

# Paneer

Makes: 10 ounces

Cooking Time: 15 minutes

Preparation and Pressing Time: 1 hour and 15 minutes

## Ingredients:

8 cups whole or 2% milk

3 tablespoon vinegar or lemon juice



## Directions:

1. In a heavy bottom pot over medium high heat, boil milk stirring frequently to prevent scorching at the bottom of the pot.
2. Once it comes to a boil, reduce heat to low and add vinegar or lime slowly, stirring gently. Within few seconds, the milk solids will start to separate from whey. Once the whey is clear, turn of the heat, remove from stove keep aside for 2 to 3 minutes.
3. Drain the whey using a strainer lined with cheesecloth or muslin cloth.
4. Run this under cold tap water to wash out the sourness. Gather all sides of the cloth to form a little bundle and squeeze excess water out.
5. Shape the bundle into round, rectangle or square shape, smooth out the cloth (wrapping with as less crease as possible) and put it on a plate or tray.
6. Paneer will need to be pressed with something heavy for about an hour. This can be done by placing a pot filled with water on top of the wrapped cheese and leave it for an hour or place another plate on top of the wrapped bundle and place some cans to weigh it down.
7. After pressing it for about an hour, paneer is ready to be cut into desired shape and use.

**Note:** Before adding vinegar or lime into milk, the milk can be flavored with salt and dried spices and herbs such as cumin seeds, dried mint and cilantro, if desired.

If you have a strainer with a flat bottom, invert this and place the paneer bundle on top of it and press with some weight as mentioned above. This method will let the water drain out but you can still make it without this.