

Panner Tikka Masala

Type of Dish:	Gourmet, Can be used for Formal Dinner
Marinating time for Paneer:	1hour
Preparation for Tomato Gravy:	15 min.
Cooking time:	20 min.

Ingredients:

Paneer (Milk cheese):	1/2 lbs
Yogurt:	1 tbsp
Oil:	1 tbsp
Ginger:	1 tbsp minced
Kastoori methi:	1½ tsp
Chili powder:	1/4 tsp
Coriander powder:	1/2 tsp
Salt:	1/2 tsp

For Tomato Gravy-

Tomatoes:	3 medium size
Oil:	1 tbsp
Cumin seeds:	½ tsp
Coriander powder:	1 tbsp
Turmeric:	¼ tsp
Bay leaves:	2
Garam Masala:	¼ tsp
Asofetida:	pinch
Sugar:	½ tsp
Finely chopped Cilantro:	2 tbsp
Kashmiri or Degi mirch:	½ tsp
Salt for taste	



Cooking Method:

1. Cut paneer in squares. You can choose the size but should not be big.
2. To marinate the paneer- mix yogurt, ginger, salt, oil, coriander powder, Kastoori methi in a bowl and put cut paneer squares. Mix everything well and keep it in a refrigerator at least for an hour.
3. For gravy blend tomatoes.
4. Take a heavy bottom flat frying pan, keep on stove. Put oil and make sure it spreads entire the pan surface and heat it up. Keep the heat on medium low.
5. Put all marinated paneer in frying pan. Gently turn them over once one side looks golden brown.
6. Take prepared paneer out of the pan, can use same pan for gravy now. Put 1 tbsp oil in the pan, heat the oil and now put cumin seeds which should start cracking ,add asofetida, bay leaves and stir for few seconds.
7. Add tomato puree and let it cook for couple minutes and then add coriander powder, turmeric, red chili powder, garam masala, sugar, salt (for taste) and let this cook for 5 to 6 min. Make sure heat should be kept on medium low.
8. Add prepared paneer in the gravy and let it cook for another 3 to 4 min on low medium heat.
9. Now you can turn of the heat, add cilantro. Cover the pan for few min.
10. You can serve it hot with Tandoori nan or chapati or rice.