

Preparations/Paneer

A: 1/2gal whole milk
1t salt
2t cumin, coarsely ground

B: 2T rice vinegar

1. Combine (A) in large saucepan and heat over low to medium heat, stirring constantly. Bring almost to boil and remove from heat.
2. Add (B), stirring, to curdle milk. Cover and let stand 5 minutes.
3. Strain curds through cheesecloth. Taste and adjust salt if needed.
4. Wrap tightly and press between wooden boards for at least 2 hours. Remove cheesecloth and wrap paneer in plastic wrap. Keep refrigerated.

Servings: 8

\$Id: paneer,v 1.2 2025/03/02 18:10:07 deaven Exp \$



From the kitchen of David and Jennifer Deaven