

Indian Cooking Demo with Radhika Nayak

Kadhai Paneer

Paneer is a type of curd cheese used in Indian cooking. Kadhai Paneer is a great main dish for any occasion. Paneer and colorful bell peppers are sautéed in spicy tomato gravy. Recipe serves 4.

Ingredients:

- ½ pound paneer
- 1 medium red bell pepper
- 1 medium green bell pepper
- 3 tablespoons oil
- 2 medium tomatoes, diced (may also use 2-3 Tbsp. tomato paste)
- ¼ inch piece of ginger - shredded
- 1 teaspoon cumin seed (jeera)
- 1 ½ tablespoons coriander powder
- ½ teaspoon turmeric
- ½ teaspoon cayenne pepper
- 2 tablespoons dry fenugreek leaves (kasoori methi)
- ¾ teaspoon salt, adjust to taste

Method:

1. Cut paneer and bell peppers into ½ inch cubes.
2. Blend the tomatoes and ginger to make a puree.
3. Heat the oil in frying pan on medium heat and stir fry paneer for about 2 minutes. **Remove paneer from the pan before paneer starts changing color. Set aside.**
4. Next stir-fry bell pepper until they are tender. Remove and set aside on a paper towel.
5. Using the same frying pan add cumin seeds.
6. When the cumin seeds sizzle, add the tomato, coriander powder, turmeric, fenugreek leaves and cayenne pepper.
7. Cook for about 4 minutes on medium heat.
8. Tomato mixture will reduce to about half in volume.
9. Add the salt.
10. When mixture comes to boil add paneer and bell pepper and let it simmer for about five minutes on low medium heat. Remove from heat ~ serve hot.

