or noodles along and your meal is sorted.

## INSTRUCTION:

1. Firstly soak dry kashmiri chilies in hot water for 30-40 mins. Then grind them with little water to a smooth paste.
2. In the meanwhile chop Paneer(Tofu) into squares or cubes or triangular shape. Just add a half tbsp of refined flour (maida) over them to prevent if any moisture coming from Paneer(Tofu). Place them aside.
3. Add the red paste into the mixing bowl add curry leaves, ginger garlic paste.
4. Now add all the spice powder, sugar and salt. Mix all nicely.
5. Time to add soy sauce and vinegar. Give a nice whisk.
6. Put refined flour, rice flour and corn flour if using.
7. The consistency has to be thick so add water accordingly. Also add 1 tsp oil in the batter.
8. Heat your frying wok / vessel with oil.
9. Dip Paneer(Tofu) into this batter, coat from all sides.
10. Deep fry or shallow fry in hot oil on low heat until golden brown from both sides.
11. Repeat the same with the rest of batter. Place them on absorbent napkins.
12. Take little oil once heated saute onion, green chilies and curry leaves until onion changes color.
13. Spread them over the Paneer(Tofu) 65 and serve them hot with tomato ketchup, chutney or as a starter.

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## **Recipe 9: DELICIOUS Paneer(Tofu) PAKODA :**

While traveling across the Punjab one comes across the one of the most delicious yet simple snack. . . The pakoda.Pakodas can be made from nearly any vegetable be it spinach, onions, cauliflower, potatoes and even chilies by dipping them in a seasoned batter of besan and then deep-frying.Pakodas taste best when eaten piping hot.

Paneer(Tofu) makes great pakodas that melt in your mouth. Chutney is the perfect accompaniment to this wonderful snack that is sure to leave you, your family and guests licking their fingertips. A perfect choice for a high tea party. Serve along with crunchies like herbed sticks, or baked chaklis.

Preparation time      15 minutes

Cooking time   15 minutes

Total time              30 minutes

Servings                4 servings

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## INGREDIENTS

1 1/2 cups Paneer(Tofu) cottage cubes (Paneer(Tofu))

Oil for deep-frying

To be mixed into a Dry Powder

1/4 tsp carom seeds(ajwain)

1/2 tsp chilli powder

1/2 tsp garam masala

1/2 tsp coriander cumin seeds powder

1/2 tsp dried mango powder (amchur)

1/4 tsp turmeric powder (haldi)

1/2 tsp chaat powder

Salt to taste

## INSTRUCTION

For the batter

1. Combine all the ingredients along with ½ cup of water in a deep bowl and mix well. Keep aside.

### How to proceed

1. Combine the Paneer(Tofu) and the prepared dry masala powder in a deep bowl and toss gently.
  2. Heat the oil in a deep non-stick kadhai, dip each masala Paneer(Tofu) cubes in the batter, a few at a time and deep-fry on a medium flame till golden brown in colour from all the sides.
  3. Drain on an absorbent paper.
- 

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4. Serve immediately with green chutney and tomato ketchup.
- 

#### For The Batter

1 cup besan (bengal gram flour)  
1/2 tsp chilli powder  
1/4 tsp turmeric powder (haldi)  
2 pinches of asafoetida (hing)  
1 tbsp hot oil  
2 tbsp chopped coriander (dhania)  
a pinch of baking soda  
salt to taste

#### For Serving

green chutney  
tomato ketchup

### Recipe 10: DELICIOUS CHILLI Paneer(Tofu):

*Preparation time: 30 minutes*

*Cooking time : 30 minutes*

*Total time : 60 minutes*

*Serving : 3 persons*

#### INGREDIENTS

- 1.5 cups of Paneer(Tofu), cut into small cubes
- 2 tbsp of cornflour
- 1 tbsp of plain flour or maida
- 1 tsp of minced garlic
- ¼ tsp black pepper powder
- A fat pinch of salt
- 2-3 tbsp water
- Oil as required

#### For the sauce:

- 3 stalks of spring onions

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- 1 tsp of minced ginger
- 1.5 tsp of minced garlic
- 1 tsp soya sauce
- 3-4 slit green chillies (adjust to taste)
- ½ cup cubed green capsicum (bell pepper)
- 1 tsp cornflour (cornstarch)
- Salt if required

## INSTRUCTIONS

1. Place the cornflour, plain flour, salt, minced garlic, pepper powder, and water in a bowl.
2. Mix without lumps to form a light batter.
3. Add the Paneer(Tofu) cubes to this and mix well to coat. If using frozen Paneer(Tofu), defrost until just cold and follow this step. If using freshly made Paneer(Tofu), refrigerate until a bit firm and then use, otherwise the Paneer(Tofu) may crumble.
4. Heat 2 tbsp oil (or as required) in a pan and shallow fry the Paneer(Tofu) pieces until light golden brown. Drain into paper towels and set aside until needed.
5. In the same pan, (add more oil if required), add the sliced spring onions, ginger and garlic.
6. Saute until the ginger and garlic turn fragrant.
7. Now turn the flame to high and add the soya sauce.
8. Let it cook on high heat for 5-6 seconds and lower heat back.
9. Add the chillies and capsicum and cook for 3-4 mins until the capsicum turns a bit soft. It should still remain crunchy.
10. Add 1.5 cups water to this and bring to boil.
11. Meanwhile, mix the 1 tsp cornflour in 1 tbsp water to form a thick mixture.
12. Gently pour this into the boiling water and lower flame completely.
13. Add the Paneer(Tofu) pieces and turn off the flame.
14. The gravy will thicken considerably on cooling so don't cook it further than this. Add salt only if required since you have salted the Paneer(Tofu) pieces and the soya sauce will be highly salted too.
15. Enjoy chilli Paneer(Tofu) gravy with some

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16. egg fried rice or
17. noodles with vegetables for a delicious meal.

## **Recipe 11: DELICIOUS Paneer(Tofu) dosa:**

Paneer(Tofu) Dosa, it happens when two of my favourite things ( Paneer(Tofu) and Dosa) are married together. Dosa is something I can ready for, any time of the day or night. It has been very long since I prepared it.

***Preparation Time: 10 Minutes***

***Cooking Time: 10 Minutes***

### **INGREDIENTS**

Rice  
White uraddaal  
Methi / Fenugreek seeds

### **QUANTITY**

2 cup  
1 cup  
1 tsp

1. Separately soak rice and urad dal at least 4 hour or overnight in water.
2. Grind to paste both rice and urad dal and mix together.
3. While grinding Urad dal, add fenugreek seeds to make it smooth, Fenugreek gives viscosity to the batter.
4. Then mix water to make it batter, The consistency of the batter should be such that it thickly coats a spoon dipped in it.
5. Leave it overnight, in room temperature, for fermentation. The batter is ready.

### **Ingredients for filling :**

| <b>Ingredients</b> | <b>Quantity</b> |
|--------------------|-----------------|
| Paneer(Tofu)       | 200 gram        |
| Onion              | 1               |
| Tomato             | 1               |
| Green chilli       | 1               |
| Coriander leaves   | 1/2 cup chopped |
| Garlic             | 6 cloves        |
| Red chilli powder  | 1/2 tsp         |
| Turmeric powder    | 1/4 tsp         |
| Salt               | to taste        |
| Vegetable oil      | 2 tbsp          |
| Cumin seeds        | 1/2 tsp         |
| Ghee / Butter      | 2 tbsp          |

### **INSTRUCTION:**

1. Crumble Paneer(Tofu) and chop onion, tomato, chilli, coriander leaves and garlic finely as shown below in the image. Heat the pan with oil and temper with cumin seeds, garlic and chilli.
2. Add onion and broken cashew nuts. Fry it until onions are translucent in color and light golden spots appear on cashew nuts. Add tomato, turmeric – chilli powder and salt. Cook it on medium flame for 1-2 minutes.

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3. Add crumbled Paneer(Tofu) and coriander leaves. Mix it well and cook for another 30 seconds on high flame. Don't over cook the Paneer(Tofu) otherwise it will be chewy in texture.

4. Heat the tawa and spread the batter with the help of a bowl in a circle to make thin dosa. Sprinkle ghee or butter on the top of dosa and cook it on high flame until light golden spots appear on the back side of dosa. Put 2 tbsp filling on the centre of dosa and fold it like a cone shape.

5. Crispy Paneer(Tofu)dosa is ready to serve. Serve hot with Sambhar and Coconut Chutney.

Enjoy!!

## Recipe 11: DELICIOUS Paneer(Tofu) paratha:

Paneer(Tofu) Paratha is delicious dish in which the Indian bread is stuffed with cottage cheese. It is a filling and healthy dish usually served with raitha, curd or pickle. You can prepare this with homemade Paneer(Tofu) or store bought ones. Today we will learn how to make Paneer(Tofu) Paratha or cottage cheese stuffed paratha following this easy recipe.

**Prep Time :** 10 mins

**Cook Time :** 30 mins

**Yields:** 5 Parathas

**Recipe Category:** Breakfast-Dinner-Paneer(Tofu)

**Recipe Cuisine:** Punjabi

## INGREDIENTS

Wheat flour - 1 cup

Oil -1 tbsp

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Salt -1/4 tsp

### **FOR THE STUFFING**

Paneer(Tofu) - 40 grams crumbled or grated

Onion - 1 finely chopped (medium size)

Ginger - 1 tsp finely chopped or grated

Green chilli - 1 finely chopped

Cumin/Jeera seeds - 1 tsp

Coriander leaves - 1 tbsp (finely chopped)

Salt needed

### **SPICE POWDER**

Turmeric Powder - a pinch (optional)

Chilli powder - 1/2 tsp

Garam masala powder - 1/2 tsp

Coriander powder - 1 tsp

Oil - as needed for frying parathas or mix of oil and ghee

## **INSTRUCTIONS**

1.Take 1 cup of wheat flour, add 1 tbsp oil, salt needed and make a soft dough by adding water little at a time just as you make chapati dough. Knead it well, cover it and let it sit for 20 minutes.

