

Ajwaini Paneer Tikka



eikon® e1s

01:45

This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)

PROFILE

- 260 °C
- Chilled 4°C
- 1 Portion
- From Raw

Stage 1

- 01:45
- 100 %
- 50 %

RECIPE

Ingredients

- 200 g Paneer
- 5 g Ginger Garlic Paste
- 5 g Salt
- 10 g Yellow Chili Powder
- 80 g Hung Curd
- 2 g Turmeric Powder
- 20 ml Mustard Oil
- 2 g Cumin Powder
- 5 g Garam Masala
- 1 g Fenugreek Leaf dried&chrushed
- 1 g Carom Seeds

1. Food Preparation

Cut the paneer into 4 equal pieces and marinate with ginger garlic paste, salt and yellow chili powder and chill for 30 min. Heat the mustard oil, add the turmeric powder, remove from heat and let it cool down. Make a marination with curd, turmeric oil, cumin powder, garam masala, fenugreek leaves and carom seeds. Marinate the paneer again with the curd mixture and chill again for at least 1 hour. Place them on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve.