



# Restaurant-Style Paneer Kali Mirch

"Paneer Kali Mirch is a rich and mildly spiced North Indian curry that highlights the bold aroma and gentle heat of freshly crushed black pepper. Soft cubes of paneer are cooked in a creamy onion-based gravy enriched with yogurt, fresh cream, and aromatic whole spices, creating a smooth and luxurious texture without relying on tomatoes. Unlike heavily spiced curries, this dish focuses on the earthy warmth of black pepper, making it both flavorful and elegant. The creamy gravy perfectly coats every piece of paneer, while the subtle blend of ginger, garlic, and garam masala enhances the overall taste without overpowering the signature pepper flavor. Popular in restaurants and special family meals, Paneer Kali Mirch pairs wonderfully with butter naan, tandoori roti, laccha paratha, jeera rice, or steamed basmati rice, making it an excellent choice for festive dinners and comforting homemade meals."

INDIAN VEG

|           |           |            |          |            |
|-----------|-----------|------------|----------|------------|
| PREP TIME | COOK TIME | TOTAL TIME | SERVINGS | DIFFICULTY |
| 25 min    | 15 min    | 40 min     | 4 People | Medium     |

## INGREDIENTS (19 ITEMS)

|                                                                                     |                                                                            |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <input type="checkbox"/> <b>Paneer</b><br>250 g paneer, cut into cubes              | <input type="checkbox"/> <b>Mustard Oil</b><br>2 tbsp oil                  |
| <input type="checkbox"/> <b>Butter</b><br>1 tbsp butter                             | <input type="checkbox"/> <b>Onion</b><br>2 medium onions, finely chopped   |
| <input type="checkbox"/> <b>Ginger Garlic Paste</b><br>2 tsp ginger-garlic paste    | <input type="checkbox"/> <b>Green Chili</b><br>2 green chillies, slit      |
| <input type="checkbox"/> <b>Plain Yogurt</b><br>½ cup thick yogurt                  | <input type="checkbox"/> <b>Fresh Cream</b><br>¼ cup fresh cream           |
| <input type="checkbox"/> <b>Black Pepper</b><br>1 tbsp freshly crushed black pepper | <input type="checkbox"/> <b>Coriander Powder</b><br>1 tsp coriander powder |
| <input type="checkbox"/> <b>Cumin Powder</b><br>½ tsp cumin powder                  | <input type="checkbox"/> <b>Garam Masala</b><br>½ tsp garam masala         |
| <input type="checkbox"/> <b>Salt</b><br>Salt to taste                               | <input type="checkbox"/> <b>Water</b><br>½ cup water                       |
| <input type="checkbox"/> <b>Coriander Leaves</b><br>2 tbsp chopped coriander leaves | <input type="checkbox"/> <b>Bay Leaf</b><br>1 bay leaf                     |

☐ **Cinnamon**  
1-inch cinnamon stick

☐ **Cardamom**  
2 green cardamoms

☐ **Clove**  
3 cloves

## STEP-BY-STEP INSTRUCTIONS

### 1 Prepare the Paneer

Cut the paneer into medium-sized cubes. If the paneer is refrigerated, soak it in warm water for 10 minutes to make it soft and tender before cooking. Drain and set aside.

### 2 Cook the Base

Heat the oil and butter in a heavy-bottomed pan. Add the bay leaf, cinnamon, cloves, and green cardamoms. Sauté until fragrant, then add the chopped onions and cook until they become light golden. Stir in the ginger-garlic paste and green chilies, cooking until the raw aroma disappears.

### 3 Prepare the Gravy

Lower the heat and mix in the yogurt, stirring continuously to prevent curdling. Add the coriander powder, cumin powder, freshly crushed black pepper, garam masala, and salt. Cook until the gravy thickens and the oil begins to separate from the sides.

### 4 Add the Paneer

Pour in the water and mix well to achieve a smooth consistency. Add the paneer cubes gently and coat them evenly with the creamy black pepper gravy. Simmer over low heat for a few minutes so the paneer absorbs the flavors.

### 5 Finish the Curry

Stir in the fresh cream and cook for another two to three minutes without boiling vigorously. Sprinkle a little extra freshly crushed black pepper over the curry and garnish with chopped coriander leaves.

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