Meanwhile we will prepare the stuffing for Paneer(Tofu) paratha-

2.Grate or crumble Paneer(Tofu) (check out homemade Paneer(Tofu) recipe), add finely chopped ginger, green chilli, onions, cumin seeds, finely chopped coriander leaves, all the spice powder and salt needed. Mix everything well. Stuffing for the paratha is ready.Keep it aside.

3.Now make 5 equal sized balls out of the dough.

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4.Roll it out into small circle, place a tbsp of stuffing in the center, gather and close it from all sides (like in Pic 6).

5.Now dust wheat flour and roll it out gently with the stuffing.

6.Heat a tava and place the rolled out paratha on it .Wait for bubbles to appear, then apply a tsp of oil or (oil + ghee mixture) on the top and flip it over to the other side.

7.Spread oil on the other side also and cook both sides well until brown spots appear.

Repeat the same process for the rest of the dough.

Serve it with curd or pickle or chutney.

## **Recipe 12: DELICIOUS methi malai Paneer(Tofu)**

***Prep Time : 20 mins***

***Cook Time : 30 mins***

### **INGREDIENTS:**

| <b>Ingredients</b>            | <b>Quantity</b>          |
|-------------------------------|--------------------------|
| Paneer(Tofu)                  | 400 gram                 |
| Fenugreek leaves, methi fresh | 1 bunch or 1 cup chopped |
| Vegetable oil                 | 2 tbsp plus 4tbsp        |
| Cumin seeds                   | 1 teaspoon               |

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|                     |              |
|---------------------|--------------|
| Onion               | 2            |
| Tomato              | 2            |
| Green chilly        | 2            |
| Ginger-garlic paste | 1 teaspoon   |
| Cloves              | 2            |
| Cardamom green      | 1            |
| Cashew nuts         | 10-12        |
| Red chilly powder   | 1 teaspoon   |
| Turmeric powder     | 1/2 teaspoon |
| Salt                | to taste     |
| Cream               | 2 tbsp       |
| Garam masala powder | 1/2 teaspoon |

## INSTRUCTIONS:

1. Keep all the ingredients ready for methi malai Paneer(Tofu). Heat the pan with 2 tbsp oil and temper with cloves, cardamom green and cumin seeds. Then add onion.
2. Fry the onions till they are translucent in the color. Add chopped tomato, green chilly.
3. Add cashew nuts, ginger-garlic paste and salt.
4. Cook for 2-3 minutes on a medium flame till the tomatoes are mushy. Switch off the flame. Let the mixture cool completely. Take the cooled mixture in a grinder and grind it to make a fine paste.
5. Heat another wok with 2 tbsp oil.
6. Add chopped methi, red chilly powder, turmeric powder and salt.
7. Cook it on a medium flame till the methi cooked properly and oil shows separately. Add ground paste in the pan.
8. Cook it on a medium flame till oil shows separately.

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9. Add Paneer(Tofu) 1/4 cup of water. Cook covered on a medium for 3-4 minutes.

Switch off the flame. Add cream and mix it well.

10. Add garam masala powder, mix it well. Delicious Paneer(Tofu) methi malai is ready to serve, serve hot with chapatti, naan or any other roti.

11. Enjoy!!

## **Recipe 13: DELICIOUS Paneer(Tofu) fried rice:**

***Preparation Time : 20 mins***

***Cooking Time : 15 mins***

***Serves : 2***

***Recipe Category: Main | Recipe***

***Cuisine: Indi Chinese***

### **INGREDIENTS:**

Basmati rice - 1/2 cup

Paneer(Tofu) - 1/4 cup small cubes tightly packed

Carrot - 1 small finely chopped lengthwise

Cabbage - 3 tbsp chopped finely chopped lengthwise

Spring onions (white part) - 2 tsp finely chopped

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Spring onions (green part) - 1 tsp finely chopped  
Garlic - 2 tsp finely chopped  
Capsicum - 2 tbsp chopped finely lengthwise  
Soya sauce - 1/8 tsp  
Pepper powder - 1 tsp  
Olive Oil - 1 tbsp + 1 tsp  
Salt - to taste

### INSTRUCTIONS:

1. Cut the Paneer(Tofu) pieces into very small cubes and toast it with a tsp of oil in a dosa tawa. Drain in tissue paper and set aside. Soak basmati rice for 15mins then pressure cook for 3 whistles in medium flame in the ratio 1(rice):1.5(water) cups. Spread it in a plate and fluff it up with a fork add a tsp of oil and let it cool down.
2. In a pan heat oil - add garlic, spring onion white part saute for a minute till it turns slightly browned. Then add carrot, cabbage and capsicum, in medium high flame, fry till the veggies shrink and raw smell leaves. Then add pepper powder, required salt, soya sauce and stir well in medium high flame.
3. Add cooked rice and give a quick stir. Then add spring onions green part, fried Paneer(Tofu) cubes and give a quick stir. Switch off.

Serve hot with your choice of side dish or any manchurian.

## Recipe 14: DELICIOUS aachari(pickle) Paneer(Tofu):

**Preparation Time:** 15 Minutes

**Cooking Time:** 20-30 Minutes

**Serving:** 4

### INGREDIENTS:

| Ingredients                              | Quantity     |
|------------------------------------------|--------------|
| Paneer(Tofu), cut it in a triangle shape | 300 gram     |
| Mustard oil                              | 3 tablespoon |

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|                             |                |
|-----------------------------|----------------|
| Ghee                        | 2 tablespoon   |
| Ginger, crushed             | 1/2 inch piece |
| Garlic, crushed             | 10 flakes      |
| Onion, chopped              | 2              |
| Green Chilly, slit          | 3-4            |
| Tomato, diced               | 2              |
| Capsicum, diced             | 1/4 cup        |
| Dry red chilly              | 4              |
| Mustard seeds/sarso         | 1/8 teaspoon   |
| Fenugreek seeds/ methi dana | 1/8 teaspoon   |
| Kalunji/ Nigella seeds      | 1/8 teaspoon   |
| Fennel seeds/ saunf         | 1 teaspoon     |
| Coriander seeds             | 1 teaspoon     |
| Cumin seeds                 | 1 teaspoon     |
| Curd, beaten                | 1 cup          |
| Cream                       | 1 tbsp         |
| Salt                        | to taste       |

## **INSTRUCTIONS:**

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1. Heat a non stick pan and add dry red chilly, cumin, fennel, coriander, fenugreek, mustard and nigella seeds. Dry roast on low flame till nice aroma comes from the seeds, keep stirring while roasting the seeds to avoid burning. it will take around 1 minutes to roast. Cool it at the room temperature.
2. Take the roasted ingredients in a grinder and grind it to make a fine powder.
3. Add capsicum and tomato in the grinder (we have to grind the tomato & capsicum with ground powder to make the fine paste) and grind it to make a fine paste.
4. Heat another wok with mustard oil and let it smoke till the raw smell of mustard oil gone. Sauté with ginger and garlic. Fry it for 30 seconds, then add onion and ghee.
5. Cook the onions till they are translucent in the color. Add slit green chilly, salt and ground paste. Cook the spices on low flame till oil shows separately.
6. Add curd along with 1 cup of water in the wok, mix it well. Let it boil for 1-2 minutes.
7. Now add Paneer(Tofu), mix it and cook covered on medium flame till the gravy is slightly thick and oil shows separately. (When you add curd the color of the gravy is slightly change but after cooking 5-6 minutes, you will get the beautiful color of Achari Paneer(Tofu)) Garnish with cream. Delicious Achari Paneer(Tofu) is ready to serve, Serve hot with chapatti, rice, Naan or Pulav.

## **Recipe 15: DELICIOUS Paneer(Tofu) pasanda :**

Paneer(Tofu) Pasanda is delectable and very exotic dish made with fried Paneer(Tofu) pieces stuffed with dry fruits and then served in an aromatic rich creamy gravy. Paneer(Tofu) Pasanda can be enjoyed with naan or zafrani pulao. Learn how to make Paneer(Tofu) Pasanda restaurant style by following easy recipe.

