NAME :- DEBASHIS MUKHERJEE

CLASS :- XII

ROLL NO :- 6

SUBJECT :- ENGLISH LANGUAGE PROJECT

SCHOOL :- THE MODERN ACADEMY

**TOPIC**

**Gastronomical delight – a recipe to remember**

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1. Principal ma’am :- Mrs. Subhra Pal
2. Class teacher :- Mr. Ranit Dutta
3. Subject teachers:-

A. Mrs. Madhumita Mallik

B. Mrs. Nilanjana Banerjee

1. Parents:-
   * 1. Father’s name:- Mr. Ashis Mukherjee
     2. Mother’s name:- Mrs. Mala Mukherjee

**INTRODUCTION**

**About the food – palak paneer**

Palak paneer or palak chhena is an Indian dish consisting of paneer in a thick paste made from pureed spinach, called palak in Hindi, Marathi Gujrati Punjabi and other Indian languages. From the list of vegetarian delicacies that will rule in any meal in a north Indian household is palak paneer. The smooth texture of Palak infused with rich creamy texture of paneer is the ultimate tie breaker. It is one of the most nutrient rich and easiest dishes to make for a special Sunday brunch, as well as to add to the tiffin box.

**History of the food**

According to the historical records sometime around 2000 BCE when ayurvedic cooking was rising, some chefs placed chopped mustard greens into earthen pot with milk.Paneer was introduced into India by Afghan and Iranian invaders for the first time in Bengal. the use of greens and paneer in Indian cooking has been influenced by the Mughal empire. Their cuisine incorporated rich creamy sauces and use of diary products Though its exact origins are unclear it reflects agricultural roots of Punjab, where diary and spinach are abundant.

**Gastronomical delight – A recipe to remember**

**Ingredients**

* 500g fresh spinach
* 250g of paneer
* 1 tbsp mustard oil or any other cooking oil
* 1 tsp cumin seeds
* 20g or 4-5 cloves garlic
* 20g ginger
* 2 green chillies
* 1 or 150g onion 1-2 tomatoes
* 1 tsp coriander powder
* ½ tsp + for garnish garam masala
* ½ tsp Kashmiri red chilli powder
* 1 tsp kasoori methi
* 1 tbsp or 15 ml lemon juice
* 2-3 tbsp heavy cream
* 1 tsp or to taste salt

**Process of cooking**

1. Wash the spinach well, roughly chop the spinach and separate the stems and leaves since their cooking time differs.
2. Add oil to a deep heavy bottom pot or pan and once the oil is hot, add the cumin seeds and let them splutter
3. Then add in the roughly chopped garlic, ginger and green chillies. Allow aromatics to fry and flavour the oil.
4. Once the garlic is golden brown add in roughly sliced onions and fry till translucent. Then add the spice powders - coriander powder, garam masala, red chilli powder and the kasoori methi. Fry for 30 seconds till fragrant.
5. Now add the chopped tomato and salt and cook on medium heat till the tomato is no longer raw and most of the liquids have evaporated for 5 to 7 minutes
6. Add the spinach stems and cover and cook to soften. Once the spinach stems are soft, add the chopped spinach leaves and cover to allow the steam to cook the leaves. The spinach must not be overcooked as it will make the spinach loose its charming green colour
7. Once the spinach leaves have wilted puree the spinach and vegetable mixture till smooth using a hand blender. Squeeze in lemon juice into the puree.
8. Add the cubed paneer and cook for another 3-5 minutes till it warms up and softens.
9. To finish, add some fresh heavy cream and a pinch of garam masala
10. Serve and enjoy with rotis, parathas or naan to have a delightful palak paneer splash.

**Conclusion**

Paneer has been a favourite food for everyone since childhood. However the question about palak paneer being really healthy pops up quite often. Palak or spinach is a green leafy vegetable that is rich in iron while paneer is an excellent source of calcium. Palak paneer as a dish is rich in protein, b vitamins, folates, Vitamin C, Vitamin K Vitamin A, magnesium, phosphorous that can be a great addition to a wholesome diet. The dish is also very low in calories, has less fats and is filling indeed. Since palak paneer also contains spinach, it will lower your blood pressure. Palak paneer is also great for women who are expecting the arrival of a newborn. Palak paneer is one of the most popular Indian curries around and with good reason. This deliciously creamy and vibrantly green dish is made with paneer with a mildly spiced fresh spinach sauce. This is a delightful and easy to make vegetarian main one must try in their lifetime.

Bibliography

For completing my project I have taken help from the following websites :-

1. <https://www.vegrecipesofindia.com>
2. <https://www>.hindustantimes.com
3. <https://www>.slurrp.com
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