www.tarladalal.com

Paneer

Tarla Dalal

INDIA'S #1 COOKERY AUTHOR

INTRODUCTION

Prepared traditionally from buffalo milk, paneer is a completely vegetarian cheese. A staple ingredient in many Indian dishes, it has been extracted since ancient times from surplus milk thereby preventing spoilage in our warm Asian climate. Served fresh or deep fried, it tastes delicious in subzis, snacks and sweets.

Abounding with protein and calcium, paneer is one of two most important nutrients in a vegetarian diet. Every 100g of paneer contains 292 calories, 13.4 gm of protein and above all muscle strengthening 480 mg of calcium.

Paneer is one of my favourite foods. I enjoyed putting this book together...Paneer Butter Masala, Lifafa Parathas, Crispy Cottage Cheese Tortillas, Pahadi Tikkas are just a few of the recipes featured inside.

So enter the world of PANEER. Turn the pages and enthrall yourself with the many wonderful ways in which you can use this versatile ingredient.

Happy Cooking!

Tarla Dalal

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PANEER CHILLI CIGARS

Preparation time : 5 minutes. Cooking time : 10 minutes. Makes 10 cigars.

5 samosa patti
1 tablespoon plain flour (maida) mixed with 1 tablespoon water

To be mixed into a fillling
¾ cup paneer (cottage cheese), crumbled
¼ cup spring onions, chopped
1 tbsp chilli-garlic sauce
¼ cup mozzarella cheese, grated
2 tsps oil
salt to taste

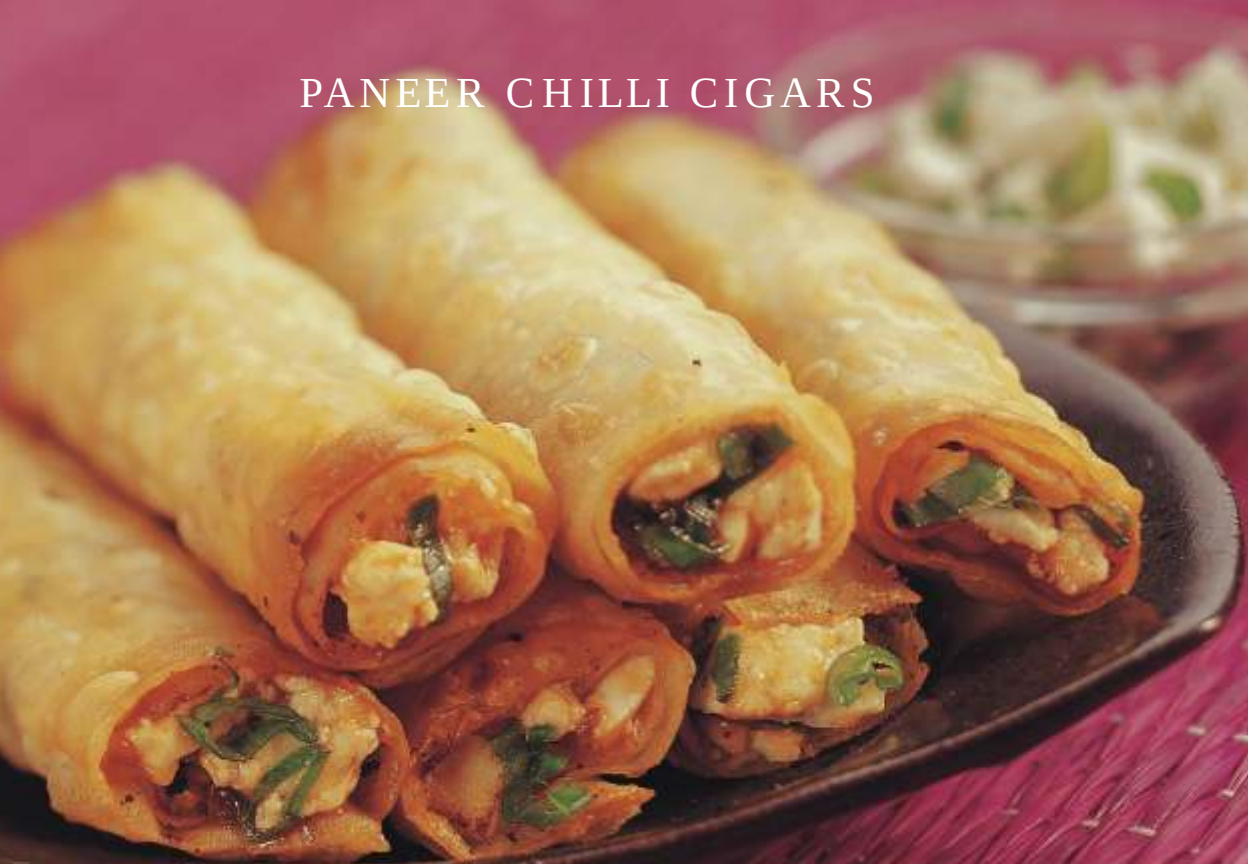
For the filling
1. Heat oil in a pan and sauté the spring onions till they are translucent.

2. Add all the remaining ingredients including the salt and mix well.
3. Cook for about 2 minutes and then divide into 10 equal portions. Keep aside.

How to proceed

1. Cut each samosa patti into 2 to get 125 mm. x 75 mm. (5" x 3") rectangular pieces. You will get 10 pieces in all.
2. Mix the flour and water to make flour paste. Keep aside.
3. Place a portion of the filling at one corner of the samosa patti piece. Roll it up tightly starting from the end where the filling is placed to make a cigar.
4. Seal the edge of the samosa patti piece using a little of the flour paste.
5. Repeat for the remaining pattis and filling.
6. Deep fry the cigars in hot oil till golden brown. Drain on absorbent paper. Serve hot with hot garlic sauce.

PANEER CHILLI CIGARS



PANEER AND POTATO ROSTI

Preparation time : 15 minutes. Cooking time : 20 minutes. Makes 4.

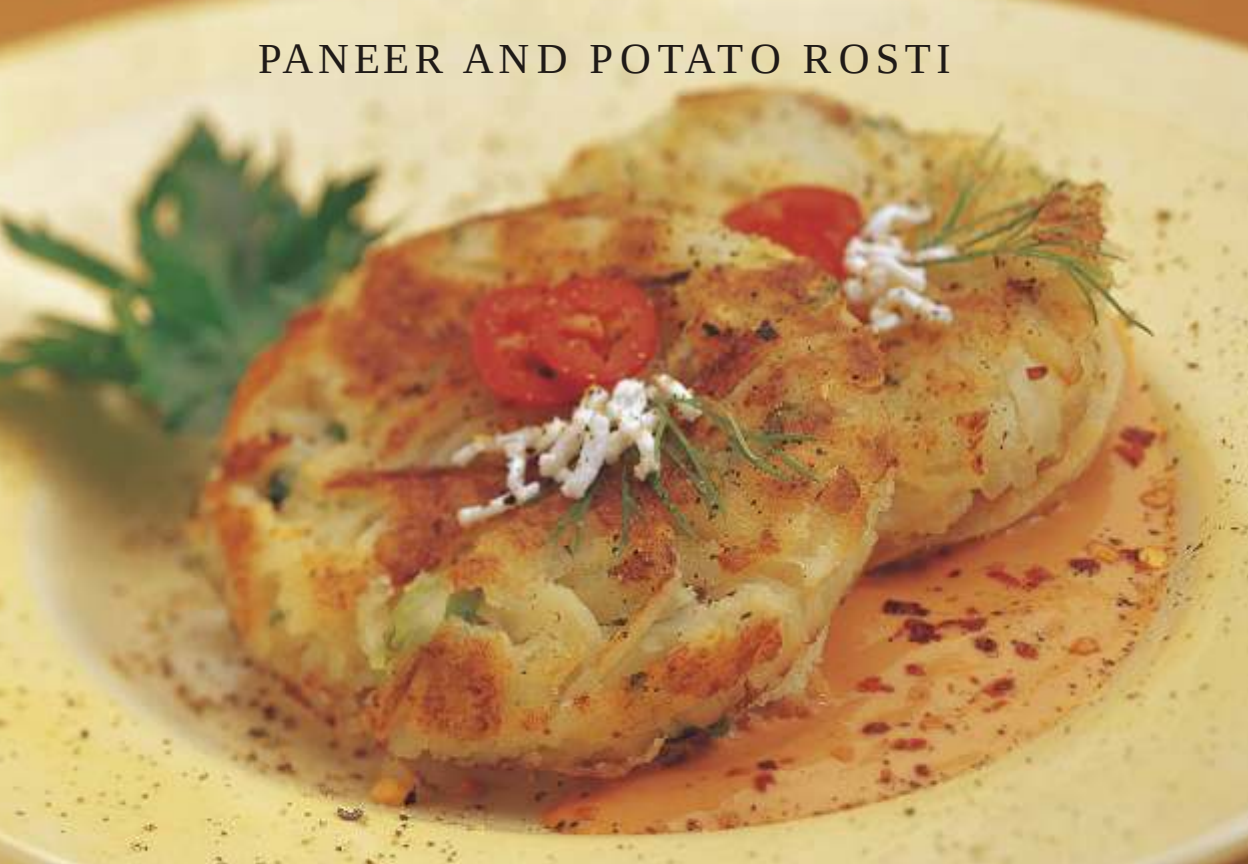
1 cup paneer (cottage cheese), grated
3 medium potatoes, par-boiled
½ cup onions, finely chopped
1 green chilli, finely chopped
½ cup processed cheese, grated
2 tbsp butter
salt and pepper to taste

1. Peel the potatoes. Grate coarsely. Sprinkle salt and pepper on top.
2. Melt the butter in a large frying pan. Add the onions and cook for 1 minute.
3. Add the green chilli, cheese and paneer and cook on a slow flame for a few seconds. Keep aside.
4. Add the potatoes and mix well.

5. Divide into 4 portions and keep aside.
6. Wet your fingers and spread each portion of the rosti on a hot greased non-stick pan to a circle of 6 mm. (¼”) thickness.
7. Cook on both sides till golden brown.
   Serve hot.

Handy tips :
1. To parboil potatoes is to cook them till they are almost done but are still crunchy.
2. It is preferable to cook the potatoes over water and not in water when making rosti.

PANEER AND POTATO ROSTI



Mutter Paneer Butter Masala

Prepared traditionally from buffalo milk, paneer is a completely vegetarian cheese. A staple ingredient in many Indian dishes it is served fresh or deep fried to make delicious subzis, snacks and sweets. Paneer is one of my favourite foods. I enjoyed putting this book together...Paneer Butter Masala, Lifafa Parathas, Crispy Cottage Cheese Tortillas, Pahadi Tikkas are just a few of the recipes featured inside. So enter the world of PANEER. Turn the pages and enthrall yourself with the many wonderful ways in which you can use this versatile ingredient.

"Padma Shri" awardee, **Mrs Tarla Dalal** is India's best selling author in any field, with over 4 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, **'Cooking & More'**, which is the best selling cookery magazine in India, under her own name.

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