



AMUL PANEER

RECIPES

DUDHSAGAR DAIRY

Mehsana District Co-operative Milk Producers' Union Ltd.

Post Box No.1, Mehsana - 384 002, Gujarat, India.

Phone: (02762) 253201 - 05, Fax: (02762) 253422

E-mail: sagar@mehsanaunion.coop

Website: www.dudhsagardairy.coop/






Contents

Pudina Paneer	3
Handi Paneer	4
Paneer Pineapple Chaat.....	5
Embassy Paneer	6
Paneer in Coriander Garlic Sauce	7
Aachari Paneer	8
Paneer Palak Bhujia	9
Kesari Paneer	10
Goan Paneer Pea Curry.....	11
Kaaju Paneer Masala	12
Mughlai Paneer	13






Pudina Paneer

Recipe Name	Pudina Paneer	
Method	<ol style="list-style-type: none">1. Heat 4 tbsp oil and fry 3 sliced onions till brown.2. Add 1/4 tsp haldi, 3/4 tsp chilli powder and salt.3. Add pulp of 2 tomatoes and cook till dry.4. Add 250 gms Amul Paneer, 1/4 cup dried pudina and remaining tomato pieces.5. Add 3/4 garam masala.6. Cook for 2 mins and remove from fire.	






Handi Paneer

Recipe Name	Handi Paneer	
Method	<ol style="list-style-type: none">1. Cut 3 onions fine and stir fry till brown.2. Reduce flame, add 2 piece grated ginger, 1/2 tsp haldi, 1/2 tsp chilli powder, 1/2 tsp garam masala and mix.3. Add 1 finely chopped tomato, 1 chopped green chilli and 1 tej patta.4. Cook on low flame for 7-8 mins.5. Add 1/2 cup beaten curd and cook till dry.6. Add salt.7. Add 1/2 cup water and boil.8. Mix in 200 gms Amul Paneer and 1 tbsp chopped coriander.9. Cook till the masala dries and coats the paneer.10. Add a little freshly ground pepper.11. Remove from fire and serve.	






Paneer Pineapple Chaat

Recipe Name	Paneer Pineapple Chaat	
Method	<ol style="list-style-type: none">1. Mix 150 gms Amul Paneer, grated, with 1 tbsp sugar.2. Arrange 6 pineapple rings in a dish.3. Place the paneer-sugar mixture in the centre of the ring and press down.4. Sprinkle with chaat masala.5. Refrigerate.	
Serve Cold		






Embassy Paneer

Recipe Name	Embassy Paneer	
Method	<ol style="list-style-type: none">1. Heat 3 tbsp butter and add 2 chopped onions, 2 crushed garlic flakes, 1/2 ginger piece chopped, 1 chopped green chilli and cook till onions become transparent.2. Add 1 tbsp maida and cook for 1/2 min.3. Reduce flame, add 1/2 cup milk mixed with 1/2 cup water, stirring continuously till slightly thick.4. Add 2 chopped tomatoes, salt, 1/2 tsp pepper, 1 tbsp tomato ketchup and cook for 3 mins.5. Add 150 gms Amul Paneer and 3-4 tbsp fresh chopped coriander.6. Sprinkle with 1/2 tsp garam masala and 1/2 tsp chilli powder and mix well.	
Serve Hot		






Paneer in Coriander Garlic Sauce

Recipe Name	Paneer in Coriander Garlic Sauce	
Method	<ol style="list-style-type: none">1. Heat 2 tbsp oil.2. Add 3 dried chillies, broken, 1/2 pod crushed garlic and cook for 1 min. Add 1/4 tsp chopped fresh coriander, 6 tbsp tomato puree, salt, 1/2 tsp pepper, 1/2 tsp sugar and cook for 1-2 mins.3. Add 1/2 tsp corn-flour dissolved in water, stirring continuously.4. Cook on low flame till thick.5. Add 200 gms Amul Paneer.6. Mix well and cook for 2-3 mins.	
Serve Hot		






Aachari Paneer

Recipe Name	Aachari Paneer	
Method	<ol style="list-style-type: none">1. Heat 4 tbsp oil.2. Add 2 tsp saunt, 1 tsp mustard seeds, 1/2 tsp methi dana, 1/2 tsp onion seeds (kalonji) and 1 tsp jeera and fry till they crackle.3. Add 3 chopped onions and 3-4 chopped green chillies till golden.4. Add 1 tsp haldi, 5-6 crushed garlic flakes and 1" piece crushed ginger.5. Gradually add 1/2 cup beaten curd, stirring constantly.6. Add 1 1/2 tsp amchoor and salt.7. Cook till curd dries slightly.8. Just before serving, add 300 gms Amul Paneer and a few slit green chillies.9. Sprinkle with salt and 1/2 tsp chilli powder.10. Stir for 1-2 mins on low flame.	
Serve Hot		






Paneer Palak Bhujia

Recipe Name	Paneer Palak Bhujia	
Method	<ol style="list-style-type: none">1. Chop 1 kg washed palak.2. Heat 4-5 tbsp ghee and fry 1" piece ginger, chopped and 3-4 flakes crushed garlic.3. Add spinach and cook for 5 mins.4. Add salt, 1/2 tsp haldi, 1/2 tsp chilli powder.5. Then add 3 chopped tomatoes and cook till dry.6. Mix in 200 gms Amul Paneer.7. Add 4 crushed elaichi, 2 finely chopped green chillies, and 1/4 tsp amchoor powder.8. Cook for 3-4 mins.	
Serve Hot		






