

Recipe

CHEESE AND WALNUT VEGETABLE

By

Bhaktivedanta Hospital – Diet department



Ingredients

Cottage cheese (<i>paneer</i>).....	200 gms
Walnut kernels.....	4-5
Potato.....	1 medium sized
Ginger.....	1 inch piece
Green chilies.....	2
Yogurt.....	1 cup
Oil.....	3 tbsp
Peppercorns.....	3-4
Cloves.....	2
Salt.....	to taste
White pepper powder.....	¼ tsp

Preparation

1. Cut *paneer* into one-inch sized cubes. Peel, wash and cut potato into batons. Peel and wash ginger. Remove stems and wash green chilies. Grind them with ginger to a smooth paste. Whisk yogurt.
2. Heat oil in a *kadai* and lightly stir-fry potato. Remove and drain well.
3. In the remaining oil, add peppercorns and cloves. When they crackle, add prepared paste and fry till oil separates.
4. Add yogurt, salt and white pepper powder. Continue to cook for a minute.
5. Add *paneer* and continue to cook till *paneer* is well coated.
6. Add potato and half of the walnut kernels. Bring to a boil.
7. Remove from heat and garnish with remaining walnut kernels. Serve hot.

For further details please contact

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

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