### **INGREDIENTS:**

250 gms Fresh Paneer(Tofu)  
50 gms Khoya  
10 gms Cashewnuts and Raisins

Author: Sachin

3 medium Onions  
4 medium Tomato (Blanched)  
2 Green Cardamom  
1 Black Cardamom  
1 tsp Cumin Seeds  
1 Bay Leaf  
1 tsp Garam Masala  
1/2 tsp Amchur Powder  
1/2 tsp Red Chilly Powder  
1/4 tsp Turmeric Powder  
Salt to taste  
1 green Chilly Slit  
2 tblsp Maida  
2 tblsp Cornflour

## **INSTRUCTIONS:**

- Keep 50 gms Paneer(Tofu) aside
- Cut the rest of Paneer(Tofu) in equal sized triangle or square pieces. Give a slit to each piece thru the center so that it creates a pocket in every piece.
- In a bowl mix together some grated Paneer(Tofu), khoya raisins, amuchur powder, chopped cashew nuts, salt, finely chopped chilli, finely chopped green coriander.
- Now stuff each triangle Paneer(Tofu) center with this stuffing.
- In a small bowl mix equal quantity of corflour and maida and add water little by little and make a paste of dripping consistency.
- Heat oil in a shallow pan and then dip each Paneer(Tofu) triangle in this batter and shallow fry them from all sides till golden.
- To make the gravy in a heavy bottom pan add bay leaf, green cardamom, black cardamom and cumin seeds.
- When the seeds begin to sputter add the chopped onion and fry till pink and translucent.
- Now add the ginger garlic paste and cook till the raw smell disappears.
- Now add the chopped tomatoes and salt and cook till nicely done and soft.
- Add cashew nuts, red chilly powder and dhania powder.
- Add some crushed kasoori methi and some water. Cook for a minute and then switch off the flame and let the masala cool.
- Once cool blend the whole mixture into a smooth paste.

Author: Sachin



- Now in a separate pan heat some oil and add the fine paste and cook for few minutes and add 1 tsp of sugar and then add some water to get the desired consistency.
- Later add some cream, garam masala and the Paneer(Tofu) fried pieces. Do not cook for long as the cream will curdle.
- Garnish with green coriander and some cream.
- Paneer(Tofu) Pasanda is ready to be served with Butter Naan or Tandoori Roti.

## **Recipe 16: DELICIOUS Paneer(Tofu) lababdar :**

Rich, creamy and delicious Punjabi restaurant style Paneer(Tofu) lababdar recipe. Paneer(Tofu) lababdar recipe is a very rich and creamy side dish recipe. This restaurant style Paneer(Tofu) lababdar recipe I am sharing today is on reader's request for easy Paneer(Tofu) recipes. This recipe is a very simple one. Only thing is it a bit high on fat due to cashews and cream. The addition of cashew paste and cream makes this Paneer(Tofu) lababdar recipe a truly indulgent and special dish.

To make Paneer(Tofu) lababdar recipe at home, it is best to use homemade soft Paneer(Tofu). If using store bought Paneer(Tofu), you can saute the Paneer(Tofu)

Author: Sachin

cubes slightly. You can even keep the Paneer(Tofu) cubes in hot water until use. If you want to avoid fresh cream, you can add some malai or just leave out.

Serve Paneer(Tofu) labadar with naan, roti, poori, jeera rice or even steamed basmati rice. Here is how to make Paneer(Tofu) lababdar recipe, do try out.

*Prep time:20 mins*

*Cook time::30 mins*

*Total time:50 mins*

## **INGREDIENTS:**

- 200 grams Paneer(Tofu), cut into cubes
- 2 large tomatoes, chopped roughly
- 10 cashews
- 1 teaspoon minced ginger garlic
- 1 big onion, finely chopped
- 1 teaspoon chili powder
- ½ teaspoon coriander powder
- Salt
- 2 tablespoons fresh cream
- 1 teaspoon kasuri methi
- ½ teaspoon lemon juice
- 1 tablespoon finely chopped coriander/cilantro leaves
- Oil/butter
- Water
- **Whole spices**
- 1 bay leaf
- 2 cloves
- 1 black cardamom
- 2 green cardamom

## **INSTRUCTIONS**

1. Chop Paneer(Tofu) into cubes. You can saute the Paneer(Tofu) in some ghee or butter if needed. I used plain Paneer(Tofu).
2. Soak 10 cashews in ¼ cup hot water for 10 minutes.
3. Wash and roughly chop the tomatoes. Puree the tomato in a blender. grind the soaked cashews into smooth paste in the same jar.
4. Heat 2 tablespoons butter or oil in a kadai. Once the oil is hot, add the whole spices. Saute for 2 minutes.
5. Add minced ginger garlic and saute well till the raw smell goes off.

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6. Add finely chopped onion and saute till the onion changes color slightly.
7. Add the pureed tomato and cook well. Cook till the tomato puree thickens and leaves out oil.
8. Add coriander power and chili powder. Mix well.
9. Add ½ cup water and bring to a boil.
10. Add cashew paste and mix well. Season with salt. Add ½ cup mor water and mix well. Simmer till gravy thickens and reaches required consistency.
11. Add fresh cream and simmer for 4-5 minutes. DO not let boil.
12. Add the Paneer(Tofu) cubes and simmer for 2 more minutes. Add crushed kasuri methi and mix well.
13. Remove from flame. Add chopped cilantro leaves, lemon juice and mix well gently without breaking the Paneer(Tofu) cubes. Serve Paneer(Tofu) lababdar hot with rice/roti/poori

## **Recipe 17: DELICIOUS Paneer(Tofu) chana masala:**

Paneer(Tofu) Chana Masala is the combination of cottage cheese and boiled channa cooked in spicy rich gravy and then served with roti or rice. It is one of the most popular dish of Punjabi Cuisine. Here normal black chana have been used to make this dish. You can use homemade or readymade Paneer(Tofu), but make sure it must be fresh and soft malai Paneer(Tofu).

Author: Sachin

***Preparation time: 5 minutes***

***Cooking time: 20 minutes***

***Servings: 3***

## INGREDIENTS:

- 100 gms Paneer(Tofu) cubes
- 1 cup chana (kabuli chole)
- 1 big onion thinly chopped
- 4 tomatoes chopped
- 4 green chillies chopped
- 1/2 tsp cumin seeds
- 6 cloves garlic chopped
- 1 inch ginger minced or chopped
- 1 bay leaf
- 1 black cardamom
- 1/2 inch cinnamon stick
- 3 peppercorns
- 1/2 tsp green cardamom powder
- 1/2 tsp red chilli powder
- 1 tsp coriander powder
- 3/4 tsp kitchen king masala
- 1 cup fresh cream
- Fresh cilantro chopped
- Few mint leaves chopped
- Vegetable oil
- Salt to taste

## INSTRUCTIONS:

1. Soak the chana in the water for about 10 hours.
2. Boil and keep aside.

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3. Heat sufficient oil in a pan and shallow fry the cubes of Paneer(Tofu).
4. Remove on absorbent paper and keep aside.
5. Heat a pan and add 2 tsp vegetable oil.
6. As oil starts heating then add bay leaf, black cardamom, cinnamon stick and pepper corns. Saute for few seconds.
7. Add cumin seeds and saute to splutter with other dry spices.
8. Add ginger and garlic, fry for few seconds.
9. Add chopped onion along with chopped green chillies.
10. Cook until onion become soft and mushy.
11. Add chopped tomatoes, salt and red chilli powder.
12. Simmer the gas and cook for about 3-4 minutes.
13. Mash to make a nice red gravy by adding 1 cup of water.
14. Now add fried cubes of Paneer(Tofu) and boiled chana.
15. Also add coriander powder, kitchen king powder and cardamom powder.
16. Cook until few boils come out.
17. Now add fresh cream and stir for 2 more minutes.
18. Garnish with chopped cilantro and mint leaves.
19. Serve hot with tandoori roti or Indian flat bread.

## NOTES:

1. Do not add water if you want this dish dry to serve.
2. Here you can use Paneer(Tofu) as it is without deep frying.
3. I have tried grated Paneer(Tofu) to make this dish, it was really very tasty.

## Recipe 18: DELICIOUS Paneer(Tofu) makhani:

Paneer(Tofu) Makhani is a popular Punjabi dish. Paneer(Tofu) (Indian cheese) simmered in rich creamy tomato gravy makes a very delicious dish. This is

Author: Sachin

simple and easy recipe to make. Serve Paneer(Tofu) Makhani with any Indian flat bread or over rice. This will be enjoyed by everyone.

Recipe will serve 4. Preparation Time: 10 mins Cooking Time: 25 mins

## **INGREDIENTS:**

- 6oz Paneer(Tofu) cubed (*this will make 1-1/2 cup cubed Paneer(Tofu), available in Indian grocery stores*)
- 1/4 cup cashews
- 2 tablespoon sesame seeds (til)
- 4 tomatoes medium size cut into small pieces about 2 cup
- 1 tablespoon chopped ginger
- 1 green chili chopped
- 2 tablespoons butter
- 1 teaspoon cumin seeds (jeera)
- 1/8 teaspoon asafetida (hing)
- 2 teaspoon coriander powder (dhania)
- 1/2 teaspoon turmeric (haldi)
- 1 teaspoons salt
- 1 teaspoon sugar
- 2 tablespoons heavy cream
- 1/2 teaspoon garam masala
- 1/4 cup chopped cilantro

## **INSTRUCTIONS:**

1. Powdered the cashews and sesame seeds, (I like to use spice grinder). Set aside.
2. Pure the tomatoes, ginger and green chili. Set aside.
3. In about 2 cups of hot water soak the cubed paneer for 5 minutes or more, this will make the Paneer(Tofu) soft and give a nice texture. Set aside.
4. Heat the butter in sauce pan over medium heat; after butter is moderately hot add cumin seeds and asafetida. After the seeds crack add cashew nut powder and roast for about one minute. Add tomato puree and mix it well.

Author: Sachin

5. Add the remaining spices, coriander, turmeric, salt, sugar, mix it well and cover the pot. Tomatoes splatter while cooking. Cook for about four minutes stirring in between until tomatoes start leaving the oil and tomatoes will be half in quantity.
6. Add cream, cook for about two minutes stirring often. Add one cup of water, cover the pan and let it cook for about two to three minutes.
7. Take out the Paneer(Tofu) from water and put into the gravy, stir and cover the pan and cook for about five minutes. Adjust the gravy to your liking if needed add little more water, and cook. Turn off the heat.
8. Add the cilantro and garam masala stir and cover for few minutes before serving.

