

How to Make Paneer (Manjula's kitchen)

Paneer is a homemade Indian cheese. Paneer is used many different ways making desserts, appetizers and main course dishes.

Ingredients:

- Milk – – 2 litres
- Lemon Juice – 65 ml or 1/4 cup

Method:

1. Mix lemon juice in half cup of lukewarm water and put aside.
2. Boil the milk in a heavy bottomed pan over medium heat, stirring occasionally, making sure not to burn milk.
3. As the milk comes to a boil, add the lemon juice gradually and stir the milk gently. The curd will start separating from the whey, turn off the heat.
4. Once the milk fat has separated from the whey, drain the whey using a strainer line with cheesecloth, or muslin cloth.
5. Wrap the curds in a muslin cloth, rinse under cold water, and squeeze well. This process takes out the sourness from the lemon.
6. To take out the excess water, press the wrapped paneer under a heavy pan for about 1 hour.
7. Keep in the refrigerator till use.

In Tamil <https://www.youtube.com/watch?v=c6xMCcpkdY>
<http://www.manjulaskitchen.com/2008/05/24/how-to-make-paneer/>
http://www.youtube.com/watch?v=8gkor7dW6DU&feature=player_embedded

Paneer recipes in Tamil

https://www.youtube.com/results?search_query=paneer+recipes+in+tamil

Tips:**If paneer will be used to make any dessert dish:**

1. The most important part of making paneer for dessert is how much water to take out from the paneer.
2. To check if right amount of water is out of the paneer, take a little piece of paneer on your palm and rub with your fingers. After rubbing the paneer for about 15-20 seconds, you should be able to make a firm but smooth ball.
3. For making sweets, paneer can be refrigerated for 1 to 2 days.
4. Paneer from half-gallon milk will make about 15 to 20 rasgullas.
5. I suggest 2% milk for rasgullas, rasmalai, chamcham or any other dish in that category.
6. For sandaish, burfee or any other such dish use regular milk.

If paneer will be used for making main dishes:

1. Before pressing the paneer knead it enough so paneer is not crumbly.
2. Press the paneer instead one hour, two hours making firmer.
3. Cut the paneer to desired shape. Paneer can be refrigerated for a few days or kept frozen for months.

Variations:

- Add salt to the paneer, if you like with your choice of spices one or more, including black pepper, roasted cumin seed, chopped green chilies, chopped cilantro (Hara Dhania) or to your taste.

Preparation:

- Set the milk up to boil.
- As the milk is readied, dissolve the citric acid/lemon juice in half a cup of warm water.
- When the milk comes to a boil, pour the acid-water/lemon juice-water mix into it.
- Reduce the heat and stir continuously until the milk is completely curdled.
- Remove from the heat when the separation of the curds and yellowish whey is complete.
- Strain the mixture through a clean muslin cloth.
- Hold it under running water for a minute and then press out the excess water.
- Hang the muslin for 15-20 minutes so that all the whey is drained out.
- To make the paneer into a block tie the muslin and place it under something heavy.
- The paneer can now be cut into chunks and used as required.

1. In a medium pot, bring Milk to a boil.
2. Slowly add Lemon Juice to the milk while continuously stirring.
3. Within 10-15 seconds, Milk should start to separate from the whey.
4. The milk is completely separated when the whey is a light greenish color.
5. Switch off the stove and let the pot sit for a few minutes.
6. Line a colander with cheese cloth or thin cotton cloth and place it over a large bowl.
7. Pour milk solids and whey into the colander.
8. Take opposite ends of the cloth and tie together lifting the cloth out of the colander.
9. Using a large spoon placed across the top of a jug, hang the cloth with the paneer from the spoon handle. The paneer bundle should be hanging inside the jug.
10. After approx 30 minutes, remove the bundle from the jug and open it. Untie the knot and fold the cloth over smoothly across the paneer.
11. Place a heavy weight on top of the paneer for approx 30 min.
12. Open the cloth and cut paneer to desired size cubes.

Tips:

1. Vinegar can be used in place of Lemon Juice to separate the milk from whey.
2. Save the whey as it can be used to knead chapatti dough or as a stock for soups and curries. If you won't be using it immediately, freeze it for later use.
3. For making tikkas or a firmer paneer, add 1/2 Tbsp of all-purpose flour to the paneer after hanging it and knead it like a dough. Flatten the paneer out onto a baking dish, keep it in the fridge for about an hour and then cut it into cubes.
4. Salt can be added to the paneer after the hanging process. Knead it as mentioned above in step 3.

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