

Anjum Anand's mini paneer kathi rolls

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March 2017 cover chef Anjum Anand takes us to New Delhi with these flavour-packed mini paneer kathi rolls.

Before we get stuck into the recipe, Anand tells us a bit about kathi rolls, their origin and why she loves them.

"Kathi rolls are hot Indian wraps and one of India's favourite street foods. They come in many guises, few of which resemble cold wraps as we know them. I have probably tried most versions, buying them in bustling markets in New Delhi, exchanging money straight from the car window in Mumbai - where they are known as Frankies - and in hotels and homes as street food made its way off the street. Different places have their own versions and there are no strict rules: as long as a soft bread with a slight chew envelopes a fresh, hot, tangy filling with red onions for crunch, you are in the right zone and in for a treat. I make these often. They're tasty, everyone loves them and they are easy to throw together. You can also substitute chicken for the paneer. If you are in a hurry, you can buy tortilla wraps and cut them in half, but homemade wraps are cheaper and tastier."

Ingredients

For the marinade

- 100 g plain yogurt, not too sour
- 20 g (1½ tbsp) roughly chopped root ginger (peeled weight)
- 2 large garlic cloves
- Scant ⅔ tsp garam masala (fresh if possible)
- Scant ⅔ tsp ground cumin
- 1 tsp chaat masala
- ½ tsp ground turmeric
- 2 tsp concentrated tomato purée
- Salt
- ⅛ tsp chilli powder, or to taste

For the breads

- 125 g (1 cup) plain (all-purpose) flour, plus more to dust
- 1 tbsp vegetable oil
- 6–8 tbsp water, or as needed

For the rolls

- 240 g paneer, cut into small fingers (2 cm x 5 cm)
- 2 tbsp vegetable oil
- ¾ small green (bell) pepper, thinly sliced
- Good handful of thinly sliced red onion rings
- Freshly ground black pepper

Herb chutney (makes 200 ml)

- 60 g coriander, leaves and some stalks
- 2 tbsp lemon juice, or to taste
- 20 g (¾ packed cup) mint leaves
- 25 g (¼ cup) pistachios (shelled weight)
- Salt
- ½ garlic clove (optional)

Method

Blend together all the ingredients for the marinade. Season to taste with salt – I use around a

teaspoon. Add the paneer, gently turn the pieces to coat, and leave to marinate as you prepare the

dough.

Put the flour in a bowl and pour in the oil, water and a good pinch of salt. Knead together well; it will be a bit squelchy at the beginning but should become lovely and soft without cracks once it is done. Cover with a damp dish towel and leave to rest for 20 minutes.

Meanwhile, make the chutney. Blend all ingredients until smooth and creamy, it might take a minute or so. Taste and adjust the seasoning and tang (lemon juice) to taste. Set aside.

To make the breads, place a tava or frying pan over a medium heat. Divide the dough into 10 pieces and roll each out on a work surface lightly dusted with flour into a thin, round bread around 13 centimetres in diameter. Dust any excess flour off the bread and place on the pan. Cook, turning once, until the bread has just a few light brown spots on both sides; it only takes a minute or so. Repeat to cook all the breads, stacking them on a dish towel, covering each with the corners as you go to help keep them soft. (You can also reheat them in some foil in the oven.)

Now, back to the rolls. Heat the 2 tablespoons of oil in a saucepan, add the pepper and stir-fry for 2 minutes. Add the paneer and all its marinade and cook, stirring often, until the liquid has reduced and you can see oil in the pan, 6 to 8 minutes or so. You might need to add a splash of water at

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some point once the pan gets dry. Add the onions and cook for another minute, or until the liquid now just coats the ingredients and is still moist. Take off the heat.

This is an edited extract from I Love India by Anjum Anand (published by Hardie Grant Books,

\$39.99), available in stores nationally.

Food photography: **Martin Pool**

NEXT: Try your hand at making Anand's Gluab Jamun recipe [here](#).

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