

Desi Style Matar Paneer Recipe | Village Style Matar Paneer

This Desi Style Matar Paneer Recipe is prepared with fresh spices ground traditionally on a silbatta. The freshly ground spices give the curry a wonderful aroma, rich flavor, and authentic village-style taste.



Prep time
15 minutes

Cook time
30 minutes

Total time
45 minutes

Servings
4

Calories
320 kcal

Ingredients

Paneer	250 g
Green peas	1 cup
Cumin seeds	½ teaspoon
Black peppercorns	8 to 10
Mace	a small piece
Nutmeg	a very small piece
Cinnamon	1-inch piece
Green cardamom	2 to 3
Black cardamom	1

Star anise	½
Cloves	2 to 3
Green chillies	3 to 4
Ginger	a small piece, chopped
Garlic	10 to 12 cloves
Onion	a small amount, chopped
Oil	3 to 4 tablespoons
Cumin seeds	½ teaspoon
Bay leaves	2 to 3
Onion	1 medium, finely chopped
Kashmiri red chilli powder	¼ teaspoon
Turmeric powder	½ teaspoon
Coriander powder	1 teaspoon
Tomatoes	2 to 3, finely chopped
Salt	to taste
Water	approximately 1½ glasses
Kasuri methi	1 teaspoon
Fresh coriander leaves	a small handful, finely chopped

Method

1. Prepare the Fresh Desi Masala

Take cumin seeds and black peppercorns. Add mace, nutmeg, and cinnamon. Add green cardamom and black cardamom. Then add star anise and cloves. Now add green chillies, ginger, and garlic. Add a small amount of chopped onion. Grind everything well on a silbatta. Transfer the prepared masala to a bowl. If you don't have a silbatta, use a mixer grinder. You can keep the masala slightly coarse for a rustic texture.

2. Lightly Fry the Paneer

Heat 3 to 4 tablespoons of oil in a kadai. Add the paneer cubes once the oil is hot. Fry the paneer over medium heat for about 2 to 3 minutes. Turn the pieces occasionally. Do not fry them until they become dark brown. Once lightly golden, remove the paneer from the kadai. Immediately place it in lukewarm water. This helps the fried paneer remain soft and tender.

3. Cook the Onion and Fresh Masala

Use the remaining oil in the same kadai. Add half a teaspoon of cumin seeds. Then add the bay leaves. Once the cumin begins to crackle, add finely chopped onion. Cook until the onion turns light golden. Now add the freshly ground desi masala. Mix it well with the onion. Add Kashmiri red chilli powder. Then add turmeric and coriander powder. Cook the spices over low to medium heat. Stir regularly to prevent them from burning.

4. Add Tomatoes, Peas and Paneer

Add the finely chopped tomatoes. Season with salt according to taste. Cook the tomatoes with the masala until they become soft. Now add the green peas. Mix them thoroughly with the masala. Cook the peas for about 2 to 3 minutes. This helps them absorb the spices. Add the lightly fried paneer. Mix everything gently to avoid breaking the paneer cubes. Cook over low heat for about 2 minutes.

5. Prepare the Gravy

Pour in approximately 1½ glasses of water. Mix everything well. Cover the kadai with a lid. Cook over medium heat for about 4 to 5 minutes. Remove the lid and check the peas and gravy. Crush one teaspoon of kasuri methi between your palms. Add it to the curry. Mix once and turn off the heat. Finally, garnish with freshly chopped coriander leaves. Your delicious Desi Style Matar Paneer Recipe is ready to serve.

Chef tips

- Do not over-fry the paneer. Overcooking can make it chewy and firm.
- Place fried paneer in lukewarm water. This helps it stay soft.
- Freshly grind the whole spices for the best flavor.
- If using a mixer grinder, avoid making the masala extremely smooth. A slightly coarse texture works well for this recipe.
- Fresh and frozen peas can both be used. Frozen peas may require less cooking time.
- Add kasuri methi near the end. This helps preserve its wonderful aroma.
- Adjust the amount of water according to your preferred gravy consistency.

Full recipe: <https://meenrazcooking.com/en/recipe/desi-style-matar-paneer-recipe/>

Watch the video: youtube.com/watch?v=ftdmQVI1-bE