



Yield: Serves 4-6

# Vegan 'Paneer'

## Tikka Masala

Tofu in Rich, Spiced Gravy

### Ingredients:

- 1 lbs Extra Firm Tofu - cut into ½ inch cubes
- 1 Tbs Oil - can use grape seed, canola, vegetable, olive, or peanut oil

### Marinade:

- ¼ Cup Plain Soy or Cashew Yogurt (**Dahi**)
- 4 cloves Fresh Garlic (**Leh-sun**) - grated into a paste
- ½ inch piece Fresh Ginger (**Adrak**) - grated into a paste
- 1 tsp Red Chile Powder (**Lal Mirchi**)
- 1 tsp Turmeric Powder (**Haldi**)
- 1 tsp **Garam Masala**
- ½ tsp Fresh Ground Black Pepper (**Kali Mirch**)
- ½ tsp Dried Fenugreek Leaves (**Kasuri Methi**)
- ⅛ tsp Asafoetida Powder (**Hing**)
- Kosher Salt (**Namak**) to taste

### Masala:

- 4 Roma Tomatoes (**Tamatar**) - seeded and rough chopped
- 1 medium Onion (**Pyaz**) - rough chopped
- 1 Red Bell Pepper (**Simla Mirch**) - seeded and rough chopped
- 2 cloves Fresh Garlic (**Leh-sun**) - crushed
- ½ inch piece Fresh Ginger (**Adrak**) - rough chopped
- 1 Fresh Green Chile (**Hari Mirch**) - seeded and minced
- 4 oz Soft Tofu Puréed until smooth = apx ½ cup
- 2 Bay Leaves (**Tej Patta**)
- 2 tsp Coriander Seeds (**Dhania Saabut**) - roasted and ground into a fine powder
- ½ tsp Cumin Seeds (**Jeera**)
- ½ tsp Kashmiri Chile Powder -OR- Paprika (**Kashmiri/Deghi Mirch**)
- ½ tsp Red Chile Powder (**Lal Mirchi**)
- ½ tsp Turmeric Powder (**Haldi**)
- ¼ tsp **Garam Masala**
- 1 Tbs Oil - can use grape seed, canola, vegetable, olive, or peanut oil
- Kosher Salt (**Namak**) to taste

### -OPTIONAL GARNISH-

- Chopped Fresh Coriander Leaves (**Dhania Patta**)

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### **Preparation:**

- 1) In a large, nonreactive bowl, whisk together all of the marinade ingredients - Add cubed tofu to the marinade mixture and toss until thoroughly coated - Cover and place in refrigerator for a minimum 2 hours (overnight for better results)
- 2) After marinated, heat oil in a medium skillet, wok, or kadahi over medium-high heat until shimmering
- 3) Once oil is hot, add cubed tofu and stir fry until browned on all sides (DO NOT DISCARD REMAINING MARINADE) - Using a slotted spoon, remove browned tofu from pan and set aside until needed

### **Masala:**

- 4) Place onion and bell pepper, into the work bowl of a small food processor or blender and purée until smooth
- 5) Heat oil in a large heavy bottomed pan, wok, or large kadahi over medium-high heat until shimmering - Once oil is hot, add cumin seeds and fry until they crackle (apx 45 seconds)
- 6) Add puréed onion/pepper (DO NOT WASH WORK BOWL) and cook (stirring frequently) until liquid is reduced by half (apx 6-8 minutes)
- 7) Add tomato, garlic, and ginger to the same work bowl of small food processor or blender and purée until smooth - Add resulting mixture to reduced onion/pepper purée and continue to cook (stirring frequently) until liquid is reduced by half (apx 6-8 minutes)
- 8) Add green chile and remaining dry spices to the onion/tomato reduction and sauté for an additional 4-5 minutes
- 9) Add browned tofu and the reserved marinade to the pan and thoroughly combine
- 10) Add the puréed soft tofu, thoroughly combine, and bring to a simmer
- 11) Simmer for 4-5 minutes or until gravy has reached desired consistency (depending on how thick you like it this could take up to 15 minutes)
- 12) Adjust seasoning - Remove and discard bay leaves
- 13) Transfer to a serving dish and garnish as desired
- 14) Serve hot alongside basmati rice, chapatti or naan, raita or plain yogurt, chutney(s), pickle(s), and salad of choice or as part of any Indian meal