

Homemade Paneer



How to make the softest, most delicious, Paneer at home.

Ingredients

1 litre whole milk

Juice of 1 whole lemon or 1 tbsp white vinegar with 1 tbsp of water

For a Herby Paneer you can add;

handful of fresh coriander, finely chopped

2 red chillies, finely chopped

A small piece of ginger, finely chopped

1 tsp salt

Tips & Tricks

– Make sure you use full-fat whole milk.

– Sieve your lemon juice to remove any pulp.

– It is really important that you do this process on a low heat to ensure the paneer is soft.

– You can use vinegar or lemon juice for this recipe – it is up to you! Just make sure you add 1 tbsp of water to the vinegar.

– Use a muslin cloth to strain your paneer.

– Make sure to collect the liquid as you can use this in many other recipe such as, rice, bread or curry. It is full of nutrients and flavour which will add to your dish.

Method

– Pour your milk into a pan and gently heat.

– Just before it comes to a boil, reduce the heat to low-medium. (It is at this stage you can add the coriander, chillies, ginger, and salt).

– Stir the milk with one hand and add the lemon juice a little bit at a time.

– Once the milk starts to separate to form solids and a clearer liquid, do not add any more lemon juice.

– Allow it cook for 1 further minute and then turn the heat off.

- Let this sit for just 5 minutes.
- Add a cup of water, stir through, and let it rest for a further 5 minutes.
- Place a colander over a pan in the sink, and add the muslin cloth on top.
- Pour the paneer through the muslin cloth, collecting the liquid in the pan.
- At this point, pour some fresh water on top of this to remove any citric flavours the paneer may still have.
- Twist the muslin cloth so that the paneer forms a ball and squeeze the rest of the liquid out.
- Place the ball of paneer wrapped in muslin onto a plate with another plate and something heavy on top. Let it sit for an hour or two and then remove the muslin.

You can enjoy this straight away or store in an air-tight container, in the fridge, for up to 3 days.