

Paneer Tikka Masala-

Cottage cheese marinated in the flavors of India

The Paneer Tikka Masala ranks high on the average Indian's evening snack list. Find out why Paneer a great source of protein and an excellent substitute to gourmet cheese combines very well with the tanginess of the Indian masala to make this barbeque snack. It's sizzling on the tongue when freshly roasted and must be eaten hot from the skewers.

A visit to the neighbourhood Indian spice store and a plan to surprise your evening guests should get you started.

Ingredients

1. Paneer- 2 cups , neatly cut in cubes 2"*2"
2. Yogurt- ½ cup
3. Tomato- cut in squares and without seeds
4. Capsicum/Bell Pepper- 1, cut in dices
5. Onion- 1, neatly diced
6. Lime- juice of 1
7. Salt (to taste)

For the masala

1. Red Chilli Powder- 2 tsp
2. Turmeric Powder- ½ tsp
3. Garlic paste- ½ tsp
4. Ginger paste- 1 tsp
5. Garam masala- ½ tsp
6. Tandoori masala- (hard to find, you may do without it)- 1 tsp
7. Fenugreek leaves- 1 tsp dried

15 minutes to the clock and the sizzler is ready to munch on.....

Method

1. Mix all the ingredients in the masala section together with the yogurt to form a thick paste
2. Prick indents into the paneer and the diced vegetables with a fork, for a richer taste.
3. Coat the vegetables and the paneer cubes in the dip and set it aside for a good 4-5 hours. You may like to keep it marinated overnight so the vegetables and paneer are perfectly tender.
4. Preheat the oven/grill/tandoor while you arrange the dipped vegetables and paneer on the skewers.
5. Roast the stuff over the charcoal or in the oven and roast evenly till golden brown or till the paneer and the vegetables crackle and the spicy aroma hits your nose.
6. Paneer tikka masala is ready to hit your taste buds.
7. To round off a perfect snack for the evening sprinkle some tangy chaat masala evenly over the spread and serve with some spicy coriander and mint chutney.

For non-vegetarians- The paneer in the tikka masala can be substituted with chicken or meat if paneer doesn't fall in your scheme of things.

Served best with: Beverages or hard drinks and a need to enjoy a great evening.

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1. Tsp- teaspoon
2. Tbsp-table spoon