

## PANEER LABABDAR

### For Tomato-Cashew paste:

250 grams ripe red tomatoes, chopped  
 10 to 12 cashew nuts  
 ½ inch ginger, chopped  
 2 to 3 garlic, chopped  
 ½ cup water  
 1 green cardamom  
 2 cloves

### For garnish:

1 tbsp chopped coriander leaves  
 ½ inch ginger, julienne

### Other ingredients:

200-gram cottage cheese, cubed  
 2 tbsp cottage cheese, grated  
 100-gram onion, finely chopped  
 1 Indian bay leaf  
 1 or 2 green chilies, slit  
 ½ tsp cumin powder  
 ½ tsp coriander powder  
 ½ tsp red chili powder  
 ¼ cup low fat cream  
 1 tsp dry fenugreek leaves, crushed  
 2 tbsp butter  
 1 or 1.25 cups water  
 Salt as required

The recipe has been shared by Ms Rani, an Asha Supervisor. Rani has been associated with Asha since the very beginning, and is one the main pillars of strength for the entire team.



### Directions

#### Tomato-Cashew paste:

1. Take chopped tomatoes, cashews, chopped ginger, chopped garlic, green cardamom, cloves and ½ cup water in a small pan. Use tomatoes which are not too tangy or sour.
2. Switch on flame and simmer this mixture on a low flame.
3. Cook till the tomatoes are softened. If the water dries up and the tomatoes are not softened, then add about 2 to 3 tbsp water and continue to cook.
4. Allow this mixture to become warm or cool completely and add to a blender jar.
5. Grind to a smooth paste without any cashews or tomato chunks or pieces. You may add some water if required while grinding. Keep this ground tomato-cashew-spices paste aside.

#### Preparing Paneer Lababdar Gravy:

1. Heat butter in pan or wok. Add bay leaf and sauté for a couple of seconds.
2. Add the finely chopped onions. Stir well.
3. Then continue to sauté as well as stir and cook till the onions become light golden or golden.
4. Add the tomato-cashew-spices paste. The mixture will splutter if there is water in it, so be careful. Stir very well.
5. Add cumin powder, coriander powder and red chili powder. Stir and sauté till you see fat leaving the sides of the masala (mixture) paste.
6. Now add 1 cup water. Stir very well.
7. Add 1 or 2 slit green chilies. Stir and allow the gravy to come to a simmer and add salt.
8. Add 200-gram cottage cheese along with the grated cottage cheese.
9. Stir and simmer the gravy for about a minute.
10. Then sprinkle crushed dry fenugreek leaves. Stir and simmer for a minute
11. Lastly add the low fat cream. Switch off the flame & stir very well.

**Garnish** paneer lababdar with chopped coriander leaves and ginger julienne.