

Turban Chopsticks

Homemade Indian Cheese- Paneer

Paneer is a form of handmade indian cheese. This is made by adding lemon juice to hot milk, and allowing it to curdle. It is then pressed for a couple of hours. Firm Ricotta is also suitable substitute. Paneer is great in curries, sandwiches or eaten on a yummy antipasto platter.

RECIPE:

MILK	STRAINED FRESH LEMON JUICE	APPROXIMATE YEIED OF CURD CHEESE
8 cups (2 litres)	3 tablespoons (60 ml)	1 ½ cups (375 ml)

1. Boil milk in a heavy based saucepan, stirring often to prevent scorching or sticking. Lower the heat and add the lemon juice. Stir the milk gently until it curdles; then remove the saucepan from the heat. If the liquid is not clear but still milky, return the saucepan to the heat. If it hasn't fully cleared after another minute, add more curdling agent.
2. Place the saucepan of curds and whey aside for 10 minutes. Pour or scoop the contents of the pan into a colander lined with cheesecloth, gather the corners, and hold the bag of cheese under lukewarm water for 10 seconds. Squeeze the bag, place it back in the colander, and press it under a heavy weight for $\frac{3}{4}$ -1½ hours or as desired.
3. Unwrap the curd cheese and use as required. It will last in the refrigerator for up to 4 days.

