



How To Make Paneer (Indian Cottage Cheese)

You should get a 10-15% yield when making paneer (100-115g/litre of full cream milk). If you don't get sufficient yield and the whey is still white rather than translucent, reheat it, add a little more lemon juice and make a second batch; just like making ricotta!

Makes about 110g



INGREDIENTS

- 1 litre full cream milk
- 2½ tablespoons strained lemon juice (50ml)
- Muslin, for draining

METHOD

1. Line a sieve with muslin so that it hangs over the sides.
2. Place it over a large bowl.
3. Place milk in a saucepan and bring to the boil over medium heat.
4. As it comes to the boil, stir in lemon juice then immediately remove from heat. Set aside for a few minutes.
5. Ladle or pour into the cloth-lined sieve and leave to drain for a few minutes.
6. Draw the ends of the muslin together and twist to tightly enclose the curds.
7. Squeeze gently to remove some of the excess moisture.
8. Flatten into a disc and place on a plate with the excess cloth to one side, place another plate on top, weigh down with a can or heavy jar and refrigerate for 30 minutes or so.
9. Remove and discard muslin.
10. The paneer is now ready to use or to be refrigerated in a sealed container or zip-lock bag for up to a week.