

Homemade Paneer (Cottage Cheese)



Paneer is an un-aged, fresh, non-fermentative, non-renneted, non-melting and unripened cheese made by curdling milk with a vegetable derived acid, such as lemon juice/lactic acid/citric acid/tartaric acid/alum or sour whey. It is obtained by acid and heat coagulation of milk proteins to form curd. During this process large clumps of proteins are

formed in which fat and other colloidal and dissolved solids get entrapped. The ability of paneer to be deep fried is one feature that has led to its wider worldwide acceptance and is a favourite for making snacks, pakoras or fried paneer chunks.

Ingredients: 1 Litre Milk, 1.5 - 2 tsps White Vinegar or ½ -1 Lemon

1. Bring milk nearly to boil. Stir in between so milk doesn't scorch at the bottom.
2. Simmer the flame. Add vinegar/lemon juice without seeds or strands in a cup & add around 6 tsps of water. Keep adding little at a time in milk. Stir 1-2 mins. till milk curdles thoroughly and you start seeing a clear, runny whey.
 - Tip: If you can't see clear whey then add more acidity or put in on for cooking a bit more.
3. Now pour the paneer in a colander/sieve to separate whey.
4. Press with a spatula gently to take out the excess whey and leave for 10-20 mins. depending how soft/hard paneer you want. You can add salt or chilli at this stage if you want.
5. Either use it as scrambled or cut into pieces. Enjoy it raw or in curries/sandwich etc. For storing, you can leave it in a box of water in the fridge & change its water every day. You may use that water in your curries.

Tip : Make sure milk is nearly hot but not boiling before vinegar. Simmering will give you soft paneer else chewy. Adding water in vinegar will break the protein part of milk slowly & won't make it hard. To shape up the paneer, after you sieve it, you put in a muslin cloth & press with some weigh. After 30 min you can shape it.

[Watch the video here](#)

