

Matter Paneer Made Simple



Serves 6

30 minutes or fewer

30 minutes or fewer Nidhi Chanani, a lifelong vegetarian, streamlined her mothers matter paneer recipe to make a meal her friends love. My mothers version takes twice as long and uses lots of heavy cream and ghee [clarified butter], she says. Paneer is a mild, fresh cheese used in [Indian](#) stews. To make this recipe vegan, Nidhi omits the sour cream, uses cubed tofu instead of paneer and cooks the stew 10 to 15 minutes more. 2nd Place, 2006 recipe contest.

1 large onion, quartered

1 ½ Tbs. vegetable oil

½ tsp. whole brown mustard seeds

½ tsp. ground cumin

1 bay leaf

1 clove garlic, minced (about 1 tsp.)

1 15-oz. can tomato sauce

2 tsp. ground coriander

1 tsp. garam masala

½ tsp. ground turmeric

½ tsp. salt

½ tsp. paprika

1 10-oz. pkg. frozen peas, thawed

3 Tbs. reduced-fat sour cream

¼ tsp. sugar

1 8-oz. pkg. paneer, cut into 1-inch cubes

Purée onion in food processor.

Heat oil in pot over medium heat. Add mustard seeds, cumin and bay leaf. Cook 1 minute, or until fragrant.

Add onion and garlic, and sauté 5 to 7 minutes, or until browned. Stir in tomato sauce, coriander, garam masala, turmeric, salt and paprika. Simmer 10 minutes, or until sauce thickens, stirring occasionally. Add up to 1/2 cup water if sauce is too thick.

Stir in peas, sour cream and sugar. Simmer 5 minutes, or until peas are heated through.

Fold in paneer, and cook 3 minutes more. Remove bay leaf, and serve hot with basmati rice or naan bread.

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