

Saag Paneer (adapted from Canadian Living Magazine, September 2009)

Serves 6-8

Ingredients:

11 ounce pkg of spinach (baby spinach, washed and ready to use)
2 tbsp vegetable oil
1 tsp cumin seed, toasted for about 10 seconds and then ground in a mortar and pestle
1 onion finely chopped
1 tbsp ghee or butter
3 tsp garlic /ginger paste **or** 3 cloves of garlic minced and 2 tsp finely grated ginger
1/4 cup chopped fresh cilantro
1/2 tsp cayenne and a pinch of Kashmiri red chili powder if you have it. It adds a nice heat.
1/2 tsp salt
1/ tsp ground coriander
1/2 tsp turmeric
pinch cinnamon
3 plum tomatoes, peeled and finely chopped***
Just under 1/3 cup of cream
1/3 cup roasted cashews
2 tsp lemon juice
1 tsp garam masala
8 ounce pkg paneer, cubed



Method:

1. In a large pot of water, blanch spinach until just wilted; drain, chill under cold water and drain again. Reserve a 1/4 cup of cooking liquid. Puree the liquid, cashews and spinach in a food processor or blender until smooth.
2. In a large, deep skillet, heat oil over medium-high heat. Add onion and ghee, cook until onion is golden, about 8 minutes.
3. Reduce heat to medium and stir in garlic/ginger paste. Cook for 1 minute. Stir in fresh cilantro, cayenne, kashmiri red chili powder, salt, ground coriander, turmeric and cinnamon. Cook, stirring until very fragrant, about 30 seconds. Add tomatoes and continue to cook until tomatoes break down, about three minutes.
4. Stir in spinach mixture, cover and cook, stirring occasionally until steaming hot, about more three minutes.
5. Measure out the cream in a small bowl. Whisk a little of the hot spinach mixture into the cream to temper it so it won't curdle. Add to hot saucepan. Stir in lemon juice and garam masala. Bring to a simmer. Reduce heat to low and add paneer. Cook covered until heated through, about two minutes