

## IN MY KITCHEN RECIPE – EPISODE 8

**Chef:** Yudhika Sunjanani

**Theme:** Palek Paneer

**Dishes:** Traditional Roti, Paneer, Palak Paneer, Chickpea Madras

### Traditional Roti

**Serves:** Makes 12 roti

**Time:** +/- 2 hours (including resting time for the dough)

#### **Ingredients:**

750ml cake flour

5ml fine salt

375ml boiling water

75ml sunflower oil

Melted butter, to cook



#### **Method:**

1. Place flour and salt in a mixing bowl. Pour in boiling water and mix with a wooden spoon. Pour oil over the dough and mix to combine
2. Knead the warm dough until smooth. Roll into a large ball and keep kneading until the cracks are not visible
3. Roll the dough into a length and slice into twelve equal pieces. Roll each piece into a length. Curl up the half the length. Curl the other half in the opposite direction. Fold one piece over the other.
4. Dust the pieces of dough in flour and place in a mixing bowl. Cover with a damp cloth and leave aside for an hour
5. Roll out each piece of dough into a round ensuring you keep the surface dusted with flour. Leave the rotis on a well floured counter. Repeat until all the dough has been rolled out
6. Cook the roti on a hot, non stick frying pan. When small bubbles and freckles appear, flip the roti over. Drizzle a little melted butter over. Turn the roti over and lightly brown on the other side
7. Remove and place on a wire rack. Repeat until all the rotis are cooked
8. Pile them on top of the other and leave to cool before storing in a cake tin lined with baking paper.

#### ***Yudhika's tips***

*The water must be boiling hot when it is added to the flour.*

*Use a cutter to ensure that the rotis are perfectly round.*

## **Paneer**

### **Ingredients:**

4 litres full cream milk

140ml white vinegar

### **Method:**

1. Boil milk in a large pot. Stir the milk often, scraping the bottom of the pot. This prevents the milk from sticking and burning.
2. When milk bubbles and rises, remove from the heat and pour in the vinegar. Carefully swirl the vinegar into the milk. Do not stir as this breaks the curd into fine pieces. If the whey still looks milky, add a little more vinegar
3. Leave aside for a few minutes. The curd should float to the top and form a thick layer
4. Gently lift the curd with a slotted spoon and place and leave to drain in a stainless steel sieve
5. Repeat until all the curd has been removed from the whey. Pass the whey through a strainer and collect any remaining bits of curd
6. Press the curd down with the slotted spoon to remove excess moisture
7. Tip curd into a dish towel or muslin cloth. Mould into a cake and wrap tightly
8. Fill a large pot with water and place on top of the paneer. This will compress the paneer and squeeze out any additional moisture from the cheese. Leave aside for an hour or two to drain.
9. Cut paneer into cubes or diamonds.

### ***Yudhika's tips***

*Clover full cream milk works best for making paneer.*

*The milk must be thoroughly heated before the vinegar is added.*

*Once the vinegar has been added, do not boil the milk further.*

*If the paneer is too soft, unwrap the paneer and leave in the refrigerator to firm up.*

*The paneer can be stored in the refrigerator for 2 - 3 days. Simply place the wrapped paneer in an airtight container and refrigerate.*

## Palak Paneer

Paneer in a smooth spinach sauce

### **Ingredients:**

50ml sunflower oil  
5ml cumin seeds  
1 onion, finely chopped  
5ml coarse salt  
5ml crushed garlic  
10ml Red Chilli Powder  
2 tomatoes, blanched and chopped  
400g baby spinach, chopped  
10 ml Ground Coriander  
5ml Ground Cumin  
5ml Garam Masala  
2,5ml turmeric  
50ml fresh cream



Paneer made with 2 litres of full cream milk  
Sunflower oil to fry paneer

### **Method:**

1. Heat oil in a medium sized pot and fry cumin seeds until they splutter, add the finely chopped onion and coarse salt.
2. Saute the onion until light golden brown and slightly crisp around the edges
3. Add crushed garlic and red chilli powder and stir for 3 -5 seconds. Stir in the tomatoes and then add the ground coriander, cumin, garam masala and turmeric
4. When the tomatoes soften, add the chopped spinach into the sauce. Leave to simmer until the leaves wil
5. Remove from heat and allow the spinach sauce to cool slightly. Process the sauce in a liquidiser until smooth. Add a little boiling water if the sauce is too thick
6. Pour the spinach back into a pot and reheat before serving
7. Heat sunflower oil in a non stick frying pan. Pan fry the paneer cubes until they are golden brown.
8. Place the fried paneer in a bowl of boiling water to prevent them from becoming hard
9. Place the fried paneer in the spinach sauce and pour in the cream.
10. Serve hot with rotis.

### **Chickpea madras**

This is a quick and easy veggie curry that takes minutes to prepare and it tastes even better the next day. Try spooning the leftovers onto toast or as a topping on an omelette. A little curry on toast is the best hangover cure as it fires up your metabolism and kickstarts your day.

**Serves:** 4

**Time:** 20 minutes

#### **Ingredients:**

30ml sunflower oil  
5ml mustard seeds  
5ml cumin seeds  
1 onion, finely chopped  
5ml crushed garlic  
5ml red chilli powder  
2 tomatoes, blanched, peeled and chopped  
5ml ground coriander  
5ml ground cumin  
2.5ml Garam Masala  
2.5ml turmeric  
1 x 400g tin chickpeas  
150ml coconut milk  
Fresh coriander to garnish



#### **Method:**

1. Heat oil in a pot on a medium heat and add mustard seeds. When the seeds begin to splutter, add cumin seeds. The cumin seeds will sizzle immediately. Add the finely chopped onion and sauté until light golden brown.
2. Stir in the crushed garlic and red chilli powder. Add chopped tomatoes and stir for a minute before adding ground coriander and cumin, garam masala, turmeric and salt to taste. Simmer until the oil separates from the tomatoes
3. Pour in drained chickpeas and coconut milk
4. Garnish with fresh coriander.