

INDIAN SABZI *with* BHAKTI YOGA CLUB

Homemade Paneer

“Curd cheese, or paneer, is the Indian equivalent of tofu. It is rich in protein and extremely versatile. It can be deep-fried and used in vegetable dishes, crumbled into salads, made into sweets, stuffed inside breads and pastries, and creamed into dips.”

Ingredients:

Half gallon of whole milk

****Using low-fat milk can result in tough or crumbly paneer.**

3-4 tablespoons of lemon juice

Cheesecloth

Method:

1. Boil the milk in a heavy-based saucepan, stirring often to prevent scorching or sticking.
2. Lower the heat and gradually add the lemon juice, while stirring gently, until the milk curdles.
3. When the milk curdles, remove the saucepan from the heat. Strain the whey from the curd by pouring everything into a colander lined with cheesecloth. If you want to keep the whey to use in soups or other dishes, line a big mixing bowl with cheese cloth and pour everything there.
4. Gather the corners of the cheesecloth together and hold the bag of cheese under lukewarm water for 10 seconds.
5. Squeeze the bag to remove excess liquid, and leave it to set for an hour or so.
****Optionally, you can place the bag under a heavy weight while it is setting.**
6. After it sets, remove the cheesecloth and you have paneer!



Mattar Paneer (Peas & Paneer)

Ingredients:

1 16 oz. bag of frozen green peas

3 medium size tomatoes

1/2 lb paneer

3 tablespoons oil

Pinch of asafetida (hing)

1 teaspoon cumin seeds (jeera)

2 bay leaves (tajpat)

1/2 inch of cinnamon stick (dalcheene)

1 tablespoon chopped ginger

1 tablespoon coriander powder (dhania)

1/2 teaspoon turmeric (haldi)

1/2 teaspoon chili powder

1/2 teaspoon paprika

1 teaspoon salt or adjust to taste

1/2 teaspoon sugar

1 tablespoon cornstarch



Recipe:

1. Cube the paneer into half inch pieces and deep-fry them on medium high heat. Fry until the paneer becomes a light golden color. Take the paneer out and place on a paper towel so the extra oil is absorbed.
2. Mix cornstarch with three tablespoons of water and keep aside.
3. Blend the tomatoes and ginger to make a paste.
4. Heat the oil in a saucepan. Test the heat by adding one cumin seed to the oil. If the cumin seed cracks right away, the oil is ready.
5. Add the asafetida (hing), cumin seeds, bay leaves and cinnamon and stir-fry for a few seconds.
6. Add the tomato paste, coriander, turmeric, chili powder and paprika. Cook until the mixture reduces to half.
7. Add the green peas and 1/4 cup of water. cook on medium heat pan should be covered. When the peas are tender, add the salt and paneer.
8. To thicken the gravy add corn starch mix. Cover the pan and let it cook for 3-4 minutes.

Suggestion:

Add 1 tablespoon fresh chopped fenugreek leaves or 1/2 tablespoon dried fenugreek leaves to the gravy when cooking.

Smoky Vegetable Bean Soup

Ingredients:

- 2 tablespoons olive oil
- 1 medium red, yellow, or orange bell pepper, chopped
- 2 cups water
- 1 teaspoon hing
- 2 can diced tomatoes
- 2 medium zucchinis
- 1/4 teaspoon red pepper flakes
- 1 can navy beans
- 3 to 4 tablespoons chopped fresh basil
- 1 tablespoon balsamic vinaigrette
- 3/4 teaspoon salt
- 1/2-1 teaspoon liquid smoke

Recipe:

1. Heat oil in large saucepan or Dutch oven over medium-high heat. Add bell pepper; cook and stir 4 minutes or until edges are browned. Add hing; cook and stir 15 seconds. Add water, tomatoes, zucchini, and red pepper flakes. Bring to a boil over high heat. Reduce heat to low; cover and simmer 20 minutes.
2. Add beans, basil, vinegar, salt, and liquid smoke. If desired, simmer 5 minutes.