

Recipes for “The Yoga of Food” Yogic Cooking Class with Ajooni Singh

Paneer di Bhurji

Serve 4-6

Ingredients:

- 1/2 tsp ground turmeric
- ½ or 1 tsp Chili powder (depends on the level of spicy)
- 4Tbs ghee
- 1tsp cumin seeds
- 1 small onion chopped
- 2 ½ tsp fresh ginger peeled and chopped
- 2 ½ tsp garlic chopped
- 1 medium tomato chopped
- 450grs / 1lb Paneer or Hard Tofu mashed
- 4 green chilies de-seeded and cut into thin long strips
- ½ tsp coarsely black pepper or 1 tsp (depends on the level of spicy)
- 1tsp ground cardamom
- ½ tsp ground cloves
- ½ tsp ground nutmeg
- 1tsp ground fenugreek
- 1 tsp tarragon (YogiJi liked to use this spice)

Preparation:

- Heat the ghee in a heavy-based pan over medium heat
- Add the cumin seeds, and stir-fry for about 1 minute, or until seeds begin to splutter
- Add the onion and fry for 3 to 5 minutes until lightly brown
- Add the garlic and ginger and keep stirring for 1 or 2 minutes
- Add the dry spices and mix well until the oil is mixed again
- Add tomato and keep moving for a couple of minutes
- Add the paneer or the tofu and stir very well until the mix is drier
- Check salt to your preference

Garnish with fresh coriander leaves and serve with chapatis or flour tortilla.

Tarka Masala

You can choose to prepare half of this amount, but if you have the masala ready, you can use it in different dishes.

Ingredients:

- 3 onions chopped
- ½ cup ginger chopped
- 1 head of garlic chopped
- ½ cup of ghee or olive oil
- ½ Tbs red chili flakes
- 1 Tbs whole cumin seeds
- 1 Tbs ground cilantro seeds
- ½ Tbs ground black pepper
- ½ Tbs ground cumin seeds
- ½ ground turmeric
- 1Tbs garam masala
- ½ Tbs salt or to taste
- 4 cups chopped tomatoes

Preparation:

- Sauté in a heavy pan at medium flame the ghee or olive oil
- Add the whole cumin seeds and stir until seeds begin to splutter
- Add the onions and fry for 3 to 5 minutes until lightly brown
- Add the ginger and garlic and keep stirring for 1 or 2 minutes
- Add the dry spices and keep moving until the oil comes back to the mix
- Add the tomatoes and keep stirring for 10 to 15 minutes until the color turns to a dark red color
- Salt to taste