## **Recipe 19: DELICIOUS tava Paneer(Tofu) masala:**

Author: Sachin

***Preparation Time: 10 mins***

***Cooking Time: 25 to 30 mins***

***Serves: 4***

## **INGREDIENTS:**

Paneer(Tofu) - 200 grams cubed  
Butter - 2 tblspn  
Cumin Seeds / Jeerakam - 1tsp  
Onion - 1 large finely chopped  
Ginger - 1 tblspn chopped finely  
Garlic - 1 tblspn chopped finely  
Green Chillies - 2 chopped finely  
Capsicum / Bell pepper - 1/2 chopped finely  
Tomatoes - 2 large pureed  
Chilli Powder - 1 tsp  
Pav Bhaji Masala - 1 tblspn (Homemade)  
Turmeric Powder / Manjal Podi - 1/2 tsp  
Salt to taste  
Sugar - 1 tsp  
Kasuri Methi Leaves / Dried Fenugreek leaves - 1 tblspn  
Water as needed  
Coriander leaves a handful chopped finely

## **INSTRUCTIONS:**

Heat butter in a pan, add in cumin seeds and let them splatter.

Add in onions, salt and sugar. Saute till it gets golden.

Add in chillies, ginger and garlic. Saute for a min or so.

Add in tomato puree and cook till butter separates from the mix.

Add in all the spice powders and mix well.

Author: Sachin



Add in capsicum and saute for a couple of mins.

Add in water and bring it to a boil. Add in Paneer(Tofu) cubes and mix well. Add in kasuri methileaves.

Simmer this for few more mins.

Add corianderleaves and mix well.

Serve.

## **Recipe 20: DELICIOUS dry Paneer(Tofu) Manchurian:**

Author: Sachin

Paneer(Tofu) Manchurian is simply made with Indian Cottage Cheese, cooked in delicious vegetables and Chinese sauces, which really make this recipe worth to eat. Paneer(Tofu) Manchurian is the typical Indo-Chinese recipe.

You can see Paneer(Tofu) Manchurian dish almost in every Chinese menu of Indian restaurants. Dry Paneer(Tofu) Manchurian is a good starter option for vegetarians and also can be served in gravy as a main course dish.

***Preparation time: 5 minutes***

***Cooking time: 10 minutes***

***Servings: 2***

## **INGREDIENTS:**

- 250 gms cottage cheese (Paneer(Tofu))
- 3 tsp cornflour
- 2 tsp garlic paste
- 2 tsp ginger paste
- 3-4 green chillies cut into slices
- 1 capsicum cut into slices
- 1 onion cut into slices
- 1 cup spring onions (green part only) finely chopped
- 1 small carrot cut into slices
- 1 tsp dark soy sauce
- 1 tsp red chilli sauce
- 1/4 tsp ajinomoto
- 1/2 tsp white pepper powder
- 1/2 tsp crushed black peppercorns
- 1/2 tsp vinegar
- Salt to taste
- Oil for frying

Author: Sachin

## INSTRUCTIONS:

1. Cut the Paneer(Tofu) into square pieces.
2. In a bowl add 2 tsp cornflour, 1 tsp ginger paste, 1 tsp garlic paste, crushed black pepper, salt and a pinch of red chilli sauce. Mix well. Make a thick batter.
3. Take the Paneer(Tofu) pieces, dip in a batter and deep fry one by one in sufficient oil.
4. Fry until Paneer(Tofu) turns golden in color and place the fried Paneer(Tofu) on tissue paper.
5. Heat up a wok, add 2 tsp oil, as the oil heats, add remaining ginger garlic paste and green chillies. Saute for a minute.
6. Add slices of onion, carrot and capsicum.
7. Add salt, ajinomoto, white pepper powder, soy sauce, red chilli sauce. Toss and mix immediately.
8. Add 1 tsp cornflour diluted in 1/2 cup of water and mix well. Cook till the sauce thickens.
9. Now add fried Paneer(Tofu) pieces and mix well.
10. Add vinegar and spring onions (green part).
11. Cook for 2 minutes on low flame.
12. Paneer(Tofu) Manchurian is ready to serve with Chinese fried rice or Schezwan fried rice.

## NOTES:

1. If you want more gravy in it then add about 2 cups of water.
2. Mix the cornflour very slowly and keep stirring not to get the lumps in gravy.

Author: Sachin

## Recipe 21: DELICIOUS Paneer(Tofu) bhurji:

Paneer(Tofu) bhurji is a delightful and spicy Paneer(Tofu) dish. Paneer(Tofu) bhurji is a quick and easy recipe to make, made from crumbled Paneer(Tofu) simmered in spicy tomato gravy. Paneer(Tofu) bhurji tastes great with roti, paratha, or even with regular bread! This also makes a good stuffing for dosas or vegetable Frankie rolls.

Recipe will serve 2.

### INGREDIENTS:

- 1 cup Paneer(Tofu) cut in small pieces
- 1 cup tomatoes chopped
- 1/2 cup green peas, I am using frozen green peas
- 2 tablespoons oil
- 1/2 tsp cumin seeds (jeera)
- 2 bay leaves
- 1 tablespoon finely chopped green chilies
- 2 teaspoon coriander powder (dhania)
- 1/2 tsp chili powder
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon garam masala
- 2 tablespoons finely chopped coriander (dhania)

### INSTRUCTIONS:

1. Soak the Paneer(Tofu) in hot water with 1/4 teaspoon of salt for five minutes. Drain the water and crumbled the Paneer(Tofu). This process will make the Paneer(Tofu) soft, if you are using the fresh Paneer(Tofu) skip this step. Set aside.
2. Heat the oil in sauce pan over medium heat; after oil is moderately hot add cumin seeds.
3. After the seeds crack add green peas, and green chili stir for about one minute. Add tomatoes, coriander, salt, sugar and red chili powder, stir and mix well. Cover the pan and cook for 3-4 minutes till the tomatoes and peas becomes soft.
4. Add Paneer(Tofu) stir and cook for 1-2 minutes. Don't cook the Paneer(Tofu) for a long time as Paneer(Tofu) will lose the softness. If it is too dry add few spoons of water. Lastly add chopped coriander leaves to Paneer(Tofu) bhurji and mix.
5. Serve Paneer(Tofu) bhurji with rotis, plain parathas or with a toast.

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Notes, if you are using the Paneer(Tofu) bhurji for stuffing then don't the water, bhurji should be dry in texture.

## **Recipe 22: DELICIOUS Paneer(Tofu) kulchha:**

Preparation Time: 15 mins

Cooking Time: 20 mins

Total Time: 35 mins

Makes 10 kulchas

### **INGREDIENTS:**

#### **For The Kulcha Dough**

1 1/2 cups plain flour (maida)

4 tbsp curds (dahi)

1 tsp salt

#### **To Be Mixed Into A Filling**

3/4 cup grated Paneer(Tofu) (cottage cheese)

1/4 cup finely chopped onions

2 tsp finely chopped green chillies

1/2 tsp grated ginger (adrak)

1/4 tsp turmeric powder (haldi)

a pinch garam masala

salt to taste

#### **Other Ingredients**

plain flour (maida) for dusting

ghee for cooking and brushing

### **INSTRUCTIONS:**

For the kulcha dough

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1. Sieve the flour and salt together in bowl.
2. Add the curds, mix well and knead into a soft, smooth dough using enough warm water.
3. Cover with a wet muslin cloth and keep aside for 2 to 3 hours.

#### How to proceed

1. Divide the mixture into 10 equal portions and keep aside.
2. Divide the dough into 10 equal portions and roll out one portion of the dough into a small circle using some flour for rolling.
3. Place one portion of the stuffing in the centre of the circle. Bring together all the sides in the centre and seal tightly.
4. Roll out again into a circle of 75 mm. (3") in diameter, using a little flour for dusting.
5. Brush the kulcha lightly with ghee and cook on a hot tava (griddle) on both sides until light brown spots appear on both the sides.
6. Repeat with the remaining portions to make 9 more kulchas.
7. Brush with a little ghee and serve hot.

## **Recipe 23: DELICIOUS Paneer(Tofu) pulao:**

***Preparation Time : 15 mins***

***Cooking Time : 20 mins***

***Serves : 2***

***Recipe Category: Main***

***Recipe Cuisine: North Indian***

### **INGREDIENTS:**

Basmati Rice - 1 cup  
Water - 1.5 cups  
Paneer(Tofu) - 1/2 cup cubed  
Peas - 1/4 cup  
Onion - 1 chopped lengthwise  
Ginger garlic paste - 1.5 tsp  
Green Chillies - 2 chopped finely  
Tomato -1 small sized (or) tomato puree - 3 tbsp  
Curd - 3 tbsp  
Garam masala powder - 1 tsp  
Coriander leaves - 1 tsp chopped(optional)  
Salt - to taste  
*To temper:*  
Bay leaf - a small piece  
Cloves - 2  
Oil - 2 tsp  
Ghee - 2 tsp  
Curry leaves – 8

### **INSTRUCTIONS:**

1. Presoak basmati rice for 15-20mins, Set aside. Heat oil + ghee, add bayleaf, cloves, greenchillies and ginger garlic paste, fry for 2mins, Add onion fry till golden brown. Then add tomato, saute until mushy and raw smell leaves.
2. Now add peas, curd and garam masala fry for 2-3mins. Then add rice, give a stir then saute for a minute. Add water and required salt.

