

CURRIED SPINACH AND CHEESE

Ingredients:

4 tbsp vegetable oil
3 cups chopped onion
2 tbsp minced peeled gingerroot
6 minced green chillies, preferably serranos, seeds removed
4 tsp coriander powder
2 tsp turmeric
4 packages (each 10 oz.) frozen spinach, thawed and excess water poured off
3 tsp salt
2 cups non-fat milk
4 cups plain yogurt at room temperature
4 tsp cornstarch
½ pound Panir (low fat cheese) cut into ½ inch cubes

Preparation:

In large saucepan, heat oil over medium-high heat. Sauté onion, ginger and chillies until softened and pale golden, 5 to 8 minutes.

Reduce heat to medium and stir in coriander and turmeric - sauté, stirring well, for 2 to 3 minutes.

Mix in spinach and salt. Cover and simmer for 5 minutes.

Remove from heat - let cool and put into blender; puree spinach mixture with milk. Return blended mixture to stove with low heat.

Stir together yogurt and cornstarch to creamy consistency. Stir into spinach mixture.

Add Panir cheese cubes and mix thoroughly but gently.

Cover and simmer for 10 to 12 minutes to heat through.

Serve with flat bread on side.