# Recipe BADAMI BABYCORN PANEER MASALA

By

# **Bhaktivedanta Hospital – Diet department**



#### **Ingredients**

Baby corns 10-12
Cottage cheese (paneer) 200 gms
Ginger 2 inch piece
Red chilies whole 3-4
Almonds12-15
Oil 3 tbsp
Tomato puree 2 cups
Salt To taste
Red chili powder 1 tsp
Cumin powder <sup>1</sup> / <sub>2</sub> tsp
Coriander powder2 tsp
Garam masala powder1 tsp
Dry fenugreek powder (kasuri methi) 1 tsp

#### **Preparation**

- 1. Wash and thinly slice baby corns. Cut *paneer* into one inch sized triangular pieces. Peel, wash and chop half of the ginger and cut the remaining half into julienne for garnish.
- 2. Remove stems of whole red chilies. Grind red chilies, almonds and ginger into a fine paste using half a cup of water.
- 3. Heat oil in a pan; add the ground paste and sauté for three to four minutes. Add tomato puree, salt and continue to sauté for a couple of minutes. Add red chili powder, cumin powder and coriander powder and sauté until oil comes on top of the spice paste.
- 4. Stir and add sliced baby corn, *paneer* pieces, *garam masala* powder and mix well. Cover and cook on low heat for five minutes.
- 5. Lightly roast *kasuri methi* and crush. Sprinkle over the gravy. Garnish with ginger julienne strips and serve hot.

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