

Paneer Chilli

- 7 ounces [paneer cheese](#) ^[1]
- flour (masa flour OK)
- oil (suggested: sesame or chili oil)
- 1 finger ginger
- 2 cloves garlic
- 2 red jalapenos
- 1 green jalapeno
- 1 yellow onion
- 1 carrot
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried ground coriander
- 2 tablespoons vinegar
- 1 tablespoon soy sauce
- 1 teaspoon white sugar
- 2 to 3 drops MSG
- scallion

Chop the paneer into cubes. Dampen with water, then coat with flour.

Heat oil in wok.

Deep fry paneer until golden brown. Set aside.

Remove some oil from wok, and heat again.

Peel the ginger and garlic, mince the ginger, garlic and jalapenos.

Julienne the onion, peel the carrot, and cut the carrot into strips.

Add the ginger, garlic, jalapenos, onion and carrot to the wok.

Cook for a bit.

Add spices, vinegar, soy sauce, sugar and MSG.

Add 1/4 cup water.

Cook for a few minutes.

When veggies are cooked, add the paneer. The stew should thicken within a minute or two.

Chop the scallion.

Add the chopped scallion for garnish, and remove from heat.

Serve with rice [2].

Serves: 4

Preparation time: 30 minutes

– Subscriptions (1)

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