



Chilli Paneer



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Serves 4

INGREDIENTS:

165g paneer cheese	25g onion
38ml olive oil	60g mixed peppers
60g cornflour	20g tomato ketchup
23g plain flour	15ml chilli sauce
100ml cold water	15ml white wine vinegar
3g chilli powder	15ml light soy sauce
½ garlic, peeled	3g caster sugar
¼ small ginger, peeled	1g black pepper
6g green chillies	3g salt
15g spring onion	
20g bunched coriander	

METHOD:

1. Heat the fryer to 170°C. Dice the paneer to 2cm. Puree the garlic cloves and ginger. Trim the green chillies, blend. Peel, halve and dice the onion to 2cm. Halve, core, and deseed the peppers, dice to 2cm. Combine 10g cornflour with 11ml water. Clean, trim and slice the spring onions. Roughly chop the coriander.
2. For the batter, combine 50g cornflour, the plain flour, chilli powder, 8g each of ginger and garlic purees, half of the salt, black pepper, then whisk in the 90ml of water until evenly thickened. Add the paneer to the batter and coat well.
3. Remove the paneer from the batter and carefully drop into the oil by hand if possible, ensuring they do not stick together. Fry for 3-4 minutes until golden brown and crispy, then remove, drain, and set aside.
4. For the sauce, add 11ml oil to the pan on medium heat, then add the remainder of the garlic and ginger purees, cook for 1 minute, then add green chilli, cook for another minute. Add the onions and peppers, coat well for another minute, then add the soy sauce, chilli sauce, ketchup, and vinegar. Mix the cornflour and water again, then add the sugar. Allow to simmer and thicken, then add half of the spring onion and coriander, lower the heat, then add the paneer and cook for 2 minutes.
5. Remove from the heat, transfer to a dish, garnish with remaining coriander and spring onion, then serve.