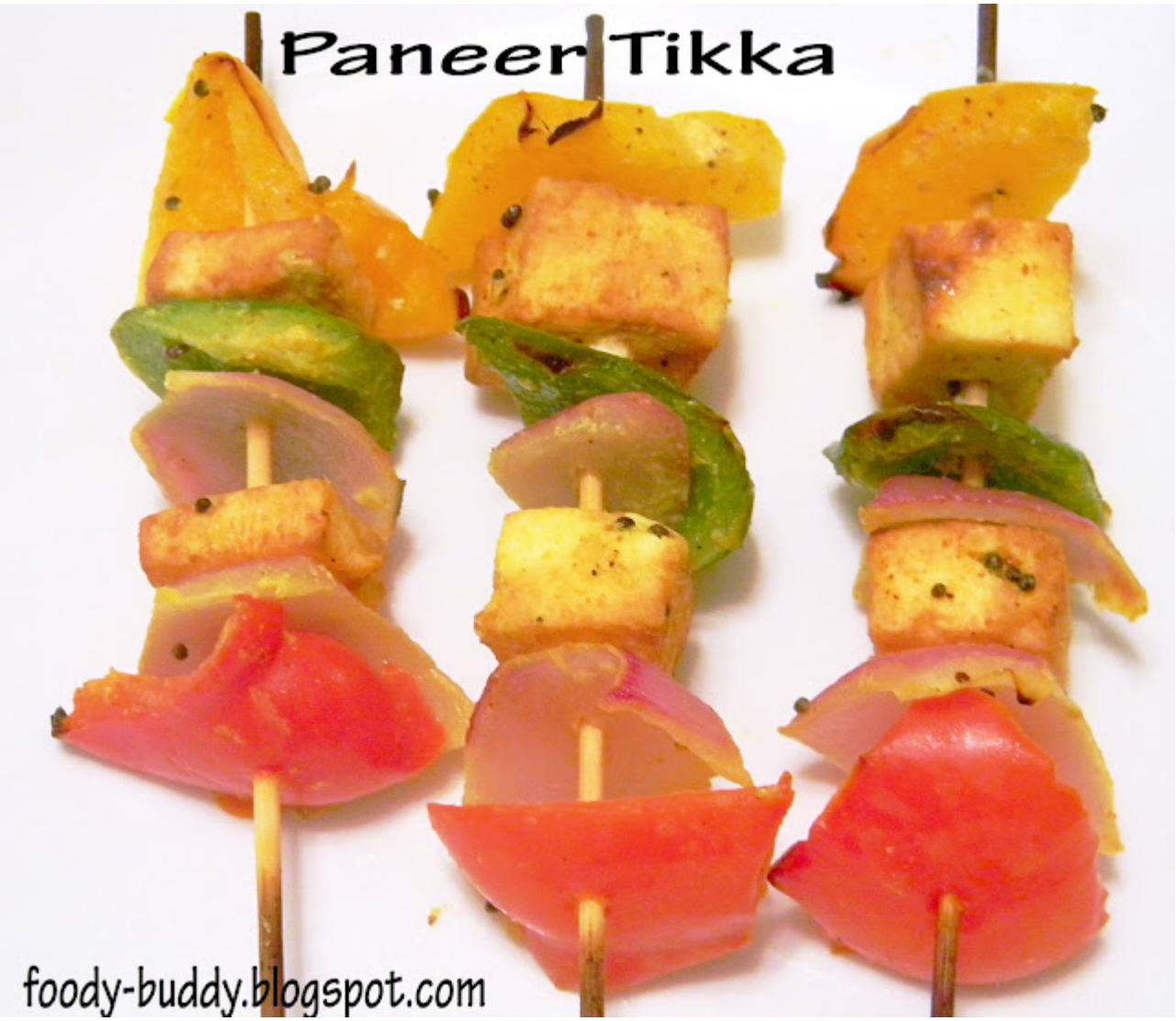
PANEER TIKKA | PANEER TIKKA MASALA



Paneer Tikka is one of the popular dish in Northern Part of India. It is made from chunks of paneer, bell pepper and onion marinated in spices then arranged in a skewer and grilled in oven. It is a healthy and flavourful dish, also vegetarian alternative to chicken tikka.

Ingredients

10 Slices of Onion
10 Paneer Cubes (I used Fried Paneers)

8 Pieces of Red Bell Pepper
8 Pieces of Green Bell Pepper
8 Pieces of Yellow Bell Pepper
2 Tbsp of Yogurt or Thick Curd
1 Tsp of Red Chilly Powder
1/4 Tsp of Garam Masala
3 Drops of Lemon Juice
1/4 Tsp Of Turmeric
2 Tsp of Mustard Oil
Salt as needed

Method



- Wash and cut all veggies into big cubes.
- Soak the skewers in a bowl of cold water for atleast 1-2 hrs this is just to prevent the burning of the skewers.



- In a bowl, marinate all the veggies, yogurt, red chilly powder, garam masala, lemon juice, turmeric, mustard oil and salt for about 1 hr so that all the veggies absorbs the sauce.
- Take the skewers and arrange all the veggies as shown in the picture, brush them with little oil.





BEFORE BROIL

- Now turn on the oven and set to high broil, arrange all the skewers in a greased pan and wait for 10-13 mins until all the veggies turns brown.
- Once done, it is ready to serve with green chutney or you can make panner tikka masala as sidedish for chapathi.



AFTER BROIL

PANNER TIKKA MASALA



Paneer tikka masala is a delicacy from punjab, Northern Part of India. It is made from the paneer tikka, which is served as spicy gravy for paratha or methi roti.

Ingredients

1 Chopped Onion
1 and 1/2 Tsp of Ginger Garlic Paste
2 Tsp of Coriander Powder
1 Tsp of Chilly Powder
1/4 Tsp of Turmeric Powder
1 Tsp of Cumin Powder
1 Chopped Big Tomato
1 Tsp of Yogurt/Curd
Marinated and broiled Tikka Vegetables
2 Tbsp of Chopped Cilantro leaves
1/4 Tsp of Sugar
1/4 Tsp of Garam Masala
1/2 Tsp of Dried Methi Leaves

1 Clove
1 Medium Size Cinnamon Stick
1 Cardamom
1 Bay Leaf
1/2 Tsp of Whole Cumin
1 and 1/2 Tbsp of Oil
Salt as needed

Method

- Heat a pan with oil, add cloves, cinnamon, cardamom, bay leaf, cumin, wait till it changes color.
- Add chopped onion, salt and ginger garlic paste, fry for 2 mins until raw smell vanishes.
- Take a pan away from stove, add coriander powder, red chilly powder, turmeric powder and cumin powder, fry for 30 secs.
- Now keep pan back to the stove, add little water and fry for another 30 secs.
- Add chopped tomato and fry for 2 mins and wait till oil seperates.
- Add yogurt and tikka vegetables, mix well.
- Add pinch of garam masala, dried methi leaves and sugar. Check the salt and turn off the stove.
- Garnish with cilantro or coriander leaves and serve hot.

Tips

- Good to eat with tandoori roti or paratha
- You can do paneer tikka in oven either in broil or bake mode.Also if you don’t have oven do it in stove top.
- You can use either metal or wooden skewers.
- Make sure don’t keep vegetables and panner in oven for long time.
- If you don’t have mustard oil, take a pan with little vegetable oil, add mustard to it, let it crackles. This can used as mustard oil.


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Paneer Tikka Masala