

Paneer Satay



Paneer Satay is an original and rich amalgam of fragrances, and also the mixtures of herbs and flavors and differentiating surfaces and tastes. It contains flavors and techniques that are loved by Chinese, Indian, and Japanese cooking. However, they have been so skilfully consolidated and refined that the resulting dishes have many another and exciting character.

Ingredients

- Cottage Cheese cut into 2 inch thick fingers 500 grams
- Peanuts to taste
- Soy sauce 2 tablespoons
- Lemon juice 1 teaspoon
- Garlic crushed 4 cloves
- Ginger crushed 1 inch piece
- Brown sugar 2 teaspoons
- Honey 2 teaspoons
- Peanut sauce
- Oil 1 tablespoon
- Onion chopped 1 small
- Ginger crushed 1-inch piece
- Garlic chopped 4 cloves
- Soy sauce 1 tablespoon
- Coconut milk 4 tablespoons
- Lemon juice 1 tablespoon
- Salt to taste
- Honey 1 tablespoon
- Red chili seeded and chopped 1

Method

1. Place the paneer fingers in a bowl. Add salt, soy sauce, lemon juice, garlic, ginger, brown sugar and honey, and mix. Leave to marinate for one hour, preferably in a refrigerator.
2. Heat oil in a griddle or Tawa. Thread the marinated paneer onto satay sticks and place on the grill. Pour some of the excess marinades over the paneer and cook, turning the satay sticks to brown the paneer evenly on all sides.
3. For the peanut sauce, heat the oil in a pan; add onion and sauté for a few minutes. Add ginger and garlic and continue to sauté. Add soy sauce, peanut butter and two tablespoons of water.
4. Stir in coconut milk, lemon juice, salt, and honey. Add the fresh red chili and remove from heat. Serve the paneer satay with the sauce.



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