



How to Make Paneer

INGREDIENTS

- 1 gallon of whole milk
- $\frac{3}{4}$ teaspoon of citric acid and 1 cup of water, *OR* 12 tablespoons of lemon juice or vinegar
- 1 teaspoon of salt
- **TOOLS:**
 - Food thermometer
 - Pot
 - Cheesecloth
 - Colander
 - Slotted Spoon

DIRECTIONS

1. Heat the milk in the pot on high heat until it is 190 degrees Fahrenheit. Make sure you stir often to prevent burning.
2. Once it reaches 190 degrees, pour in your citric acid solution or lemon juice or vinegar. Turn the burner down to low heat and stir gently for 1 minute.
3. Once curds start to form, take the pot off of the heat and let sit for about ten minutes. During this time, line the colander with the cheesecloth and place it in the sink.
4. After 10 minutes, you should see a clear separation between the whey and curds. Pour into the colander and squeeze out the whey using the cheesecloth. Tie the cheesecloth to the faucet and let drain for ten minutes.
5. Give the cheesecloth another squeeze for good measure, then salt the curds.
6. Form it into a thin disc and place a heavyweight on top of it. Let it sit in the fridge like that for at least two hours.
7. Congratulations! You have made cheese! Try eating it, or frying it, or using it in an Indian curry recipe!

