

MASALA PANEER STUFFED TOMATO, CORIANDER RASAM



SERVES 6

FOR THE RASAM

600g basic tomato Rasam (or one of its variations, as per recipe on page 32)

FOR THE TOMATO

6 medium size tomatoes on the vine

Method:

1. Remove the vine
2. Slice 2cm below the eye of the tomato to reveal the inner core and seeds.
3. With a small sharp paring knife cut out the seeds and the flesh to make a cavity (taking care not to pierce the tomato).
4. Remove all the seeds and clean the inside of the tomato to create a big cavity.
5. Season with salt and pepper.

INGREDIENTS

For the paneer cheese:

125g paneer cheese (cut into small cubes)
2g cumin seeds
1g coriander seeds (coarsely crushed)
2g turmeric
1g red chilli powder
1 small onion (peeled and finely chopped)
20g ginger and garlic paste
10g coriander leaves (finely chopped)
12 deep fried curry leaves (optional)
20g vegetable oil
Salt, sugar and lemon juice to taste

Method:

1. In a small wide based frying pan heat the oil over a medium heat. Once hot add the cumin, coriander, turmeric and red chilli powder. Cook for 15 seconds.
2. Add the onion and fry for 6 to 8 minutes, until soft and tender.
3. Add the ginger and garlic paste and fry for 30 seconds.
4. Add the diced paneer cheese and blend well until the paneer takes the colour of the mix.
5. Remove from the heat.
6. Mix in the salt, sugar and lemon juice.
7. Add the chopped coriander leaves.
8. Gently stuff the prepared tomatoes with the mix.
9. Place the prepared tomatoes onto a baking tray lined with non-stick paper.
10. Cook in a pre-heated oven at 180°C for 20 minutes. The tomatoes should feel soft and will start to lose a bit of shape.
11. Remove from the oven and allow to rest for 5 minutes. Sometimes, while the tomato rests it will lose some water – do not panic if this happens!

To Serve:

1. Warm the tomato Rasam and split between 6 bowls.
2. Place the baked tomato stuffed with paneer cheese in the centre.
3. Garnish with coriander leaves and deep fried curry leaves. ●



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