

Paneer Tikka

eikon® e1s

02:30



This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)

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- 260 °C
- Chilled 4°C
- 4 Pieces
- From Raw

Stage 1

- 02:30
- 100 %
- 40 %

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Ingredients

- 200 g Paneer
- 5 g Ginger Garlic Paste
- 20 ml Lemon Juice
- 5 g Salt
- 20 ml Mustard Oil
- 10 g Red Chilli Powder
- 100 g Hung Curd
- 2 g Cumin Powder
- 5 g Garam Masala
- 2 g Fenugreek Leaf dried&chrushed

1. Food Preparation

Cut the paneer into 4 equal pieces and marinate with ginger garlic paste, lemon juice, salt, mustard oil and red chilli powder and chill for 30 min. Make a marinade with curd, cumin powder, garam masala and fenugreek leaves. Marinate the paneer again with the curd mixture and chill again for at least 1 hour. Place them on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve.