

HOME-MADE 'TAKE-AWAY'

Karhai paneer
with fenugreek
leaves

Most of us have our local Indian takeaway on speed-dial for a Friday-night blow-out. But it's surprisingly easy to rustle up a delicious home-made version, too. This recipe comes from Swiss veggie master Rolf Hiltl, owner of the world's oldest vegetarian restaurant, Haus Hiltl, in Zurich. Nutritious, simple, and very, very tasty, this curry is the perfect way to spice up a cosy night in.

Cooking time

20 minutes to prepare,
5 minutes to cook

Ingredients (serves 4)

◆ 350g tomatoes ◆ 350g potatoes ◆ 350g paneer (Indian cheese) ◆ 1 onion ◆ 2 tsp ground cumin ◆ 3 tbs tomato purée ◆ 2cm ginger ◆ 3tsp ground cumin ◆ 1/2 tsp cayenne pepper ◆ 1 tsp turmeric ◆ 1/2 bunch coriander, chopped ◆ 1 tsp channa masala ◆ 1/2 tsp asafoetida [a spice that tastes like onion] ◆ 2 cloves ◆ 1 tsp fennel seeds ◆ 1 tbs fenugreek leaves ◆ 2 tbs lemon juice ◆ 100ml cream ◆ 50g cashew nuts, chopped ◆ 1 tsp sea salt ◆ 500ml water

Method Skin the tomatoes and dice. Peel the potatoes and cut into 2cm chunks, then cut the paneer into 2cm chunks too. Slice the onion into eight.

Per portion:
Fat: 53g
Kcal: 609



WINE, PEEP SHOW AND A TASTY CURRY - WHAT FRIDAY NIGHTS ON THE SOFA WERE MADE FOR

Gently sauté the tomato purée, onion, wedges and chopped ginger in butter. Add the spices and diced tomatoes, and sauté a little longer. Add the lemon juice, cream, cashew nuts and salt, stir and add the water. Add the potatoes

and cook until tender. Fry the paneer in butter until browned. Add to the sauce and potatoes, season and serve.

Hiltl. Veggie International. A World Of Difference by Orell Füssli, £39 from Tibits

STYLIST

ADDRESS: STYLIST, 6 EMERALD STREET,
LONDON WC1H 3QA TEL: 020-7611 9700
EMAIL: FIRSTNAME.LASTNAME@STYLIST.CO.UK

EDITORIAL

EDITOR: **LISA SHOSARSKI** 020-7611 0389
DEPUTY EDITOR: **SUSAN RILEY** 020-7611 0393
CREATIVE DIRECTOR: **MATT PHARE** 020-7611 9716
ART EDITOR: **CLARE FERGUSON** 020-7611 9716
PHOTOGRAPHY DIRECTOR: **TOM GORNER** 020-7611 0390
FEATURES EDITOR: **ALIX WALKER** 020-7611 0390
PRODUCTION EDITOR: **JENNIFER BRADLY** 020-7611 0390
FASHION DIRECTOR: **LIZAHNE HARRIS** 020-7611 0388
BEAUTY DIRECTOR: **EMMA SMITH** 020-7611 0388
WRITER: **SCARLETT RUSSELL** 020-7611 0396
JUNIOR DESIGNER: **MATASHA TOMALIN** 020-7611 0396
CONTRIBUTORS: AMY GRIER (FEATURES), KATY LEIGH (PICTURES), MORAG PATERSON (FASHION)

ADVERTISING (ADVERTISING@STYLIST.CO.UK)

PUBLISHER: **GLENDA MARCHANT** 020-7611 9737
ADVERTISEMENT MANAGER: **FAD JAMAL** 020-7611 9737
BEAUTY AND FASHION MANAGER:
FRANCESCA SAGE 020-7611 9736
ACCOUNT MANAGER: **ALEX BEESON** 020-7611 9705
ACCOUNT MANAGER: **HAYLEY MEDHURST** 020-7611 9705
AD OPS CO-ORDINATOR: **JOYCE DARRO** 020-7611 9705
TEAM ADMINISTRATOR:
ANGELA KILGANNON 020-7611 9713

CIRCULATION (CIRCULATION@STYLIST.CO.UK)

CIRCULATION DIRECTOR: **KEH MORETON** 020-7611 9737
LOGISTICS & PRODUCTION ASSISTANT:
CLAIRE BURGESS 020-7611 9731

FINANCE

CHIEF FINANCE OFFICER: **DAVID JOSEPH**
FINANCE DIRECTOR: **GARY PICKETT**
FINANCIAL CONTROLLER: **ADAM WRIGHT**
ACCOUNTS ADDRESS: GREENHILL HOUSE,
THORPE ROAD, PETERBOROUGH PE3 6RU

SHORTLIST MEDIA LTD

MANAGING DIRECTOR: **KARL HARSDEM** 020-7611 9700
STRATEGY & DEVELOPMENT DIRECTOR:
TIM EWINGTON 020-7611 9703
EDITORIAL DIRECTOR: **PHIL HILTON** 020-7611 9722
RECEPTIONIST/ADMINISTRATION ASSISTANT:
SARAH COLLEY 020-7611 9700
ASSISTANT TO CEO/OFFICE MANAGER:
SHELLEY HAMMOND 020-7611 9704
CHIEF EXECUTIVE: **MIKE SOUTAR** 020-7611 9702

MAGAZINE PRINTED BY POLESTAR VARNICOAT
COLOUR ORIGINATION: WWW.WEAREPFMG.COM
SHORTLIST MEDIA LTD. REGISTERED COMPANY NUM