



Paneer Bonanza

Prabhjot Mundhir

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Paneer is a high-protein food, and if you are a vegetarian you must include it in your meal. And even if you are not much fond of paneer, these recipes would surely make you a convert.

Here is an invaluable treasury of traditional, yet novel recipes of Paneer distilled over 50-year old culinary knowledge and expertise.

- * Easy to prepare recipes
- * Teaches simple touches with everyday vegetables to make them special
- * Amazing variety
- * Preparations that are delicious and nutritious too!

Prabhjot Mundhir is a freelance journalist and is known for her expertise in the culinary arts and delicious innovative recipes. Her vast interest in research of Indian food played an important role in the culmination of a food CD, *The Pleasure of Indian Cooking*.

She has won various food competitions and is well known for her classes in cookery. With this book, she aims to present Paneer as a healthy and delicious food item. Her earlier book, *Nutritious Mushroom Recipes*, published by Pustak Mahal has been widely acclaimed.

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AN EXCERPT FROM THE BOOK IS AS FOLLOWS:

1. Cheese Coins

Ingredients

(Serves 4-6 Persons)

Bread Slices - 12

Paneer/Cottage Cheese - 1 and ½ cup

Boiled Potato - 1 no. large

Flour - 1 tbsp

White Pepper Powder - 2 tsp

Mint Powder - ½ tsp

Grated Cheese - ¼ cup + 2 tbsp

Green/Red Pepper - 1 piece of 2"

Black Peppercorns - 24

Salt - To taste

Preparation

1. Heat the oven for moderate heat.
2. With the help of a cutter or small Katori, cut the roundels out of bread slices.
3. Place the remaining portion of slices in an electric grinder and make fresh breadcrumbs.
4. Cut the pepper into 12 thin strips of ¾-inch long pieces.
5. Mix together Paneer/cottage cheese, potato, breadcrumbs, flour, mint, salt and pepper powder. Knead the mixture to fine dough.
6. Divide the dough into 12 portions.
7. Spread 1 portion of dough on 1 roundel of bread. Place 2 peppercorns as eyes and one small strip like a mouth. Finish making all the roundels this way.

Baking

Bake the roundels in hot oven for 10 to 15 minutes and remove.

Serving

Serve them hot or at room temperature with sauce as an evening snack. You may serve the roundels as starters at any gathering. In that case, cut them into 4 portions to make the bite-sized pieces.

Tips*

Cheese coins are excellent for children or for their gatherings because children love the shapes and the crispness in any food.

Cooking time: 15 minutes for p

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