

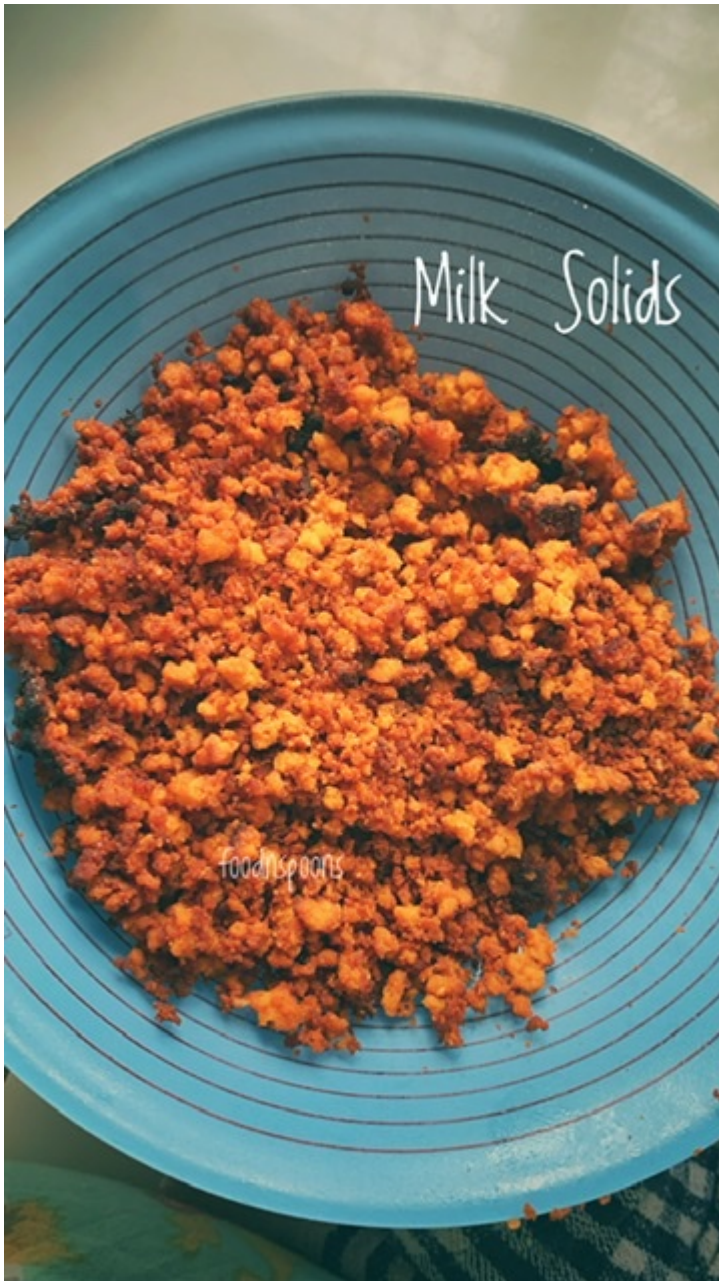
# **KHURCHAN PANEER CAPSICUM**

I've been making ghee at home for the past 13 years and always wonder what to do with the residue, the leftover milk solids.

Some make laddoos and barfi, some make parathas, many just add sugar and indulge in the easiest dessert.

Here in Bengal, it's eaten with rice, a drop of ghee, salt and green chillies OR add some murmura, sugar and shredded coconut.

Me and mommy have come up with this super easy and quick gravy which can be teamed up with paneer, kofta, mix veg and even simple aloo matar.



Make it in a jiffy with the leftover khurchan or leftover from ghee. And this is an oil free dish. Yes you heard it right. The leftover will work as the fat here.

Let's check it –

**INGREDIENTS –**

## **FOR GRAVY**

Medium sized tomatoes – 4

Leftover from milk/ Khurchan – 4 tbsp

Cloves – 2

Cinnamon – 1/2”

Green cardamom – 2

Ginger – 1 tsp

Green chillies – 2

## **METHOD –**

Add all the above ingredients in a blender and make a smooth paste. Keep aside.

Strain, if you want a smooth gravy.

## **OTHER INGREDIENTS –**

Paneer – 200 gms

Capsicum, chopped – 1/4 cup

Peas – 1/4 cup

Kashmiri red chilli powder – 1 tsp

Coriander powder – 1 tsp

Turmeric powder – 1/4 tsp

Amchur powder – 1/2 tsp

Kasoori Methi – 1 tsp (crushed)

Jaggery – 1 tsp

Cream – 2 tbsp

Salt

Water

Coriander leaves

**METHOD –**

In a wide pan, add the the puréed tomato paste and let it cook for 5 minutes.

Add capsicum and peas.

Now add kashmiri red chilli powder, coriander powder, turmeric powder and salt. Let it cook till the oil separates.

Now add jaggery. Mix well.

Add water and adjust the consistency.

Bring the gravy to boil and let the gravy thicken up.

Now add paneer cubes. Let it simmer.

Add amchur and kasoori Methi. Stir well

Finish off with cream.

Serve with roti and steamed rice.

## **NOTES –**

You can use garlic and onions too

You can add cashew paste to make it more rich

Add any vegetable according to your requirements.

**Hope you liked my recipe.**

**Do drop in your feedbacks and suggestions in the comment section below.**

**Do share your pictures of the recipe tried from the website and Do not forget to tag us.**

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Thank you so much for visiting us.

XOXO,

Manisha, FOODNSPOONS

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## **NEPALI ALOO DUM | ALU DUM | HOW TO MAKE NEPALI ALU DUM**

I was born and brought up in one of the most beautiful states in India, Sikkim which will soon be awarded as the first organic state.

Aloo dum is a very popular dish between Nepalis. It is widely made in and around Sikkim.

How to make nepali alu dum ?

It is very easy to prepare and gets ready in no time. Have been searching this recipe since ages and finally got the taste I have been craving for, Hope you like it as well.

Nepali aloo dum can be eaten as a side dish, starter or as a snack and also goes well with rice, roti, paratha, etc...

Here goes the recipe,

### **INGREDIENTS –**

1 kg – potatoes, medium size (boiled and peeled) 50 gms – garlic

25 gms – dry red chilly

1 tsp – black cumin seeds, kalonji

5 tbsp – mustard oil



1/2 tsp – turmeric powder

1/2 tsp – kashmiri red chili powder

1/2 cup – water

salt to taste

coriander leaves finely chopped

#### **METHOD –**

Soak the chillies in hot water for 30 minutes and keep aside.

Peel the garlic and keep aside.

Make a fine paste of garlic and chillies.

Heat oil in a heavy bottomed kadhai. Add kalonji and let the seeds crackle.

Add the garlic paste, water, chili powder, salt and turmeric. Mix well.

Let it cook covered. Keep stirring in between.

Cook till oil separates.

Add boiled potatoes and mix well

Keep cooking and stirring lightly for 10 minutes till the potatoes are well coated.

Sprinkle generous amount of coriander leaves and mix well.

Serve hot or cold.

**PREFERABLY EATEN WITH SELROTI, NEPALI STYLE BREAD.**

#### **NOTES –**

Decrease the quantity of garlic if you do not like it much.

Adjust the quantity of dry chilly according to your preference.

You can omit chilly powder. I've used it just for color.

ENJOY!!

HAPPY EATING:))

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