

Paneer Tikka Masala

Ingredients

Masala/curry

2 tbsp ghee/butter
1 tsp cumin seeds
1 cinnamon stick
1 large onion, roughly chopped
3-4 garlic cloves, crushed
1 inch piece of ginger, chopped
3-4 medium tomatoes
1 tin of chopped/plum tomatoes
2 tsp curry powder
1 tbsp sugar
1 tsp salt

SERVES 4-6

COOKING TIME: 1 HOUR

100ml cream

Chopped coriander to serve

Paneer Tikka

250g paneer, chopped into small cubes
3 tbsp plain/Greek yoghurt
1 tsp finely chopped ginger
1 tsp finely chopped garlic
1 tsp coriander powder
1 tsp garam masala
½ tsp paprika
Salt, to taste

Directions

1. In a bowl, combine all the ingredients for the paneer tikka. Cover, and place in the fridge for as long as possible (preferably the night before or morning of cooking).
2. Cut small crosses into the bottom of the tomatoes. Submerge in water that has just boiled. Leave for a few minutes until you can easily peel the skins off.
3. Heat the ghee/butter in a large pan. Once hot, add the cumin seeds and cinnamon stick. Once the seeds crackle, add the onions, garlic and ginger. Fry till the onions turn golden brown in colour.
4. Add the tomatoes, curry powder, salt and sugar. Simmer for 10 minutes (or longer if you have the time), then blend until smooth.
5. Whilst the masala is cooking, roast or grill the marinated paneer until golden brown in colour, turning halfway to ensure even cooking.
6. Add the paneer and cream to the masala and stir. Simmer for another 5 minutes.
7. Serve however you like - I go for rice and homemade naan bread. Garnish with chopped fresh coriander.