Kesari Paneer

Recipe Name	Kesari Paneer	
Method	<ol style="list-style-type: none">1. Grind 1 tbsp grated coconut and 1/2 cup cashew-nuts to a paste with a little water.2. Grind 1" piece ginger and 3-4 garlic flakes into a paste.3. Dissolve a few strands of kesar in water.4. Heat oil and add 2 chopped onions and ginger-garlic paste.5. Cook till light brown.6. Add 1 tbsp garam masala, coconut-cashew paste.7. Add 1 cup beaten curd gradually and cook till oil separates.8. Add salt, kesar and 1/2 cup milk.9. Boil till you get a thick gravy.10. Simmer for 5-7 mins.11. Add 200 gms Amul Paneer.12. Cook for 3-4 mins.13. Add 1/2 cup cream, mix, and remove from fire.14. Garnish with few strands of kesar.	
Serve Hot		






Goan Paneer Pea Curry

Recipe Name	Goan Paneer Pea Curry	
Method	<ol style="list-style-type: none">1. Fry 3 sticks dalchini, 2 tsp khus khus, 3 luang, 3 whole peppercorns, 2 tsp saboot dhania and 10 dry red chillies in 2 tsp oil.2. Put 2 onions directly on the flame till they become black. Remove skin and chop.3. Fry 1/2 grated coconut.4. Grind all fried ingredients, chopped onions, fried coconut and garlic into a paste with water.5. Cook 6 tomatoes in 4 cups water, till soft and then puree them in mixer.6. In a karahi add 4 tbsp oil, paste, tomato puree, 1/2 tsp sugar and salt. Cook for 10 mins.7. Add 250 gms Amul Paneer, 1/2 tsp garam masala, 1/4 cup cream and 1 1/2 cup boiled peas.8. Simmer for 4-5 mins.	
Serve Hot		






Kaaju Paneer Masala

Recipe Name	Kaaju Paneer Masala	
Method	<ol style="list-style-type: none">1. Fry 150 gms Amul Paneer till golden.2. Remove, add in the same oil fry 1/2 cup kajus and keep aside.3. Deep fry 3 sliced onions till brown.4. Cool and grind into a paste.5. Boil 3 chopped tomatoes, 3 falkes chopped garlic, 1" piece chopped ginger with 1 cup water, till tomatoes are soft.6. Cool and then puree.7. Soak 3 tsp watermelon seeds and 1 tsp khus khus for 1 min. Grind to paste.8. Heat 2 tbsp oil and fry onion paste till brown.9. Add 1/2 tsp chilli powder and khus-khus paste and mix.10. Add tomato puree and cook till oil separates.11. Add 1/2 cup milk gradually, stirring constantly, and cook for 3-4 mins.12. Add 1/2 tsp garam masala and salt.13. Add enough hot water to get a thick gravy.14. Boil and then simmer for 10-12 mins.15. Add paneer and kaju.16. Boil once more, simmer for 5-mins till paneer is heated through the serve.	
Serve Hot		





Mughlai Paneer

Recipe Name	Mughlai Paneer	
Method	<ol style="list-style-type: none">1. Soak 1 tbsp khus khus and 1 tbsp watermelon seeds in water and then grind into a paste.2. Heat 1 1/2 tbsp ghee and cook 1 grated onion till transparent.3. Add kaju-khus khus paste.4. Cook for 2 mins.5. Gradually add 1 cup beaten curd.6. Cook for 5-7 mins, stirring continuously.7. Add 3/4 tsp garam masala, 3/4 tsp chilli powder, salt, 200 gms Amul Paneer, 1 cup cream and mix well.8. Before serving, add powdered elaichi and heat till paneer is soft.	
Serve Hot		





ABOUT “DUDHSAGAR DAIRY”

A visionary cooperative movement, on the lines of Amul-model, initiated in Mehsana more than 50 years ago, to organize the rural milk producers to help themselves had its benefits in building a strong cooperative movement that has pooled together the resources of milk producers. We are proud to exist as a purposeful organization in the Nation building process - Enhancing the milk production capacity, providing self-employment and sustainable income generation to the rural farmers, enhancing the per capita availability of milk etc.

Today, Dudhsagar Dairy has a membership of over 5.2 lakhs dairy farmers. Its consolidated turnover in 2012-13 was Rs.3600 crores.

Dudhsagar is proud of its contributions to making India the largest milk producing nation in the world, and in the process empowering lakhs of cooperative dairy farmers of Mehsana and parts of Patan and Gandhinagar districts - socially, politically and economically.

DUDHSAGAR DAIRY

Head Office:

Mehsana District Co-operative Milk Producers' Union Ltd.

Post Box No.1, Mehsana - 384 002, Gujarat, India.

Phone: (02762) 253201 - 05, Fax: (02762) 253422

E-mail: sagar@mehsanaunion.coop

Website: www.dudhsagardairy.coop/

