

Paneer

Equipment: Measuring cups and spoons Large pot Colander Bowl ladle Chux for straining	Ingredients: 2 litres milk, full fat. 4 tablespoons lemon juice
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What to do:

Curdle milk:

1. Heat the milk in a large saucepan over medium high heat until the top becomes foamy, just as looks like it's about to boil.
2. Turn stove off. **Add lemon juice** and stir for **1 minute**. The milk should begin to curdle. If it doesn't, turn the stove back on and bring back to a gentle boil until the solids separate.

Strain & remove excess water:

3. Line colander with clean chux cloth. Place over a deep bowl.
4. Ladle in half of the curdled milk to begin with, then pour the rest in. Leave until all the liquid drains – this might take 5 to 10 minutes.
5. Discard liquid (whey) in the bowl. Bundle the paneer up in the cloth, then rinse quickly under cold tap water. This helps to remove lemon flavour and cool for easier handling.
6. Squeeze out excess water by twisting the cheesecloth and squeezing the bundle, but not too hard. We do not want the paneer to squeeze out through the cloth. Once liquid no longer comes out, stop. The paneer will still be quite soft at this stage.

Set in fridge:

7. Shape cheese into a disc around 2cm thick, still wrapped in cheesecloth. Place in a strainer or colander set over a bowl. Top with a small plate then 2 x 400g cans (or similar weight).
8. Refrigerate for 4 hours. During this time the paneer will set (become firm) and remaining liquid will drain out.