



Recipe of Paneer

Ingredients

1 liters of milk
Juice of one lemon

Equipments

A Big heavy bottom pan, at least 2 liters
A Muslin cloth or a clean dishcloth or any clean, thin and smooth cotton cloth
(Make it is odorless. If it smells (e.g. Detergent !), that's how your cheese will taste!)
A Wooden spoon (If not available then take metal one)
Two chopping boards or Plates (For sandwiching/pressing the lot)

Method

- (1) Pour the milk into the pan.
- (2) Bring the milk to simmer up to boiling point. If you take your eyes off it for a moment, it may boil over. If it burns, the paneer will smell and taste funny.
- (3) Start to slowly pour in the lemon juice, about a spoonful at a time. The milk will begin to split or curdle. If it doesn't go, add a tiny bit of vinegar.
- (4) Keep stirring and adding lemon juice until the curds are thick masses, and a pale yellow transparent water is left behind.
- (5) Do not forget stirring constantly to avoid sticking.
- (6) Take the pan off the heat.
- (7) Drain off the whey and keep the curds.
- (8) Strain the curds out using the cloth (it will be somewhat messy), wrap them up squeezing the cloth tightly and hang it for at least an hour to get the excess water out. Open the cloth and observe carefully.
- (9) Fold the curds up in the cloth, in a squarish block. Put the block on one chopping board, place the other chopping board on top, then balance the big pot, full of cold water or ice, on top. Alternatively you can put the whole setting in the fridge. Some more water may be released.
- (10) After a couple of hours, you will have pressed out all the whey that's going to go. Un-wrap the cloth and dump it in the sink. It will need rinsed out and washed almost immediately, otherwise it will smell very sour. Clingfilm the paneer, and it will keep for a couple of weeks.

You can crumble it up onto or into curries. You can spread it on a bread. You can dip it in batter and deep-fry it. You can even grill it.

It tastes simply great.