

SHAHI PANEER – BY HARVEER SALL

Ingredients

Paneer (cut into cubes) 700grams (24 oz)
8-9 garlic cloves (leave as is)
1 red onion (Coarsely chopped)
2 small tomatoes (Coarsely chopped)
3 small cardamom (in Punjabi called lechie) (I am using finely grinded)
2 Laung Cloves
1 curry/bay leaf (as is)
1.5 tbsp. of salt
1 tsp sugar
2 tbsp. mixed spices (Paneer masala, garam masala, any chilli pepper – cayenne is a good one)
1-2 tbsp. of cilantro (for Garnish)
1 large can of tomato sauce (680 ml)
1 litre whipping cream
¼ cup oil to cook (of your choice, I will be using olive oil, another great one is grape seed oil)

Method/Instructions

Prepare all the ingredients as I mentioned above and have them ready to go
Warm your medium sized pot or pan at 300-350 degrees
Put oil into the pan
Add garlic, cardamom, laung and curry/bay leaf - cook for 2 minutes
Add onion and salt - cook for another 5-10 minutes
Add tomatoes - cook for another 2 minutes
Add spices – cook all the ingredients in your pan together for a couple of minutes
Remove the curry/bay leaf
Throw sauce in a blender (cool down mixture before you blend in a smoothie blender – if you are using a steel blender or a hand blender - you do not need to cool down)
Add mixture back to the pan – still on medium heat
Add one tea spoon of sugar, tomato sauce and slowly whisking/stirring in the whipping cream
Simmer for a couple of minutes - so all ingredients are well blended
Add the paneer to the sauce and simmer for another couple minutes
Good time for a taste test and to add extra salt, spices as needed
Top/garnish with cilantro

Ready to be served with a bed of rice or naan/roti

Options:

Fry paneer – in a little oil for couple minutes
Add handful cashews to the mixture (when you are throwing all the cooked ingredients into the blender)