**Food Receipe**

Dal Makhni

<https://www.tarladalal.com/dal-makhani-hindi-30900r#big_recipe_step_by_step>

सामग्री  
दाल मखनी के लिए सामग्री  
३/४ कप [अक्ख़ा उड़द](file:///D:\\nishant\\notes\\recipe\\glossary-urad-whole-black-lentil-hindi-957i)  
२ टेबल-स्पून [राजमा](file:///D:\\nishant\\notes\\recipe\\glossary-rajma-kidney-beans-hindi-197i)  
[नमक](file:///D:\nishant\notes\recipe\glossary-salt-namak-table-salt-hindi-418i) , स्वादानुसार  
३ टेबल-स्पून [मक्ख़न](file:///D:\\nishant\\notes\\recipe\\glossary-butter-makhan-hindi-233i)  
१ टी-स्पून [ज़ीरा](file:///D:\\nishant\\notes\\recipe\\glossary-cumin-seeds-jeera-zeera-hindi-381i)  
२ [हरी मिर्च](file:///D:\\nishant\\notes\\recipe\\glossary-green-chillies-hari-mirch-hindi-331i) , लंबी कटी हुई  
२५ मिलीमीटर (1") का [दालचीनी](file:///D:\\nishant\\notes\\recipe\\glossary-cinnamon-dalchini-hindi-346i) का टुकडा  
२ [लौंग](file:///D:\\nishant\\notes\\recipe\\glossary-cloves-laung-lavang-hindi-322i)  
३ [ईलायची](file:///D:\\nishant\\notes\\recipe\\glossary-cardamom-elaichi-hindi-262i)  
१/२ कप बारीक [कटा हुआ प्याज़़](file:///D:\\nishant\\notes\\recipe\\glossary-chopped-onions-hindi-722i)  
१/२ टी-स्पून [अदरक-लहसून की पेस्ट](file:///D:\\nishant\\notes\\recipe\\glossary-ginger-garlic-paste-adrak-lehsun-ki-pate-adrak-lahsun-ki-paste-hindi-939i)  
१ टी-स्पून [लाल मिर्च का पाउडर](file:///D:\\nishant\\notes\\recipe\\glossary-chilli-powder-red-chilli-powder-hindi-339i)  
१/४ टी-स्पून [हल्दी पाउडर](file:///D:\\nishant\\notes\\recipe\\glossary-turmeric-powder-haldi-hindi-645i)  
१ १/२ कप [ताज़ा टमाटर का पल्प](file:///D:\\nishant\\notes\\recipe\\fresh-tomato-pulp-homemade-tomato-pulp-hindi-38652r)  
१/२ कप [फ्रेश क्रीम](file:///D:\\nishant\\notes\\recipe\\glossary-fresh-cream-hindi-1877i)  
२ टेबल-स्पून [कटा हुआ हरा धनिया](file:///D:\\nishant\\notes\\recipe\\glossary-chopped-coriander-hindi-783i)  
१ टेबल-स्पून [फ्रेश क्रीम](file:///D:\\nishant\\notes\\recipe\\glossary-fresh-cream-hindi-1877i) , सजावट के लिये  
दाल मखनी के लिए विधिउड़द और राजमा को अच्छे से धोकर पानी मे रातभर भिगोईए ।

1. भिगोए हुए उड़द और राजमा को छान लीजिए, उसमें २ कप पानी और नमक डालकर प्रेशर कुकर के ७ सीटी बजने तक या फिर दाल पकने तक पकाइए।
2. खोलने से पहले भाप को पूरी तरह से निकलने दीजिए।
3. दालो को मथनी से अच्छी तरह से फेंटकर एक तरफ रख दीजिए।
4. तड़के के लिए, एक गहरे पैन में मक्ख़न को गरम करके उसमें जीरा डालिए।
5. जब जीरा चटकने लगे तब उसमें हरी मिर्च, दालचीनी, लौंग, ईलायची और प्याज़ डालिए और प्याज़ सुनहरे रंग के होने तक भूनिए।
6. उसमें अदरक-लहसून की पेस्ट, लाल मिर्च पाउडर, हल्दी पाउडर और टमाटर का पल्प डालिए और मध्यम आँच पर यह मिश्रण तेल छोडने तक पकाइए।
7. उसमें दाल, नमक और जरूरत के अनुसार २-३ टेबल-स्पून पानी डालिए १०-१५ मिनट तक उबलने दीजिए।
8. उसमें फ्रेश क्रीम डालकर अच्छी तरह मिलाइए और धीमी आँच पर २-३ मिनट तक पकाइए।
9. धनिया और फ्रेश क्रीम से सजाकर गरमा-गरम परोसिए।

<https://youtu.be/DzlZfoRE4zk>

Palak paneer

Ingredients  
For Palak Paneer  
10 cups [chopped spinach (palak)](file:///D:\nishant\notes\recipe\glossary-chopped-spinach-780i) , refer handy tip  
1 1/2 cups [paneer (cottage cheese)](file:///D:\\nishant\\notes\\recipe\\glossary-paneer-cottage-cheese-chenna-985i) , cut into 12 mm. cubes  
2 tbsp [oil](file:///D:\nishant\notes\recipe\glossary-oil-671i)  
3/4 cup finely [chopped onions](file:///D:\nishant\notes\recipe\glossary-chopped-onions-722i)  
4 [garlic (lehsun) cloves](file:///D:\nishant\notes\recipe\glossary-garlic-cloves-1857i) , grated  
25 mm piece [ginger (adrak)](file:///D:\nishant\notes\recipe\glossary-ginger-adrak-453i) , grated  
2 [green chillies](file:///D:\nishant\notes\recipe\glossary-green-chillies-hari-mirch-331i) , finely chopped  
1/2 tsp [turmeric powder (haldi)](file:///D:\nishant\notes\recipe\glossary-turmeric-powder-haldi-645i)  
3/4 cup fresh [tomato pulp](file:///D:\nishant\notes\recipe\glossary-tomato-pulp-tamatar-ka-pulp-1039i)  
[salt](file:///D:\nishant\notes\recipe\glossary-salt-namak-table-salt-418i) to taste  
1 tsp punjabi [garam masala](file:///D:\\nishant\\notes\\recipe\\glossary-garam-masala-296i)  
2 tbsp [fresh cream](file:///D:\nishant\notes\recipe\glossary-fresh-cream-1877i)

Method

For palak paneer

To make palak paneer, blanch the spinach in a vesselful of boiling water for 2 to 3 minutes.

1. Drain, refresh with cold water and keep aside to cool for sometime.
2. Blend in a mixer to a smooth purée and keep aside.
3. Heat the oil in a kadhai , add the onions and sauté on a medium flame till they turn translucent.
4. Add the garlic, ginger, green chillies and turmeric powder and sauté on a medium flame for 1 to 2 minutes.
5. Add the tomato pulp and sauté till the mixture leaves oil, while stirring continuously.
6. Add the spinach purée and 2 tbsp of water, mix well and cook on a medium flame for 2 minutes.
7. Add the salt, garam masala and fresh cream and mix well.
8. Add the paneer, mix gently and cook on a medium flame for another 1 to 2 minutes.
9. Serve the palak paneer hot.

Kadhai paneer

<https://www.tarladalal.com/kadai-paneer--popular-restaurant-style-kadai-paneer-36379r>

