



BOREALIS

PANEER TIKKA MASALA



INGREDIENTS: 4 PORTIONS

Paneer cheese marinade

400 g Paneer (cut into bite-sized pieces)
120 g Plain yogurt
8 g Garlic paste
8 g Ginger paste
1.6 g Garam masala
1.6 g Turmeric
1.6 g Ground cumin
1.6 g Chili powder
1.6 ml Fresh lemon juice
Salt

Sauce

24 g Sunflower oil
12 g Garlic cloves (minced)
240 g White onion (chopped in chunks)
8 g Tomato paste
0.5 g Cardamom pods (crushed)
0.8 g Chili flakes
240 g Red bell pepper (medium dice)
12 g Ginger (minced)
1.6 g Turmeric powder
2.4 g Garam masala
4 g Coriander powder
4 g Cumin powder
240 g Plum tomatoes (chopped in chunks)
32 g Cream
16 g Yogurt

Garnish

100 gr Fresh Coriander Leaves
(chopped and picked)
Yoghurt drizzle
Fried garlic chips in low temperature
oil (no milk)
Crispy shallots
Dried chilli
Salad cress for garnish
Cooked Rice portions x 4

METHOD

- For the sauce - In a large heavy pot over medium heat, heat the oil. Add garlic, chopped onion, tomato paste, cardamom pods and pepper flakes to the pot. Cook, stirring often, until the tomato paste has darkened and the onion has softened.
- Add the bell pepper to the pot and sauté until it starts to soften. Add the spices to the pot and cook, stirring constantly, until the bottom of the pot begins to brown.
- Add chopped tomatoes. Bring to the boil and then reduce the heat to a simmer, stirring frequently and scraping all particles.
- For the paneer cheese - In a bowl, whisk together the yogurt along with all ingredients for the marination until a smooth paste is formed. Add the paneer and let this mixture sit aside in the fridge for at least 3 hours.
- Spread the paneer on a baking tray and roast in a pre-heated oven at 300 C for 5 minutes until the paneer starts to brown. Once the paneer gets golden brown in the oven you can remove and set it aside.
- For service, heat the base sauce, Add cream, yogurt, and paneer in the sauce. Season to taste with salt. Simmer, stirring occasionally, until slightly thickened but not too thick.