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3. Pressure cook for 2-3 whistles. Meanwhile toast Paneer(Tofu) with little oil till golden brown. Once pressure releases fluff the rice with fork then add the toasted Paneer(Tofu) immediately. Stir once and keep closed until serving time.

Garnish with coriander leaves and serve hot. The pulao pairs well with a spicy curry or Paneer(Tofu) tikka masala.

## **Recipe 24: DELICIOUS Paneer(Tofu) sandwich:**

Try the Grilled Cheese Sandwich Recipe that is made from Paneer(Tofu) and Potatoes and spiced with green chillies. The addition of Paneer(Tofu), makes it a high protein dish that you can either have for breakfast, pack into the kids lunch box or simply have for a lazy weeknight dinner.

Serve the Grilled Cheese Sandwich With Paneer(Tofu) & Potato along with tomato ketchup and Ginger tea.

*Prep in 5 M*

*Cooks in 30 M*

*Total in 35 M*

*Makes: 4 Servings*

### **INGREDIENTS:**

#### **8 Bread slices**

- 3 Potatoes (aloo) , boiled and peeled
- 1/2 cup Paneer(Tofu) (Homemade Cottage Cheese) , crumbled
- 2 Green Chillies , finely chopped
- 1 Onion , finely chopped
- Salt to taste
- 1 tablespoon Butter , per sandwich

Author: Sachin



## INSTRUCTIONS:

1. To begin making the Grilled Cheese Sandwich Recipe Made With Paneer(Tofu) & Potato, first prep all the ingredients - like boiling the potato and making the homemade Paneer(Tofu).
2. In a large mixing bowl, add the boiled potatoes and mash them well. Add the Paneer(Tofu), green chilies, salt, onion and salt to taste. Mix all the ingredients well and check the salt and adjust as required.
3. Place a large tablespoon of the mixture over a slice of bread and spread it. You can add more if you like a filled sandwich. Cover with the other slice.
4. Melt butter in a skillet pan over medium heat and place the Cheese Sandwich in the pan and grill on both sides until crisp till it is done.
5. Serve the Grilled Cheese Sandwich With Paneer(Tofu) & Potato along with tomato ketchup and Ginger Tea.

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## **Recipe 25: DELICIOUS dhingri dolma:**

Dhingri Dolma is an Awadhi/Lucknowi preparation. The two main ingredients are Dhingri or Mushroom and Paneer(Tofu)(Indian Cottage cheese). It's nothing complicated, but amazingly very simple and easy-to-make recipe and superbly delicious with Indian flatbreads. It needs very few spices. This dish is quite colorful where mushrooms and grated Paneer(Tofu) are tempered with Shah Jeera (caraway seeds) and cooked with tomatoes. If Shah Jeera is not available, can substitute with white cumin seeds. Shah Jeera is thinner and darker than regular cumin seeds and has a very distinctive aroma. It is often used in Mughlai/Lucknowi Cuisine.

To make this dish more colorful and healthy and knowing bell pepper combines very well with mushroom and Paneer(Tofu) both, I added few capsicum/bell pepper pieces, which made this dish more delicious according to my taste.

### **INGREDIENTS:**

White button mushrooms : 200 gms., diced  
Green bell pepper/capsicum : 1, diced  
Paneer(Tofu) ; 1 cup, crumbled  
Onion : 1, finely chopped  
Tomato : 1, chopped  
Ginger-garlic paste : 1tblsp.  
Green Chillies : few, chopped(optional)  
Shah-jeera/cumin seeds : 1 tsp.  
Turmeric powder : a pinch  
White pepper powder/black pepper powder : 1/2 tsp.  
Red Chilli Powder : 1 tsp.(as per

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your taste)

Garam Masala Powder : 1/2 tsp.(optional)

Fresh Coriander leaves : 1/2 cup, chopped

Oil/ghee : 2 tblsp.

Salt to taste

## INSTRUCTIONS:

Wash the mushrooms and dice them. Chop the onions and tomatoes. Crumble the Paneer(Tofu) very finely. This is very important for the texture of the dish.

Heat oil or ghee in a pan, add shah-jeera or cumin seeds, fry till it crackles, then add onions. Fry till they have just changed the color, immediately add ginger-garlic paste and chopped green chillies. Mix well with the onions for a minute or two, then add diced mushrooms and stir fry them till mushrooms turn light brown for 2-3 minutes. Now add diced capsicum/bell pepper and stir fry again for 2 minutes.

Now add turmeric, red chilli powder, white/black pepper powder and mix well. Saute for 2-3 minutes, till mushrooms and bell peppers are almost cooked.

Then add crumbled Paneer(Tofu) and mix well with rest. Now add tomatoes and stir fry to cook the tomatoes. Do not let them mash.

Finally sprinkle some garam masala powder and 2/3 of the coriander leaves. Mix well.

Season with salt.

Serve garnishing with rest of the coriander leaves. Serve hot with rotis and a yummy dal by the side.

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## **recipe 26: DELICIOUS palak (spinach) Paneer(Tofu) rolls:**

The Paneer(Tofu) Palak Roll Recipe is an delectable tea time snack that you can serve for parties or even be enjoyed for a special weekend breakfast. I came up with this recipe to consume some leftover Palak and simply loved these rolls with mint coriander chutney which had a little bit of dahi added to it. They taste delicious when served steaming hot!

Serve the Paneer(Tofu) Palak Roll as an appetizer, as a evening tea time snack or even for breakfast along with your favorite Mint Coriander Chutney or a Yogurt Dip

**Equipment Used:** large mixing bowl, air fryer, shallow frying pan

### **INGREDIENTS:**

- 1 cup spinach, finely chopped
- 1/4 cup homemade Paneer(Tofu), crumbled
- 1/4 cup whole wheat flour (Vivatta - Chakki Atta)
- 1/4 cup gram flour (besan)
- 1 tablespoon rice flour
- salt to taste
- 1 teaspoon sugar
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chili powder

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1 teaspoon chaat masala powder

1 tablespoon yogurt

1 teaspoon fennel seeds (saunf)

Oil for deep frying

## INSTRUCTIONS:

1. To begin Paneer(Tofu) Palak Roll Recipe, in a large mixing bowl combine all the ingredients. Combine all the dry ingredients well, check and salt and spices and adjust to suit your taste. Add a little water and knead to make a smooth dough.
2. Keep the palak Paneer(Tofu) roll mixture covered in a damp cloth of about 15 minutes.
3. After 15 minutes, heat oil for shallow frying in a shallow frying pan.
4. Pinch small portions of the dough and roll it between your palms to make them into small cylindrical shape.
5. Once the oil is heated, place the palak Paneer(Tofu) rolls into the oil and shallow fry on medium heat until it is browned and crisp. Once done, drain them in paper towels and serve.
6. If you have an air fryer you can also air fry these rolls, by dipping them in a egg whites and placing them in the airfryer for 15 minutes at 180 C. Once it is browned and crisp in the air fryer, remove and serve.
7. Serve the Paneer(Tofu) Palak Roll as an appetizer, as a evening tea time snack or even for breakfast along with your favorite Mint Coriander Chutney or a Yogurt Dip.

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## **Recipe 27: DELICIOUS Paneer(Tofu) bread roll:**

Paneer(Tofu) bread rolls prepared with peas, spices, Paneer(Tofu) stuffing can be prepared for any special occasion or during supper.

### **INGREDIENTS:**

Bread - 6  
Paneer(Tofu) - 150 grams (1 cup crumbled)  
Capsicum - 1/4 cup (finely chopped)  
Green peas - 1/4 cup  
Green coriander - 2-3 tbsp (finely chopped)  
Ginger - 1 tsp paste  
Green chili - 2 (finely chopped)  
Chaat masala - 1 tsp  
Salt - 1/4 tsp or as per taste  
Oil - for frying

### **INSTRUCTIONS:**

Crumble Paneer(Tofu). Preheat oil in a pan. When oil is sufficiently hot, add green peas and capsicum into it and saute for while. Now add ginger, green chilly, Paneer(Tofu), salt, chaat masala and saute for 2 minutes. Keep stirring constantly. Add green coriander as well. Stuffing is ready, turn off the flame.

Take out stuffing in a plate so that it cools down. Cut corners of a bread slice with help of knife. Likewise, prepare all bread slices. Take little amount water in a plate and dip one bread slice into it. Take out the bread slice immediately and place it over your palms. Now squeeze out the excess water from it with help of other hand. Place 2 to 2.5 tsp stuffing over the bread slice. Lift the slice from all sides and close the stuffing very nicely. Likewise, place stuffing in each bread slice, fold and make rolls. Now place them over a plate.

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Preheat oil in a pan. Take rolls and place them in oil for frying. Keep flipping the sides and fry until rolls turn golden brown in color. Take out fried bread rolls from the oil and place it over a plate with napkin paper. Similarly, fry rest of the bread rolls as well. Serve piping hot Paneer(Tofu) bread rolls with green chutney or tomato sauce and relish eating.

Suggestions:

Dip the bread slice in water and take it out immediately. Place the stuffing over this bread slice and lift from all sides to seal the stuffing nicely. If its not sealed then stuffing might spill out while frying. Oil for frying bread rolls should be aptly warm. If oil is not aptly warm then bread rolls can soak too much oil.

