

Botanigals' Mutter Paneer



(Paneer with Cream, Peas and Spinach too!)

2 Tablespoons Ghee or canola oil

1 large onion chopped

1 teaspoon black or yellow mustard seeds

SPICE MIX # 1

½ teaspoon cumin seed

½ teaspoon cardamom seeds, crushed

1 cinnamon stick split to release the flavor

2-3 bay leaves

2-3 whole cloves

1 teaspoon ground black pepper

2 Tablespoons Ginger Paste (or grated)

1 Tablespoon Garlic Paste (or grated)

2 fresh tomatoes (core, seed and chop both tomatoes. Set one aside, and puree the other)

SPICE MIX # 2

1 teaspoon cumin ground

1 teaspoon coriander ground

½ teaspoon ground turmeric

2 teaspoons botanigals East Indian Bottle Masala or Angrezi Curry Masala

1 ½ teaspoon coarse sea salt (or to taste)

4 Tablespoons tomato puree (your second tomato pureed)

475-500 mL carton of whipping cream

2-3 cups packed fresh spinach, chopped

1 ½ cups frozen peas

4 Tablespoons finely chopped fresh cilantro leaves and tender stems

Paneer (go to www.botanigal.com to learn how to make paneer from scratch)



Mutter Paneer continued...

STEP 1. Heat the oil or ghee in a large saucepan over medium-high heat. Sprinkle in the mustard seeds and allow to pop like popcorn. When the mustard seeds are done popping, about 1 minute, add the onion and brown.

STEP 2. Once the onion is browned, add spice MIX #1 and cook until they sizzle, turn reddish brown, and smell nutty, 5 to 10 seconds. Add the tomato and sauté another minute or so. Lower the heat to medium and carefully stir in the ginger and garlic pastes. Stir-fry until the pastes turn light brown, about 2 minutes.

STEP 3. Add the chopped spinach and stir. When the spinach has wilted add spice MIX # 2 and mix well with the spinach while sautéing.

4. Add the whipping cream, tomato puree, cilantro, peas and cubes of paneer. Turn the heat up to medium-high again. Cook for another 10 minutes or so to bring the mix back to a bubble, stirring often to ensure the cream does not scorch. Once the cream is bubbling, cook another 2 minutes on medium high heat.

Serve with fresh hot naan bread or rotis. Serves 6.

N.B. Leftover Mutter Paneer is delicious as an omelet filling.