

Paneer and vegetable skewers

Cuisine: **Indian**
Food category: **Vegetarian dishes**

Author: **Jaroslav Mikoška**
Company: **Retigo**



Program steps

Preheating:

250 °C

1

Hot air

50 %

Termination by time

00:07

hh:mm

210 °C

100 %

drizzle over the melted butter, turn

Hot air

50 %

Termination by time

00:02

hh:mm

210 °C

100 %

Ingredients - number of portions - 6		
Name	Value	Unit
paneer, cut into 2.5cm cubes	300	g
large onion, cut into 2.5cm cubes	1	pcs
green and 1 red capsicum pepper, cored and cut into 2.5cm cubes	0	pcs
oil	30	ml
wooden skewers, soaked for an hour	6	pcs
butter, melted, for drizzling	30	ml
chaat masala to sprinkle	1	g
yoghurt	125	g
small knob fresh ginger, peeled and roughly chopped	10	g
garlic cloves, peeled and finely chopped	2	pcs
salt	1	g
chilli powder	1	g
garama masala	1	g
lemon juice	15	ml
gram flour	10	g
cumin powder	1	g
seeds of green cardamom, ground	6	pcs

Directions

For the marinade, mix together all the marinade ingredients (yoghurt, ginger, garlic, salt, chilli, garam masala, lemon juice, gram flour, cumin powder, cardamom, oil) in a bowl and add the paneer, onion and peppers. Cover with cling film and allow the paneer and vegetables to marinate for 30-40 minutes, or longer, in the fridge.

Preheat the Retigo combi oven to 250C, on hot air 50% and put a Retigo express grill GN container to the combi oven to preheat.

Thread the vegetables and paneer alternately onto the skewers. Reduce the temperature to 220C and grill in the oven for 7 minutes, drizzle over the melted butter, turn and cook for another 2 minutes or until charred at the edges. Sprinkle with chaat masala and serve.

Recommended accessories



Vision Express Grill