## **Recipe 28: DELICIOUS Paneer(Tofu) navratan korma:**

### **INGREDIENTS:**

#### **VEGGIES:**

Onions: 1, large

Carrot: 1, medium

Potato: 1, large

Capsicum: 1, large

Tomato: 1, medium

Paneer(Tofu): 200 gms

Fresh green and red chillies: handful

Green peas: 1 cup

Sweet corn: 1 cup

#### **SPICES:**

Ginger paste: 1 tsp

Garlic paste: 1 tsp (optional)

Cumin powder: 1 tsp

Coriander powder: 1 tsp

Author: Sachin

Red chilli powder: 1 tsp

Black pepper powder: ½ tsp

White pepper powder: ½ tsp

Garam masala powder: 1 tsp

Salt to taste

### **FOR TEMPERING OIL:**

Ghee/clarified butter: 2 tbsp (ideally this preparation should be cooked in Ghee only; if you want to avoid unnecessary fat, use vegetable oil)

Asafetida/ hing: 1 pinch

Bay leaves: 2

Dried ginger: 1/2"

Peppercorn: ½ tsp

Cinnamon stick: 1"

Green cardamom: 5-6

Black cardamom: 1

Shah jeera: 1 tsp

Cloves: 5-6

### **OTHER INGREDIENTS:**

Milk: 1½ cups

Almonds: handful

Cashew nuts: handful

Raisins: handful

Saffron: few strands soaked in warm milk (optional; if you like the white gravy more, skip this)

Remember there should not be any turmeric at all.

Author: Sachin



## INSTRUCTIONS:

At the beginning finish all chopping and dicing programs. It will help you to run the procedure smoothly at the end.

Dice the onions, potato, carrot, capsicum and keep them in separate bowls.

Roughly chop the tomatoes and chillies. Keep the green chillies aside and make a paste of red chillies and tomatoes. Don't add any water at all.

Make rectangle bite size pieces of Paneer(Tofu).

Grind most of the almonds into powder and add little water to make a dry paste.

Dry roast all the nuts and reserve for later usage.

Keep the milk warm.

Take a large wok. Make sure it's enough for the veggies and other ingredients to fit in it. After all you need to cook the entire preparation in this same vessel.

Heat 1 tbsp of ghee/oil in that wok. Add all the ingredients under 'For tempering oil'.

Allow them to crackle. Add onion and sauté on medium flame. Add chopped chillies along with ginger paste and garlic paste (if using any). Fry until onions become translucent. Add cumin powder, coriander powder, red chilli powder and sauté for few more mins. Add potato and carrot. Mix well. Also add black pepper powder, white pepper powder, salt. Mix well and keep it covered on medium flame until veggies are tender yet firm. After 7-12 mins veggies will be almost done. At this point add capsicum and continue stir frying. In a separate nonstick pan heat rest of the ghee and stir fry the Paneer(Tofu) pieces. Be careful not to burn them (like me) When you can't smell the rawness of capsicum, add milk to the first wok and increase the flame. Once you notice bubbles near edges of the wok add saffron-milk, green peas and sweet corns. Now let it boil. Keep stirring time to time. Once the liquid is reduced by little, add almond paste and mix well continuously. Otherwise the gravy will start sticking to the bottom. Once the gravy starts boiling add Paneer(Tofu) and let it simmer with cover on low flame. Check the seasoning and adjust according to your taste. When the gravy will reach your desired consistency, turn off the flame and transfer the entire thing into the serving bowl immediately to avoid over cooking. This Navaratan Korma goes best with roti, naan (Indian Flat bread), jeera rice or even simple peas pulao.

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## **Recipe 29: DELICIOUS pepper Paneer(Tofu):**

*Preparation time : 10 minutes*

*Cooking time: 20 minutes*

*Serves : 4-6*

### **INGREDIENTS :**

Paneer(Tofu) : 500 grms / 2 cups (cut into 1" cube)

Onion : 1 big (sliced thinly)

Green Chillies : 2 (slit lengthwise)

Ginger : 1/2" piece (crushed)

Garlic : 3-4 small (crushed)

Tomato Sauce or Tomato Ketchup : 1tbsp (or) Tomato : 1 small (add a tomato in a blender and make it to paste)

Turmeric Powder : 1/4 tsp

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Black Pepper : 1 tbsp or to your spice tolerance level (freshly crushed)

Cooking oil : 1 tbsp

Coriander leaves : for garnish(finely,chopped)

Salt to taste

### **To roast and grind the Spice Powder:**

Fennel seeds : 1/4 tsp

Cumin seeds : 1/4 tsp

Cloves : 2

Star anise: 1

Cardamom Pods : 1

Cinnamon : 1/4" stick

Bay Leaves : 1

**(or)** Substitute with store bought Garam Masala : 1/2 tsp

### **INSTRUCTIONS:**

1. Cut Paneer(Tofu) into small size cubes. If you are using store bought Paneer(Tofu), then briefly soak them in salted hot water to make it soft and tasty. To do the above, heat 2 cups of water for couple of minutes and add a teaspoon of salt to the water and drop the Paneer(Tofu) cubes for 2 minutes and drain the water and set it aside.
2. In a small frying pan; lightly roast all the ingredients listed " To roast and grind the spice powder" and powder it using a mortar and pestle or coffee grinder till smooth. **(Note :** You can skip this step and can use store bought garam masala, but fresh masala taste too good.)
3. In a nonstick fry pan and heat oil and saute the sliced onions till they are golden brown. Add crushed ginger and garlic and green chillies and saute till the raw flavor disappears.
4. Add turmeric powder, grounded spice powder, half of crushed black pepper (leaving ½ behind for final sprinkling) and salt; saute it for couple of minutes.

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5. Add tomatoes sauce or tomato ketchup or tomato paste, whichever you prefer (I have used tomato sauce); saute and mix them well. Taste and adjust the seasonings.
6. Now add the Paneer(Tofu) pieces and gently combine well. Let it slowly fry on all sides in a low heat for about 5 minutes.
7. When Paneer(Tofu) pieces are well coated with masala and becomes dry and starts taking a light blackish/dark brown colour sprinkle remaining ½ of pepper powder and finally garnish with coriander leaves.
8. Serve hot with chapati or with paratta or any roti varieties, etc...Enjoy!

**Notes:**

- You may adjust the spiciness by increasing or cutting down amount of pepper powder.
- Using freshly ground pepper and garam masala enhance the authentic taste and flavor.

## **Recipe 30: DELICIOUS garlic Paneer(Tofu) recipe:**

Garlic Paneer(Tofu) starters is a vegetarian recipe that is popularly relished as a starter. This Indian recipe is a great substitute of chicken starter and is a popular choice among vegetarians.

This snack is especially loved by Paneer(Tofu) aficionados. The recipe is quite easy to make and requires little preparation. You can learn how to make it at home by following our easy recipe guide.

The recipe involves deep-frying of Paneer(Tofu) cubes with a mix of corn flour and some spices to flavor it up. The recipe is best to be prepared for parties or family gatherings at home and can be made in no time. It is best served hot with your favorite sauce or chutney.

### **INGREDIENTS:**

Paneer(Tofu) – 100 gms  
Ginger Garlic Paste – 3/4 tsp  
Tomato Sauce – 1/4 tsp  
Soy Sauce – 1/4 tsp  
Red Chilli Powder – 1/4 tsp  
Garam Masala Powder – 1/2 tsp  
Salt as per taste

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Oil as required

### **INSTRUCTIONS:**

1. Chop the Paneer(Tofu) into small cubes.
2. Mix the ginger garlic paste, tomato sauce, soy sauce, salt, red chilli powder and garam masala powder in a bowl.
3. Add the Paneer(Tofu) pieces and mix well until evenly coated.
4. Keep aside for 15 to 30 minutes.
5. Heat oil in a deep frying pan over medium flame.
6. Drain excess marinade and fry the marinated Paneer(Tofu) pieces until golden brown.
7. Remove and transfer to a serving dish.
8. Serve at once.

## **Recipe 31: DELICIOUS keshar Paneer(Tofu) modak:**

### **INGREDIENTS:**

1/2 cup Paneer(Tofu)\*, freshly made  
1/2 cup Milk powder  
1/2 cup whole Milk  
1/2 cup + 3 tbsp Sugar  
1/2 tsp Cardamom powder  
a few strands of Saffron(for color)  
2-3 tbsp Ghee

### **INSTRUCTIONS:**

- Crumble Paneer(Tofu) nicely with out any lumps.If the Paneer(Tofu) is very grainy you can pulse it in mixie for a couple of seconds,I kept it as it is and hence mine was grainy,I suggest you to grind it once for a smooth peda.
- In a thick kadai add crumbled Paneer(Tofu),milk powder,milk,saffron strands and give a nice until they mix properly.Add ghee to it and keep stirring until it forms a thick mixture.If the mixture sticks to the pan add another tbsp of ghee to it.
- Keep stirring until the mixture is completely dry and forms like thick chapati dough.Switch off the flame and let it cool down a bit.
- Meanwhile grind sugar with cardamom powder to a fine powder.
- Add sugar(reserve 2 tbsp and add rest) to the slightly warm Paneer(Tofu) mixture and mix well.Knead it so that the sugar will get distributed through out the sweet.Check the sweetness if you feel that it is less you can add the remaining sugar otherwise it is fine.If you add sugar while the mixture is hot it will melt and form like a fudge,so it is necessary to add sugar only when it is cooled down.
- Make a big gooseberry sized ball and press it using the modak mold to give a nice shape to it.If you do not have it try making modak with hands or in the form of pedas. This is the modak mold I used.