Ingredients  
For The Basic Kadai Gravy  
1 tbsp [coriander (dhania) seeds](file:///D:\nishant\notes\recipe\glossary-coriander-seeds-dhania-ke-beej-dhania-seeds-akha-dhania-371i)  
10 [whole dry kashmiri red chillies](file:///D:\nishant\notes\recipe\glossary-whole-dry-kashmiri-red-chillies-kashmiri-mirch-kashmiri-lal-mirch-332i)  
2 1/2 tbsp [oil](file:///D:\nishant\notes\recipe\glossary-oil-671i)  
2 tbsp finely [chopped garlic (lehsun)](file:///D:\nishant\notes\recipe\glossary-chopped-garlic-790i)  
1 tbsp finely [chopped green chillies](file:///D:\nishant\notes\recipe\glossary-chopped-green-chilli-820i)  
2 1/2 cups finely [chopped tomatoes](file:///D:\nishant\notes\recipe\glossary-chopped-tomatoes-779i)  
1/4 cup [tomato puree](file:///D:\nishant\notes\recipe\glossary-tomato-puree-tamatar-ki-puree-487i)  
1 tsp [dried fenugreek leaves (kasuri methi)](file:///D:\nishant\notes\recipe\glossary-dried-fenugreek-leaves-kasuri-methi-374i)  
1 tsp [garam masala](file:///D:\\nishant\\notes\\recipe\\glossary-garam-masala-296i)  
[salt](file:///D:\nishant\notes\recipe\glossary-salt-namak-table-salt-418i) to taste  
For Kadai Paneer  
1 1/2 cups [paneer (cottage cheese)](file:///D:\\nishant\\notes\\recipe\\glossary-paneer-cottage-cheese-chenna-985i) cut into 37 mm. cubes  
[oil](file:///D:\nishant\notes\recipe\glossary-oil-671i) for deep-frying  
1 tbsp [oil](file:///D:\nishant\notes\recipe\glossary-oil-671i)  
1/2 cup finely [chopped onions](file:///D:\nishant\notes\recipe\glossary-chopped-onions-722i)  
1 tsp [coriander-cumin seeds (dhania-jeera) powder](file:///D:\nishant\notes\recipe\glossary-coriander-cumin-seeds-powder-dhania-jeera-powder-375i)  
1/4 tsp [turmeric powder (haldi)](file:///D:\nishant\notes\recipe\glossary-turmeric-powder-haldi-645i)  
1 tsp [chilli powder](file:///D:\\nishant\\notes\\recipe\\glossary-chilli-powder-red-chilli-powder-339i)  
1/2 tsp [garam masala](file:///D:\\nishant\\notes\\recipe\\glossary-garam-masala-296i)  
1/4 tsp [dried fenugreek leaves (kasuri methi)](file:///D:\nishant\notes\recipe\glossary-dried-fenugreek-leaves-kasuri-methi-374i)  
1/2 cup [sliced capsicum](file:///D:\nishant\notes\recipe\glossary-sliced-capsicum-165i)  
[salt](file:///D:\nishant\notes\recipe\glossary-salt-namak-table-salt-418i) to taste  
a pinch of [sugar](file:///D:\nishant\notes\recipe\glossary-sugar-chini-shakkar-278i)  
1/2 cup [fresh cream](file:///D:\nishant\notes\recipe\glossary-fresh-cream-1877i)  
  
For The Garnish  
1 tbsp chopped [coriander (dhania)](file:///D:\nishant\notes\recipe\glossary-coriander-dhania-kothmir-369i)

Method

For the basic kadai gravy

1. Combine the red chillies and coriander seeds and dry roast on a hot tava (griddle) for 30 seconds.
2. Remove and keep aside to cool.
3. Blend in a mixer to a fine powder. Keep aside.
4. Heat the oil in a kadhai, add the garlic and sauté on a medium flame for a few seconds.
5. Add the prepared powder and sauté on a medium flame for a few seconds.
6. Add the green chillies and sauté on a medium flame for another 30 seconds.
7. Add the tomatoes, mix well and cook on a medium flame for 10 to 12 minutes or till the oil separates, while stirring occasionally.
8. Mash it a little using a potato masher.
9. Add the tomato puree, dried fenugreek leaves, garam masala, salt and approx 2 tbsp water, mix well and cook on a medium flame for 1 to 2 minutes. Use as required.

For kadai paneer

1. To make kadai paneer, heat the oil in a kadhai and deep-fry the paneer pieces till they turn light brown in colour. Drain on absorbent paper and place in lukewarm water for 10 minutes.
2. Heat the oil in a kadhai, add the onions and sauté on a medium flame till they turn translucent for approx. 3 to 4 minutes.
3. Add the kadhai gravy, coriander-cumin seeds powder,chilli powder, turmeric powder,garam masala, dried fenugreek leaves and sauté on a medium flame for another minute.
4. Add the capsicum, 1 cup water, mix well and cook on a medium flame for 2 to 3 minutes, while stirring once in between.
5. Add the paneer, salt and cook on a slow flame for another 2 to 3 minutes.
6. Add the cream, mix well and serve the kadai paneer hot garnished with coriander.