

Paneer & spinach curry (for 4 serves)

Ingredients (for the curry)

- ♥ 500 g spinach, cleaned
- ♥ 1 onion, finely diced
- ♥ 3-4 garlic cloves, cleaned & finely diced
- ♥ ginger root (circa 2 cm), finely diced
- ♥ 2 teaspoons curry powder (lightly spicy)
- ♥ 1 t.s. dried mint, 2 bay leaves
- ♥ 6 t.s. extra virgin olive oil (EVOO)
- ♥ sea salt & black pepper to taste

Ingredients (for the paneer)

- ♥ 1 l full cream milk
- ♥ 200 g full cream yogurt (I use 4.5%)
- ♥ juice of ½ lemon
- ♥ colander & cheese cloth (I buy it from pharmacy)

Preparation steps (curry)

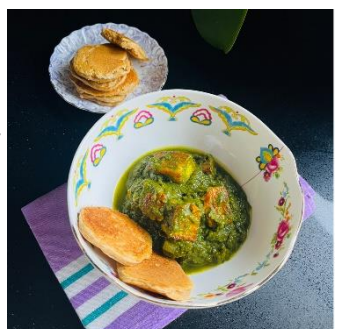
- ♥ Sauté the onion, garlic and ginger at low heat in 4 t.s. EVOO for 3-4 min. Add bay leaf along with the curry powder, and leave for 2-3 min. for them to release the aromas in the oil. Stir occasionally with wooden spoon to avoid sticking on the pan. Join mint and 50 ml warm water. Leave to simmer at low heat for 10 min.
- ♥ Blanche the spinach in a big pot with boiling water for 3-4 min. Remove it with a draining spoon and place it in a blender. Join the onion-spice mix. Purée to a fine cream. Transfer it back to the cooking pot and add 1/3 cup warm water. Leave it to simmer for 15 min. to thicken and all the flavours to bond together. Keep it covered with a lid, while stirring occasionally.
- ♥ Meanwhile dice the paneer in 2x2 cm cubes and sauté it in EVOO, on all sides until golden. Remove the pan from heat and leave it to rest until simmering the curry
- ♥ Once the curry is thickened, add the paneer and salt/ pepper to taste. leave the pot covered for 30 min. to settle down and harmonize the flavours

Preparation steps (paneer – from previous day of cooking the curry)

- ♥ In a cooking pot without a lid bring the milk to boil and immediately remove it from heat. Add lemon juice for the milk to coagulate, followed by the yogurt. Stir with a wooden spoon, and once bigger curdles are formed, and whey is separated, strain in a colander covered with a cheese cloth. Leave the colander on a bowl for 1h to strain. Remove to a flat plate (paneer wrapped with the cloth), flatten the cheese with h=2cm, cover with another plate, and leave in a fridge overnight

Serve the curry with flat mini bread with soda – wholegrain/ spelt flour. I use some of the whey for the batter. For 10 mini breads >> stir 50 ml of whey + ½ teaspoon soda for 1 min. Add it to 2-3 generous tablespoons flour + pinch of salt + 1 t.s. EVOO. Mix to a liquid batter and fry until golden on a non-stick pan, (I use a tablespoon to form the mini breads on the pan)

I refrigerate the paneer whey for preparing bread (flat, baked) & pancakes



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