

THE BEVERAGE PEOPLE

840 PINER RD., #14
SANTA ROSA, CA 95403
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Lababdar Paneer

5 oz. (about 1 cup, cubed or crumbled) Paneer Cheese
2 Tbs. Peanut Oil, Vegetable Oil, or Clarified Butter (*Ghee*, see note)
1 Small Onion, chopped
1/2 tsp. Cumin Seeds (*Jeera*)
2 Medium tomatoes (one chopped, the other sliced for garnish)
2-4 Tbs. Tomato Paste (the kind in the squeeze tube is convenient for this)
1/2 tsp. Chili Powder
1/2 tsp. *Garam Masala* powder
1/4 tsp. Ground Cumin (*Jeera powder*)
1/4 tsp. Dried Fenugreek Leaves (*Kasoori Methi*) (difficult to find, and may be left out)
1/8 Tsp. Ground Cayenne (optional, or to taste)
2 Tbs. Clarified Butter (*Ghee*), melted
4 Tbs. Fresh Cream (or homemade Cream Cheese)
Vegetable Broth or Water as needed
Shredded Ginger and/or Chopped Cilantro as garnish

Heat oil or *ghee* in a medium skillet. Saute cumin seed and chopped onion until lightly browned. Add chopped tomato and stir well. Add tomato paste as needed for good color. Cook over a low flame for a minute or two. Add the ground cumin, chili powder, *garam masala*, fenugreek, and cayenne. Stir in the paneer. Cook over a low flame for 5-10 minutes, adding vegetable broth or water as needed to achieve desired thickness. Remove from heat, pour butter and cream over (or spoon on cream cheese). Garnish with ginger, cilantro, and tomato slices. Serve with rice and *naan*. Makes 4 servings as a side dish or 2 servings as a main dish. Preparation time about 45 minutes.

Note on *Ghee*: Melt butter (about twice as much as you need as *ghee*) and simmer over very low heat for a few minutes. Cool to handle (still as liquid) and pour through nylon cheese netting or doubled cheesecloth. You can make extra and keep it tightly covered in the refrigerator to use in all your Indian cooking.

Adapted from “Indiaparenting.com”

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