Author: Sachin

- If you do not get the perfect shape now initially do not bother. Keep them in refrigerator for sometime, say 1 hr and by then it will firm up. Then press them again in the same mold. As my Paneer(Tofu) was grainy you cannot see the shape clearly, if the mixture is very smooth you can make out the modak pattern on it nicely.

Chill them and serve it. Take them out 10 mins before you want to serve. You can keep them for 3-4 days when refrigerated.

*\*to make Paneer(Tofu) :* Heat 1/2 liter of milk until it comes to a boil add juice of 1/2 lemon and give a stir it will start curdling, add bit more lemon juice if needed. Once it is curdled completely strain into a muslin cloth and give a fresh water bath to remove any lemon smell in it. Squeeze the extra water and hang it for some time or place a heavy stuff on it. Keep it aside for 20 mins.

**Notes:**

1. *It is important that you should not add sugar while the mixture is hot as it will melt and form like a fudge, so it is necessary to add sugar only when the Paneer(Tofu) mixture is cooled down.*
2. *Freshly made Paneer(Tofu) tastes better in this, but you can use store bought one as well.*
3. *You can shape them with your hands like pedas/modak, you don't need to have that mold really for it.*

## **Recipe 32: DELICIOUS Paneer(Tofu) fry with vegetables:**

### **INGREDIENTS:**

- 1/2 teaspoon olive oil
- 1/4 teaspoon garlic paste (You may use fresh minced garlic)
- 1/8 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1/2 cup chopped tomato
- 1/4 cup crumbled panir or 1/4 cup crumbled feta cheese (Refer Homemade for Paneer(Tofu); if using feta cheese omit the salt in this recipe)
- 1/8 teaspoon chili powder
- 1/4 teaspoon garam masala (optional)
- 1/8-1/4 teaspoon salt (or to taste)

Author: Sachin

## INSTRUCTIONS:

1. Heat oil in a saucepan over a medium-high flame and saute garlic paste in it for 30 seconds, without allowing it to brown.
2. Add the chopped onions and bell peppers and saute for 5-10 minutes or until the onions become translucent.
3. Now turn the flame to high and add the Paneer(Tofu) (or feta cheese), tomatoes, chili powder, garam masala, and salt, and saute with constant stirring for about 10 minutes or until all the juices have come out of the tomatoes and absorbed by the veggies and the Paneer(Tofu).
4. Remove from flame and serve hot with rotis or bread!

## Recipe 33: DELICIOUS Paneer(Tofu) corn curry:

### INGREDIENTS:

- ❖ 2 cups sweet corn.
- ❖ 1 cup Paneer(Tofu).(cubed)
- ❖ salt
- ❖ 3 tsps garam masala
- ❖ 4 tomatoes
- ❖ 1/2 cup yoghurt
- ❖ 4 tbsps fresh cream(tinned)
- ❖ food colour(Tandoori orange)
- ❖ Chopped corriander leaves
- ❖ 3 dry red chillies
- ❖ 3 tsps green chilly paste
- ❖ 2 tsps cumin seeds
- ❖ 2 tbsps butter

Author: Sachin

- ❖ 1 tbsp ginger,garlic paste

## DIRECTIONS

- ❖ Grind tomatoes, with yoghurt into paste.
- ❖ Heat butter, add cumin and red chillies,when they splutter,add the paste and reduce the heat,add food colour ,salt, ginger,garlic paste and green chilly paste
- ❖ Braise the paste on medium heat for 10 mins
- ❖ Add Paneer(Tofu), and corn cook untill thick
- ❖ Add garam masala and fresh cream
- ❖ Cook for 5 mins
- ❖ Garnish with corriander leaves and sliced onions
- ❖ Serve with chappaties or rice

## Recipe 34: DELICIOUS papad Paneer(Tofu) fritters:

Paneer(Tofu) fritters are a unique preparation of chilli garlic flavored Paneer(Tofu) coated with crushed papad and deep-fried to perfect golden brown. The innovative use of papad instead of bread crumbs makes it all the more crisp and flavorful. It is a wonderful accompaniment to tea or juice and will be loved by all.....

## INGREDIENTS

- ❖ 1 cup crumbled Paneer(Tofu) (cottage cheese)
- ❖ salt to taste
- ❖ 1 tbsp grated garlic (lehsun)

Author: Sachin



- ❖ 1 tsp chilli powder
- ❖ 2 tsp tomato ketchup
- ❖ 5 tbsp plain flour (maida)
- ❖ 3/4 cup crushed papad
- ❖ Oil for deep frying

## INSTRUCTIONS:

- Put the Paneer(Tofu) in a plate and knead well.
- Add the salt, garlic, chilli powder, tomato ketchup and mix well.
- Divide the mixture into 9 equal portions and shape each portion into a 50 mm. (2") long cylindrical roll. Keep aside.
- Combine the plain flour with ½ cup of water in a bowl and mix well.
- Dip each roll into the flour-water paste and then roll in the crushed papad and deep-fry in hot oil till they turn golden brown in colour from all the sides.
- Drain on an absorbent paper and serve immediately with tomato ketchup.

## Recipe 35: DELICIOUS Paneer(Tofu) with urad dal:

A unique combination of urad dal and Paneer(Tofu), this seemingly elaborate recipe can be prepared quite swiftly if you work smartly. Just remember to soak the urad dal for an hour, and you are all set to go. The best part of urad dal with Paneer(Tofu) is that it is made with everyday ingredients, yet turns out to be a gourmet delight!

*Soaking Time: 1 hour*

*Preparation Time: 10 mins*

*Cooking Time: 20 mins*

*Makes 4 servings*

Author: Sachin

## INGREDIENTS

3/4 cup urad dal (split black lentils)  
1/2 cup small Paneer(Tofu) (cottage cheese) cubes  
1/2 tsp turmeric powder (haldi)  
salt to taste  
1 tbsp oil  
1/2 tsp cumin seeds (jeera)  
1/2 cup finely chopped onions  
1/2 cup finely chopped tomatoes  
1 tsp finely chopped green chillies  
1/2 tsp chilli powder  
2 tbsp finely chopped coriander (dhania)

## INSTRUCTIONS

Soak the urad dal in enough water in a deep bowl for 1 hour and drain well.

Combine the urad dal, 1/4 tsp turmeric powder, salt and 1 1/4 cups of water in a pressure cooker, mix well and pressure cook for 1 whistle.

Allow the steam to escape before opening the lid. Drain and keep aside.

Heat the oil in a non-stick kadhai, add the Paneer(Tofu) and sauté on a medium flame for 2 to 3 minutes or till the Paneer(Tofu) is light brown in colour. Remove and keep aside.

In the same kadhai, add the cumin seeds.

When the seeds crackle, add the onions and sauté on a medium flame for 1 to 2 minutes. Add the tomatoes, green chillies, chilli powder, remaining 1/4 tsp of turmeric powder, 2 tbsp of water and salt, mix well and cook on a medium flame for 2 minutes, while stirring occasionally. Add the cooked urad dal and mix gently and cook on a medium flame for 2 minutes.

Add the sautéed Paneer(Tofu) and coriander, mix gently and cook on a medium flame for another 1 to 2 minutes, while stirring occasionally.

Serve hot.

## Recipe 36: DELICIOUS makhmali Paneer(Tofu) tikka:

Paneer(Tofu) Makhmali Rolls is a cheesy snack recipe made in the marination of curd and other rich flavorful spices. This recipe really enhance the beauty of any party or get togetherness. Learn to make mouth watering Paneer(Tofu) makhmali rolls in just limited time along with the great taste.

Author: Sachin

***Preparation time: 30 minutes***

***Cooking time: 35-40 minutes***

***Servings: 6-7 rolls***

## INGREDIENTS:

### **For the marination you need:**

- 250 gms Paneer(Tofu) (cut in cubes)
- 1 cup fresh thick curd
- 2 tbsp cheese spread
- 1 tsp green chillies paste
- 1 tsp garam masala powder
- 4 cashew nuts
- 1/2 tsp poppy seeds (khus khus)
- 4 roasted almonds
- Salt to taste

### **For the stuffing you need:**

- 1/2 onion slices
- 1/2 cup cabbage sliced or shredded
- 1/4 carrot shredded
- 1/4 bell pepper slices
- Salt to taste
- Chaat masala to taste
- 1/4 tsp cumin powder
- 

### **For the rolls, roti's or wraps you need:**

- 1 cup maida
- 1 tsp cornflour
- 2 cups milk

Author: Sachin

- Fresh chopped coriander leaves
- Salt to taste

## How to make Paneer(Tofu) Makhmali Rolls:

1. In a bowl combine all the ingredients of making rolls, except the milk.
2. Knead by adding little amount of milk.
3. Add water if required.
4. Knead and cover the dough with the muslin cloth. Keep aside for 30 minutes.
5. In grinding bowl make the powder of cashew nuts, poppy seeds and roasted almonds.
6. Combine all the ingredients of marination along with the ground powder except the cubes of Paneer(Tofu).
7. Keep aside for 10-15 minutes.
8. Take the satay sticks and touch up with the little bit of oil.
9. Coat the cubes of Paneer(Tofu) in the marination from all the sides and arrange in the satay sticks.
10. Heat a griddle or tawa and place the Paneer(Tofu) satays on a medium flame.
11. Cook until the Paneer(Tofu) is light brown in color from all the sides.
12. Sprinkle little amount of oil or butter if required and keep it aside.
13. In a bowl mix all the ingredients of stuffing thoroughly and keep aside.
14. Take a small portion of dough and roll with rolling pin.
15. Place it on a hot griddle and cook from both the sides like you normally do for making chapati.
16. While serving place the roti on a clean surface.
17. Spread little bit of butter, arrange 4-5 pieces of satay Paneer(Tofu).
18. Spread 1/4 th of the stuffing mixture of cabbage, etc over the Paneer(Tofu).
19. In the same way make all the wraps or rolls and serve immediately with the green chutney.

