Tomato Paneer

by Anand Lila devi dasi

"Eating prasadam is a nice process of purification."

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Ingredients

Paneer (cut in cubes).....500 gm
Ginger grated.....2 Tbsp
Green chilies.....2
Big tomatoes.....4
Ghee/oil.....2 Tbsp
Asafetida powder.....½ Tsp
Cinnamon stick .....1 inch
Cloves.....3
Black cardamom.....1
Turmeric powder.....½ Tsp
Salt.....1 ¼ Tsp
Milk.....1 ½ C
Kasuri methi
(dried fenugreek leaves).....1 Tsp
Chopped fresh coriander leaves....2 Tbsp

Preparation

1) Process the ginger, green chili and tomatoes to a smooth puree in a blender.

2) Heat ghee/oil in a saucepan; add asafetida powder, cinnamon, cloves and cardamom, when they darken a few shades, add the tomato puree prepared. Add turmeric powder and salt. Cook on low heat till ghee/oil oozes out from the spice paste. Add the milk and combine well. Sprinkle with kasuri methi and stir to mix. Add the paneer cubes. Take off from heat.

3) Garnish with fresh coriander leaves.

Serves: Four-Five

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