

Paneer (Indian cheese)

Recipe source: *Stephanie Alexander, Fresh, P189*

Fresh from the garden lemons

Note: You need to make the paneer the day before you need it

<u>Equipment</u>	<u>Ingredients</u>
Saucepan	
Lemon squeezer	1 litre (4 cups) full-cream milk
Jug	2 Tbsp lemon juice (2 lemons approx.)
Colander or sieve/strainer	
Cheesecloth or muslin	
Large spoon	
Measuring cups	
Measuring spoons	
Spatula	
Bowl	
Weights	
Plate	

What to do

Bring the milk to the boil in a saucepan over medium heat.

As soon as it bubbles, add the lemon juice.

Give the milk one big stir, then remove the saucepan from the heat.

Leave undisturbed for 15 minutes. The milk will curdle and the curds will separate from the whey.

Set up a large bowl with a colander or large strainer over it.

Rinse and thoroughly wring out a piece of muslin, then fold it in half and line the strainer – the piece of muslin must be large enough to hang over the sides of the bowl.

Spoon the curds into the damp muslin, pressing on them lightly with a large spoon to extract as much whey as possible.

Gather up the ends of the muslin and tie them tightly.

Suspend this bundle in the strainer over the bowl and let it drip overnight.

Reserve the drained whey for use in Saag Paneer.

The next day, put the bundle of curds on a flat plate and weigh it down heavily for at least 2 hours (best 3-4 hours). The paneer can now be cut into small pieces to be fried. It is quite fragile and crumble, so it is best to fry paneer in a well-seasoned or non-stick pan.

Add to Saag Paneer and serve with Indian flatbread. ENJOY!