

Ingredients

Spinach----- 1 bag leaf spinach [fresh]
Paneeer----- use the paneer recipe
Chopped onions----- 1 cup
Grated ginger----- 1 TBS.
Tomatoes----- 1 cup chopped or 2 tsp. tomato
paste
Green chilies----- 1-2 [optional] chopped
Garam masala----- 1 1/2 tsp.
Red chili powder----- 1/2 tsp.
Sour cream----- 2-3 TBS [optional]
Veg oil----- 2-3 TBS
Water----- 1 cup
Green cardamom [seed crushed]----- 2-3 whole
Salt----- 1-1 1/2 tsp.

add fennel

METHOD

1. Wash spinach under water.
 2. Heat 1 cup of water in a pan. Put the spinach leaves in hot water. After 5 minutes turn the heat off.
 3. Blend the spinach leaves with very little water in a blender until smooth.
 5. Fry the onions until light brown. Then add the ginger and fry for a minute. Add the crushed cardamom seeds and fry for another min.
 6. Add the chopped tomatoes. Cover and cook until the tomatoes are soft.
 7. Add salt, garam masala, chili powder, green chilies and fry for a minute. Lower the heat and add the sour cream and stir the masala. Add the blended spinach. Cover and cook for 15-20 minutes on low to medium heat.
 8. Add the paneer pieces to the spinach. Cover and cook on low heat for 5 minutes.
 9. Serve with rice, nan or bread.
- Serves 4-6

PANEER [homemade cheese]

INGREDIENTS

whole
Milk----- 1 quart [2% or 4%]
Buttermilk----- 2-2 1/2 cups

Rub oil around bottom of pan first.

METHOD

1. Boil milk. After one boil lower the heat. Slowly, add the buttermilk.
2. When the curd begins to separate from the greenish yellow whey turn the heat off. Let it stand for 10 minutes. Collect the cheese in a strainer. When all the water has drained from the cheese put the cheese in a cheese cloth or towel and wrap it. Place a weight [such as a large pot filled with hot water] on it for 3-4 hours. Remove the wrap and cut the compressed cheese into small cubes.

Note: For storing, deep fry the paneer pieces in hot oil. Cool, put in freezer bag and store in the freezer.