Division of Public Health

India Food Tour - Take a Bite Around the World

Wednesday, November 17
5:00-6:00 pm

Highlighting Indian food from our global health partners in India

Chefs & Hosts: Dr. TP Singh & Nirupma Singh

Indian Recipe

Prep time: 15-20 minutes
Cooking time: 202-5 minutes
Serves: 4-5 people

Ingredients:
- Fresh spinach 2 bunch
- Fresh coriander 2 tbsp
- Fresh mint 1 tbsp
- Green chillies 2-3 nos.
- Ginger 1 inch
- Paneer 600-700 gm

For gravy
- Ghee 2 tbsp
- Cumin seeds 1 tsp
- Whole red chillies 2-3 nos.
- Bay leaf 2-3 nos.
- Cinnamon 1 inch
- Ginger 1 inch (chopped)
- Green chillies 2-3 nos. (chopped)
- Asafoetida 1 tsp
- Red chilli powder 1 tbsp
- Turmeric powder ½ tsp
- Cumin powder 1 tsp

- Curd 1/3rd cup
- Salt to taste
- Black salt 1 tsp
- Wheat flour 1 tbsp
- Fresh cream 2-3 tbsp (optional)
- Garam masala 1 tsp
- Lemon juice 1 tsp

Method:
- Set water for boiling in a stock pot, blanch the spinach briefly for 10-15 seconds in boiling water and immediately transfer in ice cold water, doing this step helps to retain the bright green colour of the spinach.
- Add the blanched spinach in a grinding jar, along with fresh coriander, fresh mint, green chillies & ginger, add water as required and grind to make a fine puree. Keep it aside to be used later.
- Cut the paneer in your preferred shape and size, set a pan on medium heat, add enough oil for shallow frying the paneer, fry them from all side until golden brown in colour.
• Further let the fried paneer sit in warm water until used, doing this step helps the paneer to be moist.
• For making the gravy, set a wok on medium heat, add ghee, jeera, bay leaf, cinnamon, ginger & green chillies, stir once and lower the flame, further add, powdered spices, stir & cook on medium low flame for 1-2 minutes, add little water to avoid the burning of spices.
• Further add, cashew paste, curd & salt to taste, stir continuously & cook on low flame for a minute.
• Further increase the flame to medium heat & cook until the ghee separates.
• Now, add the spinach puree & mix well, add wheat flour to thicken the gravy, stir & cook for 3-4 minutes on medium flame.
• Now add the shallow fried paneer that’s been resting in warm water, add some fresh cream, garam masala and lemon juice. Mix gently and cook for a minute.