

rare recipes
by
Reena Malhotra

PANEER TIKKA

Ingredients :

<input type="checkbox"/> Paneer [Cheese] (Cut into pieces)	500g
<input type="checkbox"/> Capsicum (Diced)	1 Large
<input type="checkbox"/> Tomato (Diced)	1 Large
<input type="checkbox"/> Onion (Diced)	1 Large
<input type="checkbox"/> Hung Curd	1 Cup
<input type="checkbox"/> Lemon Juice	1 Teaspoon
<input type="checkbox"/> Garlic Paste	2 Tablespoons
<input type="checkbox"/> Red Chilli Powder	1 Teaspoon
<input type="checkbox"/> Coriander Powder	1 Teaspoon
<input type="checkbox"/> Salt	As Per Taste
<input type="checkbox"/> Cream (Fresh)	2 Tablespoons
<input type="checkbox"/> Turmeric Powder (Haldi)	1/ 2 Teaspoons
<input type="checkbox"/> Garam Masala	1/ 2 Teaspoons
<input type="checkbox"/> Tandoori Chicken/Veg. Tandoori Masala	2 Teaspoons
<input type="checkbox"/> Oil	1 Tablespoon
<input type="checkbox"/> Chat Masala	1 Teaspoon

METHOD :

- Dice/ Cut the Vegetables into small even pieces.
- Cut Paneer into larger even pieces.
- Add one-by-one, the Chilli Powder, Coriander Powder, Salt, Cream, Oil, Turmeric Powder (Haldi), Garam Masala, Tandoori Chicken/Veg. Tandoori Masala, Garlic Paste and Lemon Juice to the Hung Curd and mix well.
- Add the pieces of Paneer to the mix.
- Add the diced Vegetables to the mix.
- Mix well, but ensure that the pieces of Paneer do not break.
- Refrigerate the marinade for 1 hour.
- Insert the marinated pieces of Paneer and Vegetables on Rotisserie Sticks (if available)
- Place on a Non Stick Flat Tawa or the non-stick cooking plate of an Electric Grill or the Rotisserie of an Oven.
- Grill for 10-15 Minutes.
- Keep on turning the Rotisserie Sticks / the pieces of Paneer till they get a light brown texture from all sides.
- If Rotisseries Sticks are not available, turn the Vegetables simultaneously with Paneer, till they also get a light brown texture.
- Transfer to a serving dish.
- Sprinkle some Chat Masala on the Paneer Tikkas and Vegetables.
- Serve Hot with sliced Onions, a dash of Lemon and Pudiney-ki-Chutney.
- Enjoy!