Author: Sachin

**Note:**

1. You can cook Paneer(Tofu) satay in oven as well.
2. For the stuffing you may add your choice of vegetables.

**Recipe 37: DELICIOUS cabbage & Paneer(Tofu) rolls:**

Author: Sachin

## **INGREDIENTS**

500gms. cabbage  
200gms. Paneer(Tofu)  
1/2 cup onion finely chopped  
1tsp. green chilli  
1tsp. coriander chopped  
1 table sp. sprouts mixed  
1tsp. chat masala  
1tsp. lemon juice  
salt red chilli powder acc. 2 taste  
1/4 tsp. black pepper  
1tsp. butter

## **INSTRUCTIONS:**

Peel a outer large leaf of a cabbage, wash it  
then steam it ,till the leaves get tender, cool it  
then mix all the ingredients  
now , heat the butter and cook the mixture of Paneer(Tofu) for 2-3 mins ,cool it  
fill the mixture to the cabbage leave and wrap it neatly  
then, brush it with butter, and grill it for 5mins at 200 .c in pre heated oven  
serve hot with dips

## **Recipe 38: DELICIOUS MAKHMALI PANEER TIKKA:**

Makhmali - the name says it all! paneer marinated in this divine cheesy curd marinade is so succulent and soft that it melts in your mouth. The pahadi marinade complements the delicate flavours of the tikka so well that it will definitely steal the show at your parties.

Author: Sachin

*Preparation Time: 15 mins*

*Cooking Time: 8 mins*

*Total Time: 23 mins*

*Makes 4 wraps*

## INGREDIENTS:

### **To Be Mixed Into Makhmali Marinade**

3/4 cup thick fresh hung curds (chakka dahi)

1/4 cup cheese spread

1 tsp green chilli paste

2 tbsp cashewnut powder

1/2 tsp garam masala

salt to taste

### **For The Paneer Tikkas**

24 pieces paneer, cut into 25mm (1") cubes

1 tbsp oil for cooking

### **Other Ingredients**

1 cup onion slices

1 cup shredded cabbage

1/2 cup grated carrots

chaat masala to taste

4 tbsp finely chopped mint leaves (phudina) leaves

4 spinach (palak) rotis

6 tbsp pahadi marinade

Author: Sachin

## INSTRUCTIONS:

### For the paneer tikkas

Combine the paneer cubes and half the marinade in a bowl and toss gently. Keep aside to marinate for 10 minutes.

On a satay stick, arrange 6 pieces of paneer cubes. Repeat with the remaining ingredients to make 3 more satays.

Heat a non-stick tava (griddle) and cook the satays on a medium flame using oil till the paneer is light brown in colour from all sides. Keep aside.

### How to proceed

1. Combine the onion slices, cabbage, carrots and chaat masala in a bowl, mix well and keep aside.
2. Roll each paneer tikka satay in the mint leaves till they are evenly coated from all sides.
3. Place a spinach roti on a clean dry surface and slide the paneer tikkas from 1 satay stick in a single row in the centre of the roti, gently using a knife.
4. Arrange  $\frac{1}{4}$ th of the onion, cabbage and carrot mixture over the paneer tikkas.
5. Finally spread  $\frac{1}{4}$ th of the marinade and  $1\frac{1}{2}$  tbsp of pahadi marinade over it and roll it up tightly.
6. Repeat with the remaining ingredients to make 3 more wraps.
7. Wrap a tissue paper around each wrap and serve immediately.

Author: Sachin



## **Recipe 39: DELICIOUS low fat Paneer(Tofu) paratha:**

### **INGREDIENTS:**

1/2 cup Paneer(Tofu), grated  
1 onion, finely chopped  
3/4 cup whole wheat flour  
2 green chillies, finely chopped  
Salt to taste  
Pepper to taste

### **INSTRUCTIONS:**

Add together all ingredients and knead into soft dough.  
Make thin parathas. Cook each paratha on a griddle (tava), smearing a little oil, until both sides are golden brown. Serve hot with dip or salsa.

## **Recipe 40: DELICIOUS cabbage & Paneer(Tofu) Paratha:**

Cabbage Paneer(Tofu) Paratha Recipe is made from whole wheat flour dough stuffed with finely chopped cabbage and freshly made Paneer(Tofu), spiced up with green chillies, coriander leaves and cumin powder, makes this Paneer(Tofu) paratha healthy and delicious. The Paneer(Tofu) Paratha can make a meal in itself and served with a pickle and some yogurt or raita. The paratha makes a great lunch box as well, as it does not brittle and remains soft when heated in a microwave oven.

Serve the Stuffed Paneer(Tofu) Paratha Recipe along with a Raita and Strawberry Chutney.

**Cuisine: North Indian**

Author: Sachin

**Course: North Indian Breakfast**

**Diet: High Protein Vegetarian**

**Equipments Used: Roti Tawa**

*Prep in 10 M*

*Cooks in 40 M*

*Total in 50 M*

*Makes: 4 Servings*

## **INGREDIENTS:**

### **Ingredients for dough**

- 2 cups Whole Wheat flour
- 1/2 teaspoon Salt
- 1 teaspoon Oil

### **Ingredients for Paneer(Tofu) paratha stuffing**

- 1 cup Paneer(Tofu) (Homemade Cottage Cheese) , crumbled
- 1 teaspoon Cumin powder , roasted and ground
- 2 Green Chillies , finely chopped
- 1 Onion , finely chopped
- 1 cup Cabbage , finely chopped
- 2 sprig Coriander leaves (Dhania) , finely chopped

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- Salt , to taste

## INSTRUCTIONS:

1. To begin making the Paneer(Tofu) Paratha Recipe, we will first need to make the dough for the parathas. In a large bowl add in 2 cups of whole wheat flour and some salt. Use your fingers and stir in the salt into the flour.
2. Add water a little at a time and knead to make soft, pliable dough. Knead dough for a couple of minutes until the dough is smooth and elastic. Use the fold press and knead motion to make the dough smooth.
3. Next we will add a teaspoon of oil to coat the dough and knead little more. You want a dough that will be soft smooth and not sticky.
4. Next we will divide the dough into 14 to 16 equal portions. Cover the dough and allow the dough to rest until you the filling ready.
5. While the dough is resting, lets prepare the filling for the parathas. I am going to be using homemade Paneer(Tofu) as it makes the parathas softer, but you can use store bought Paneer(Tofu) as well.
6. In a large bowl; add in the homemade Paneer(Tofu). Use your fingers or a fork and begin to crumble the cottage cheese.
7. Next add in 1 large chopped onion, finely chopped cabbage, lots of chopped coriander, the more you add the more flavor you get. Then add in the finely chopped green chillies, a large teaspoon of cumin powder, and finally some salt. Combine all the ingredients well.
8. Divide the filling into 10 to 12 equal portions. This process of dividing and keeping the portions of dough and filling ready, helps you gauge the number of parathas you can make and if you need more or less of the filling.

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9. Take a paratha dough portion dust it in flour and flatten it on the rolling board by pressing it down. Roll the dough out into approximately 3 inch diameter circles dusting with flour in between to prevent the dough from sticking to the surface. Place this rolled dough to the side.
10. Take another dough portion, dust it with flour again and roll into approximately 3 inch diameter circle.
11. Now place the a portion of the filling onto the circle and spread it evenly around. Next, take the other rolled portion of the dough and place it over the filling.
12. Press and fold the edges so that the filling does not come out while cooking the paratha. Once sealed press down the Paneer(Tofu) paratha with your palms to release any air pockets. And give it a gentle roll with the pin to even it out. Proceed the same way with the remaining paratha dough and filling portions.
13. Now we will get into the final steps of cooking a Paneer(Tofu) paratha, preheat a skillet on medium heat and place the filled dough.
14. Allow it to cook on medium heat for about 30 to 45 seconds and flip over. Add this stage add a teaspoon of ghee or oil and spread it around the Paneer(Tofu) paratha.
15. Flip again, so the oiled side can cook on the skillet. Spread a little more ghee and keep pressing the Paneer(Tofu) parathas while on the skillet to cook the paratha evenly from inside out.
16. Do the flipping over process a couple of times until both sides get cooked, browned and crisp evenly. Make sure you cook on medium heat as it allows the parathas to get a crisp on the outside and yet soft texture.
17. Once the Paneer(Tofu) paratha is cooked transfer to a plate. Continue to the remaining dough portions the same way.
18. Serve the Stuffed Paneer(Tofu) Paratha Recipe along with a Raita and Strawberry Chutney. You can pack them for your kids lunch box or take them as a travel snack. It is filling and nutritious.

Author: Sachin

## About the author:

Sachin Kumar Saparia

Born in North Kolkata(India)

Graduate from university of Kolkata with commerce degree.

I love to write different types of stories; romance, inspirational, horror, mysteries. I am working on another book right now. It takes me some time to write a book. I put my heart into my stories and leave my readers with thought provoking ideas. I like to write stories that help you escape your everyday responsibilities.

THE END

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