



Paneer Cheesemaking Class

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Modern Milkmaid™ & Artisan Cheesemaker

*Jersey Cows
Family Milk Cow Mentoring
Cheesemaking Classes & Kits*

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Paneer Recipe

Whole Milk	4 litres or quarts
Lemon Juice or Vinegar	1/4–2/3 cup
Salt	1/4–1 teaspoon

You can use any kind of vinegar, as long as it has at least 5% acetic acid.

1. After rinsing or sanitizing your equipment, pour 4 litres or quarts of milk into your pot.
2. Warm your milk on medium to medium-high heat while stirring gently. Remove your milk from the heat after it reaches a rolling boil.
3. Drizzle in your lemon juice or vinegar, a little at a time, while stirring with a gentle, figure-eight motion. The milk will separate into curds and whey. The whey should be translucent; add a little more lemon juice or vinegar if it's still cloudy. Stir for 1 minute, then let the curds rest for 10 minutes.



4. Pour the curds into a colander lined with cheesecloth or a clean dishtowel. Let the curds drain for 5 minutes, then squeeze out the excess whey with your hands.

5. Salt your cheese to taste.

6. Gather three corners of the cheesecloth or dishtowel in one hand, then take the fourth corner and wrap it tightly around the other three. Each wrap should be below the previous one. Next, place an upside-down plate in a large bowl, set the wrapped cheese on top, followed by another upside-down plate, and finally a 2 to 5 pound (0.9 to 2.25 kilogram) weight. Press for 1 hour.

7. After you've finished pressing, your Paneer is ready to enjoy! Eat fresh, or cover and store in the refrigerator for up to 1 week or in the freezer for several months.

The texture of your curd will change depending on the type of milk that you use to make the cheese. If you use milk that is only pasteurized, the curds will be larger and firmer. If the milk is pasteurized and homogenized, the curds will be smaller and softer.

A 796 ml/28 oz tin of tomatoes weighs 2 pounds.

