

Something Special



Paneer



Translated literally from Hindi Paneer means “cheese”. It is a natural meat substitute commonly used in Asian cookery. Hailing from the Punjab region of India, Paneer brings a genuine touch to many classic dishes whether cubed, sliced, grated or crumbled. Paneer retains its shape in cookery and absorbs the flavour of ingredients it is cooked with.

NUTRITIONAL INFORMATION

Typical values per 100g

Energy kJ	1436	Carbohydrates	1.9
Energy kCal	346	Sugars	1.1
Protein	22.7	Fibre	1.0
Fat	27.0	Sodium	0.0
Saturated	18.5	Cholesterol	47.2
		Salt	0.0

INGREDIENTS

Full Cream Milk and Acetic Acid.

CHEESE SUITABLE FOR VEGETARIANS



Why not try...



Paneer Kebabs

Ingredients

Kebabs

- 227g Paneer cheese, cubed
- Red onion, chunks
- Red pepper, large chunks
- Yellow pepper, large chunks
- Wooden kebab sticks- soaked in water for 30 minutes

Marinade

- 4 tbsp olive oil
- 1 clove of garlic, crushed
- 1 tsp dried chilli flakes
- Fresh coriander – handful freshly chopped
- Garam masala

Method

- Combine all the ingredients for the marinade together into a large bowl and add the diced paneer.
- Cover with cling film and chill for 30 mins..
- Meanwhile cut the onion and peppers into large chunks.
- Thread the marinated paneer cubes, onion, yellow and red pepper chunks onto the skewers and then grill under a high heat for about 8-10 minutes, turning every few minutes until golden brown.
- Serve with a refreshing yoghurt and mint dip.

Wine pairings

- Reisling or Kingfisher Beer

Also in Something Special...

- Cracked Black Pepper Terrine
- Favourite Five
- Herb & Garlic Whirl
- Onion & Chive Whirl



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