

Recipe

BEMISAAL PANEER

By

Bhaktivedanta Hospital – Diet department



Ingredients

Cottage cheese (*paneer*)..... 500 gms

Stuffing

Cottage cheese (*paneer*)..... 100 gms

Carrots..... 2 medium sized

Cabbage..... ½ medium sized

Capsicums..... 2 medium sized

Salt..... To taste

Red chili powder..... ½ tsp

Batter

Cornstarch..... ½ cup

Fresh coriander leaves..... ¼ medium bunch

Salt.....	to taste
Oil.....	To deep fry
Gravy	
Ginger.....	1 ½ inch piece
Fresh coriander leaves.....	a few sprigs
Oil.....	2 tbsp
Bay leaves.....	2
Green cardamoms.....	2
Black cardamom.....	1
Cinnamon.....	1 inch stick
Mace.....	2 blades
Cloves.....	4
Yogurt (hung).....	2 cups
Turmeric powder.....	1 tsp
Red chili powder.....	1 tsp
Coriander powder.....	1 tbsp
Tomato puree.....	1 cup
Salt.....	to taste
<i>Garam masala</i> powder.....	1 tsp
Dried fenugreek leaves (<i>kasoori methi</i>).....	1 tbsp
Fresh cream.....	½ cup

Preparation

1. Cut *paneer* into rectangles of two by two inches with one-fourth inch thickness.
2. To prepare stuffing, grate *paneer*, peel, wash and grate carrot. Wash and shred cabbage. Wash, halve deseed and chop capsicums finely. Mix all these with red chili powder and salt.
3. Spread the stuffing on half of the *paneer* pieces, keeping aside some of the stuffing to be used in the gravy. Cover each piece with the remaining pieces.
4. For batter, remove stem, wash and chop green chili. Clean, wash and chop coriander leaves. Prepare a thick batter with cornstarch, chopped green chilli, chopped coriander leaves, salt and water as required.
5. Heat sufficient oil in a *kadai*, dip the prepared *paneer* pieces in the batter and deep fry till golden brown. Drain onto an absorbent paper and keep aside.
6. To make gravy, peel, wash and grind ginger to a fine paste. Clean, wash and chop coriander leaves. Heat oil in a pan. Add bay leaves, green cardamoms, black cardamom, cinnamon, mace and cloves. When they splutter, add the reserved stuffing mixture and cook on high heat.

7. Add hung yogurt, ginger paste and mix well. Add turmeric powder, red chili powder, coriander powder and continue cooking on high heat for a couple of minutes till oil separate.
8. Add tomato puree and mix well. Add water, *garam masala* powder and *kasoori methi*. Stir to mix well.
9. Add fried *paneer pieces and chopped coriander leaves* and cook for two to three minutes. Add fresh cream and cook covered for two minutes.
10. Serve hot.

For further details please contact

vaidehi_nawathe@sify.com, indrayani.h@gmail.com

www.iskcondesiretree.com

**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**