



PANEER

MISE EN PLACE

- Remove yogurt from the fridge about an hour before the class.
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PANEER (*makes about 650 g of paneer*)

Recipe by ADITYA RAGHAVAN

2 litres whole milk

1 kg 2% Greek Yogurt

2 tbsp apple cider vinegar (substitute: white vinegar)

- Bring the milk to a boil. In the meantime, whisk the vinegar with the yogurt in a mixing bowl.
- When the milk begins to rise along the sides of the pot, quickly add all the yogurt and vinegar, and switch the heat off. Stir well.
- Let it sit for one minute.
- Strain through a colander lined with a large cheesecloth, and bring the ends of the cheesecloth in to tie tightly and form a nice firm ball.
- Hold the tight, cheesecloth-straddled ball, keeping the pressure on the ball, for about 2 – 3 minutes,
- Unravel the cheesecloth only slightly to see if the paneer is set. It is set when it no longer sticks to the cloth.
- When ready, unravel the cloth and set the paneer in a bowl. It should have a smooth surface and look like a ball of mozzarella.
- If storing in the fridge, let the paneer cool off to room temperature, then cling wrap tightly. It will keep for a week.
- Optionally, you can store the paneer in cold water for a day or two. This is preferred if using sooner.

- If you have access to a vacuum sealing machine (Food Saver), vacuum seal and freeze the paneer.

EQUIPMENT

Bowls

Cheesecloth 12" x 12"

Measuring cups and spoons

4 qt pot with a good lid to cook the rice.

Whisk