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PANEER (CHEESE) RECIPE

By Chef Sank of @EatKraveLove

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Ingredients

6 cups whole milk

2 Tablespoons lemon juice
or 2 Tablespoons of vinegar
or ¼ cup plain yogurt

Directions

Boil 6 cups of whole milk – keep stirring so the bottom does not scald.

Add the acidic agent (lemon juice, vinegar, or yogurt) and turn off the heat.

Stir continuously for 1 minute to separate the solids and whey (the whey should be clear).

Place a cheesecloth in a colander and pour the curdled mixture over the cheesecloth.

Twist the cheese cloth and drain the excess water by hand. Keep the paneer in the cheesecloth and in the colander.

Place a heavy item on top of the wrapped-up paneer to help squeeze additional whey out for 3 to 4 hours. Place in a cool spot or refrigerate to allow the paneer to cool and solidify.

Serve any unused portion in the refrigerator, or cut it up and store the cubes in the freezer until needed.

Enjoy!

Follow Chef Sank on Instagram @EatKraveLove

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