

paneer

preparation time: 10 minutes
Cooking time: 40 minutes
chilli rating: none

difficulty Level: medium
makes: about 1.5 kg



Add vinegar, stirring slowly

ingredients

4 L full-cream milk
400 ml double cream
250 ml white vinegar



lift curds from the whey

method

Line a large, flat-bottomed sieve with a double layer of muslin (cheesecloth), letting it overhang the sides of the sieve. Place the lined sieve inside a large bowl or pan.

Use a large, heavy-bottomed saucepan that will fit inside the sieve. Pour the milk into the saucepan and heat over high heat, stirring in a figure of eight. When the milk is almost boiling, stir in the cream and once again bring to the boil. When the milk mixture is just boiling (do not boil over) remove from the heat. Add the vinegar, stirring slowly, until the whey separates from the curds.

Using a sieve, lift the curds from the whey and place the curds in the muslin-lined sieve. Once all curds are in the sieve, tie the ends of the muslin together tightly so that it forms a pudding shape (about 10 inches in diameter).

Place whey in saucepan on top of the paneer to weight it down. Set aside at room temperature until paneer is firm (about 25 minutes). Remove pan from the paneer. Untie the muslin and remove paneer. Use paneer as recipe indicates.

Ajoy's tips Click [Ajoy's Blog](#) to read more about making palak paneer. Paneer will keep for 1 week in a refrigerator. To store the paneer, place in an airtight container and add enough whey to cover.

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