

Recipe Name: Smoked Tandoori Paneer Tikka Recipe
Diet Type: Vegetarian
Course: Appetizer
Cuisine: Punjabi
Quantity:



Ingredients

Ingredient	Quantity
• 300 grams Paneer (Homemade Cottage Cheese) - cut into cubes • 1 cup Pickled onions • Sunflower Oil - for tossing • 2 Coal - for coal smoking method • 1 cup Hung Curd (Greek Yogurt) • 3 tablespoons Gram flour (besan) • 6 Mint Leaves (Pudina) • 3 cloves Garlic • 1 inch Ginger • 1 teaspoon Fennel seeds (Saunf) - roasted ground to powder • 1/2 teaspoon Ajwain (Carom seeds) • 2 Saffron strands • 1/2 teaspoon Cumin powder (Jeera) • 1/2 teaspoon Coriander Powder (Dhania) • 3/4 teaspoon Black pepper powder • 3/4 teaspoon Turmeric powder (Haldi) • 1/4 teaspoon Black Salt (Kala Namak) • Salt - to taste	4

Preparation

- To begin making the Smoked Tandoori Paneer Tikka Recipe, In a bowl, combine yogurt and gram flour making a smooth paste.
- Using a pestle and mortar, pound the ginger, garlic, and mint leaves to make a coarse paste.
- Add in the fennel seeds and ajwain and pound until blended.
- Add this to the yogurt mixture.



- Add in the remaining marinade ingredients into the yogurt mixture and stir to combine well.
- Place the paneer cubes in a large bowl, add in the marinade and allow it to rest covered for about half an hour to one hour or even overnight.
- While the paneer marination is close to over, we will now prepare for the coal smoking method.
- Take a piece or two of coal (about 3 inches big) and hold it over a gas flame with the help of tongs.
- The coal will begin to turn red hot and also grey in about 5 minutes.
- This indicates that the coal can be used for smoking.
- Place this hot coal inside a crack proof bowl.
- At this point heat a large wok or a skillet with rim that can be covered on medium heat.
- Add a little oil and place a few pieces of marinated paneer along with a little of the marinade.
- If you have a stove top grill or a skillet, then arrange the paneer pieces and pour a little of the marinade over each of them.
- Place the coal along with the bowl over the paneer.
- Add a spoon of ghee or oil on the coal.
- It will begin to smoke.
- Immediately cover the pan and reduce the heat to low and let it sit for about a minute until the smoke has gone away.
- Open the lid and remove the coal cup.
- You dish will get a smoked flavored paneer that taste just like the Tandoori Paneer Tikkas.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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