

Paneer & Pea Curry

Ingredients:

4 pints milk - Make paneer
4 tablespoons white vinegar
2 tablespoons oil
1 teaspoon cumin seeds
1 tin tomatoes
1 green chilli
1 inch knot ginger
1/2 teaspoon turmeric
1/4 teaspoon hot chilli powder
1 teaspoon salt
1/2 teaspoon ground coriander
1 lb frozen peas
Fresh coriander- garnish

Method:

1. Paneer - bring milk to boil
2. Just as it's coming to the boil, add 4 tablespoons white vinegar & stir. The milk solids(paneer) will separate from the liquid whey
3. Strain the whey & place the paneer in a bowl
4. Empty the tomato tin contents in the blender. Add to it the ginger & chilli - blend till finely chopped
5. In deep frying pan, heat the oil & fry cumin to golden colour
6. Add the tomato mix & cook for 2 minutes
7. Add the turmeric, chilli powder, salt & ground coriander -stirring continuously
8. Add the paneer & stir to coat with the tomato sauce
9. Add the peas & mix through the paneer
10. Cover with lid & cook on low heat for ten minutes; stirring occasionally
11. Serve hot garnished with fresh chopped coriander

Allergen - milk