



Shahenshahi

Palak Kofta

'The Kings' Spinach and
Paneer Dumplings in Creamy
Gravy

Yield: Serves 3-6

Ingredients:

Oil for deep frying

Kofta:

- ½ lb Paneer (Indian Cottage Cheese) - grated fine
- 2 Bunches (16oz) Fresh Spinach (**Palak Saag**) - washed and finely chopped
- ½ small Red Onion (**Pyaz**) - minced fine
- ½ inch piece Fresh Ginger (**Adrak**) - grated into a paste
- 2 Large cloves Fresh Garlic (**Leh-sun**) - minced fine
- ¼ Cup White Chickpea Flour (**Besan**)
- 1 tsp Cumin Seed (**Jeera**) - roasted and ground into a fine powder
- ½ tsp **Garam Masala**
- ¼ tsp Red Chile Powder (**Lal Mirchi**)
- 1 tsp Ghee
- Kosher Salt (**Namak**) to taste

Batter:

- 1 Cup White Chickpea Flour (**Besan**)
- 2 Tbs Rice Flour (**Chawal ka Atta**)
- 1 tsp Baking Powder
- ½ tsp Turmeric (**Haldi**)
- ¼ tsp Red Chile Powder (**Lal Mirchi**)
- Kosher Salt (**Namak**) to taste
- Room Temp Water as needed

Masala Kari (Gravy):

- 1 medium Onion (**Pyaz**) – rough chopped
- 4 cloves Fresh Garlic (**Leh-sun**) – crushed
- 1 inch piece Fresh Ginger (**Adrak**) – chopped
- 2 medium Tomatoes (**Tamatar**) – seeded and rough chopped
- ½ cup Heavy Cream (**Malai**)
- 1 tsp **Garam Masala**
- 1 tsp Turmeric Powder (**Haldi**)
- 1 tsp Dried Fenugreek Leaves (**Kasuri Methi**)
- ½ tsp Red Chili Powder (**Lal Mirchi**)
- Kosher Salt (**Namak**) to taste
- 2 Tbs Oil

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Preparation:

Make the Koftas:

- 1) Place all of the 'batter' ingredients in a small mixing bowl and mix with water until smooth (batter should be thick enough to thickly coat back of a spoon when right consistency) - Set aside
- 2) Heat ghee in a large skillet, wok, or kadahi over medium high heat until shimmering - Once ghee is hot, add onion and sauté for 2 minutes - Add ginger and garlic and sauté for an additional minute - Add spinach and sauté until just wilted (apx 1 minute) - Remove from heat and allow to cool until easily handled - Once spinach mixture has cooled, squeeze out as much water as possible - Add chickpea flour and salt to taste - Thoroughly combine into a 'dough'
- 3) Divide into 10-12 equal portions and roll into balls (if they do not hold together, add a little chickpea flour) - Set aside
- 4) In a medium mixing bowl, add grated paneer, ground cumin, garam masala, red chile powder, and salt to taste (apx 1 tsp) - Thoroughly combine
- 5) Divide paneer mixture into 10-12 equal portions and roll into balls - set aside
- 6) Heat enough oil for deep frying to 350°F
- 7) Take one of the spinach 'balls' and press into a disk between your palms (should form a 3-4 inch disk) - Place a 'paneer ball' in the center of the disk and fold edges together completely encasing the paneer - Gently roll back to round and set aside - Repeat until entire batch is complete
- 8) Dip each kofta in batter to coat and gently lower into the oil - Fry 3-4 koftas at a time until golden brown and crisp

Make the Masala Kari:

- 9) Place onion, garlic, and ginger in a food processor or blender and purée into a smooth paste
- 10) Heat oil in large heavy bottomed pan, wok, or large kadahi over medium-high heat until shimmering - Once oil is hot, add onion mixture (DO NOT RINSE WORK BOWL) and sauté for 2-3 minutes or until raw smell is gone - Add turmeric, garam masala, and red chile powder and thoroughly combine - Continue to sauté for 2 minutes
- 11) Place the tomatoes into the food processor or blender and purée until smooth - Transfer to the onion spice mixture and thoroughly combine
- 12) Add cream, and salt to taste - Thoroughly combine and bring to a simmer - Allow to simmer (uncovered) for 10 minutes
- 13) Add dried fenugreek leaves, thoroughly combine, and continue to simmer for 3 minutes

Assemble the Dish:

- 14) Place koftas in a medium kadahi or serving dish with high sides (or plate 2-4 per person in individual serving dishes) and gently pour the masala kari over the top
- 15) Serve hot garnished with a drizzle of heavy cream, a little grated paneer, and/or some chopped fresh coriander (**Dhania Patta**) if desired