

Paneer *Snacks*

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Dear fellow-snackers,

Snacks are an integral part of our daily routine, be it a tea-time snack or a small nibble to ease a pre-lunch hunger pang, be it a healthy snack or an indulgent one. Snacks also play an important role during parties and get-togethers, by setting the right mood. And, more often than not, *paneer* occupies a focal position on the snacks platter!

Paneer, commonly known as cottage cheese, is a prominent and popular ingredient when it comes to snacks. Be it in the form of *tikkis* and *kebabs* or as a part of stuffed cutlets and *pakodas*, you will always find *paneer* featuring in a snack platter. This book is dedicated to that magic ingredient, and aims to cover a wide variety of *paneer*-based snacks.

We have included traditional *as well as unconventional paneer* starters and snacks like Bharwan Paneer Chilli Pakoda, page 35, Chilli Paneer, page 79, Paneer Cucumber Slices, page 62 and Nutri Waffles, page 65, to name a few! Look forward to some really quick snacks like Paneer Kurkure, page 11, which can be made when you have unexpected guests, in our Quick Bites section. Recipes like Paneer Chana Seekh Kebab, page 33, in the Indian Flavours section will take you down memory lane with their authentic Indian flavours. The health section, Dieters Delight, is an eye-opener for those who thought *paneer* can never be served in a healthy form sans the deep-frying! Try out the recipes like Paneer and Lettuce Rolls, page 55, to change that notion.

I have also shared some of my personal favourite recipes, which you must try and share with others too. Explore recipes like Tandoori Mushroom and Paneer Baguette, page 87, under My Favourite section and get ready for the accolades. The section on Dips and Chutneys covers a range of Indian as well as popular western dips. Make the dips well in advance and combine them appropriately with your starters to showcase a match made in heaven!

Warm regards,

Tevha Dabab

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Al oo Paneer Chaat

Whip up this snazzy dish in a jiffy! The tangy coating of chaat masala makes the paneer irresistible. Lace this recipe with meethi chutney to add sweetness to the medley of flavours.

Preparation Time: 10 minutes. Cooking Time: 15 minutes. Serves 4 to 6.

2½ cups *paneer* (cottage cheese),
page 103, cut into 25 mm. (1") cubes
2 cups baby potatoes, boiled,
peeled and cut into halves
1 tsp oil
1 tbsp finely chopped green chillies
1 tsp ginger-garlic (*adrak-lehsun*) paste
½ cup boiled green peas
1½ tbsp *chaat masala*
1 tsp lemon juice
Salt to taste
Oil for deep-frying

1. Heat the oil in a *kadhai* and deep-fry the *paneer* and potatoes separately in small batches, till they turn golden brown in colour from all sides. Drain on absorbent paper and keep aside.
2. Heat 1 tsp of oil in another *kadhai*, add the green chillies and ginger-garlic paste, mix well and sauté on a medium flame for a few seconds.
3. Add the green peas, *paneer*, potatoes, *chaat masala*, lemon juice and salt, toss well and cook on a medium flame for another 2 minutes.
Serve immediately.

Aloo Paneer Chaat



Chilli Paneer

A veggie version of the popular Chilli Chicken, this melt-in-the-mouth starter features an interplay of Chinese flavours. Serve as a starter or even as an accompaniment to your main meal.

Preparation Time: 15 minutes. Cooking Time: 15 minutes. Serves 4.

For the fried *paneer*

¼ cup cornflour

¼ cup plain flour (*maida*)

1 tsp soya sauce

A pinch baking powder

Salt to taste

Oil for deep-frying

Other ingredients

1½ cups *paneer* (cottage cheese), page 103,
cut into 50 mm. (2") x 12 mm. (½") strips

1 tbsp oil

1 tsp grated ginger (*adrak*)

2 tsp finely chopped garlic (*lehsum*)

2 tsp finely chopped celery

¼ cup finely chopped spring onion whites

2 to 3 green chillies, cut into 25 mm. (1") pieces

¼ cup sliced capsicum

½ cup finely chopped spring onion greens

1 tsp soya sauce

1 tsp sugar

1 tbsp cornflour mixed with 3 tbsp water

Salt to taste

For serving

Sweet and sour dip, page 100

For the fried *paneer*

1. Combine the cornflour, plain flour, soya sauce, baking powder, salt and approx. $\frac{1}{4}$ cup of water in a bowl and mix well to make a smooth batter.
2. Dip the *paneer* pieces in the batter and deep-fry in hot oil till golden brown in colour from all sides.
3. Drain on absorbent paper and keep aside.

How to proceed

1. Heat the oil in a deep pan, add the ginger, garlic, celery, spring onion whites and green chillies and sauté on a high flame for 2 minutes.
2. Add the capsicum and spring onion greens and sauté on a medium flame for a few more seconds.
3. Add the soya sauce, sugar, cornflour paste and salt, mix well and simmer for a minute, while stirring continuously.
4. Add the fried *paneer*, toss well and cook on a medium flame for another minute.
Serve immediately with sweet and sour dip.

Chili Paneer



Paneer Peas Tikki



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We have not only included traditional *paneer* starters and snacks like **Bharwan Paneer Chilli Pakoda**, **page 35** and **Chilli Paneer**, **page 79** but also other *paneer*-based snacks such as *chaats*, salads and *parathas*. **Paneer Cucumber Slices**, **page 62** and **Nutri Waffles**, **page 65** are typical examples of the variety that *paneer* offers! Each recipe is carefully teamed with a dip or *chutney*, which completes the snack. Celebrate the goodness and taste of *paneer* with these heavenly combos!

Tarla Dalal



"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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