



Posted on 18 October 2012

by Anjana Chaturvedi

Paneer Butter Masala (Spicy Cottage Cheese Gravy)



Ingredients

Cottage cheese - 200g
Tomatoes- 4
Fresh cream - 2 tbsp
Butter - 2 tbsp
oil - 1 tbsp
Chopped capsicum - 3tbsp
Turmeric - 1/2 tsp
Kashmiri chili powder - 1 1/2 tsp
Cumin seeds - 1 tsp
Salt - 1 tsp
Sugar - 1/2 tsp
For The Paste
Grated bottle gourd (Lauki or Dudhi) - 150g
Cashew nuts - 12
Melon seeds - 1 1/2 tbsp
Ginger - 1 inch
Green chili - 2
Dried fenugreek leaves - 1 tsp
Refined oil - 2 tbsp
Cloves - 3
Green cardamom - 4
Pepper corns - 8
Cinnamon - 1/2 inch

Preparation

- 1 Blanch, peel and grind tomato and make a smooth paste.
- 2 Gravy - take 2 tbsp oil in a pan and add 1/2 tsp cumin, cinnamon, cloves, peppercorns and green cardamom.
- 3 When seeds start crackling add cashew nuts, melon seeds and grated bottle gourd (lauki).
- 4 Saute for 2 minute, then add salt and kasoori methi (dried fenugreek leaves).
- 5 Cook for 2-3 minutes or till the bottle gourd gets cooked.
- 6 Then take out the mixture in a bowl.

- 7 Let it cool down, then grind and make a fine and smooth paste.
- 8 Heat 1 tbsp oil and 1 tbsp butter in a pan.
- 9 Add capsicum pieces and saute for few seconds.
- 10 Then add turmeric, chili powder and tomato puree and cook for 2 minutes.
- 11 Add the bottle gourd gravy and cook again for 1 minute.
- 12 Add salt, sugar, fresh cream and cottage cheese (paneer) pieces.
- 13 Mix and cook on slow flame till oil start seperating from the sides of the pan.
- 14 Add 1 tbsp butter and garnish with fresh coriander.
- 15 Best with naan, tandoori roti or rice.

Cooks Note

Cottage cheese cooked in smooth and creamy tomato sauce.

<http://maayeka.blogspot.com> [6] Normal 0 false false false EN-GB X-NONE X-NONE<
