



### **Creamy Fresh Cheese in Just Minutes – (Paneer cheese or Farmer’s Cheese)**

- 4 cups fresh milk. Not UHT
- 2 Tablespoons lemon juice
- 1/4 teaspoon salt
- 1 to 2 Tablespoons fine chopped chives, optional

Heat milk in saucepan over medium heat about 200 degrees F; stir occasionally.

Remove from heat; stir in lemon juice; curds will begin to curdle. Cover; let stand for 10 minutes until curds and whey separate.

Place a strainer over mixing bowl; line with cheesecloth or straining cloth. Carefully scoop or pour curds into strainer; let whey collect in bowl.

Gather cheesecloth in hand and gently squeeze to remove excess whey.

Open cheesecloth; sprinkle salt and minced chives over the curds; stir gently. Cheese can also be seasoned with other spices as desired.

Transfer curds and the cheesecloth to large dinner plate. Shape into square and fold cheesecloth tightly around curds to form rectangular package. Set a second plate on top of package; weigh it down. Press for 30 minutes or up to 1 hour.

Remove; discard cheesecloth. Use cheese immediately as crumbles or refrigerate to firm cheese and cut into squares or use in fillings. Keep refrigerated; use within two days.

Yield: about 5 ounces or 1 cup cheese cubes  
For a larger recipe: Double the recipe

**About the Recipe:** Imagine fresh cheese you can make and it's ready for your table in just a matter of minutes. Paneer, an Indian cheese, is fresh cheese that's mild, milky, and pairs well with spicy food. It doesn't melt like mozzarella but you can crumble it, spread it, or even fry it. Imagine that! This is a great substitute for queso fresco, ricotta salata, or farmer's cheese. Make sure that you use whole milk and it's not UHT pasteurized. I fell in love with this as it was so easy and didn't need lots of ingredients. The added benefit is that you can add your favorite spices to create your own flavor.

#### **Interesting Facts about This Cheese:**

Paneer is a fresh cheese common in South Asia, especially in Indian, Pakistani, and Bangladeshi cuisines. It is unaged, acid-set, non-melting farmer cheese or curd cheese made by curdling heated milk with lemon juice, vinegar, or any other food acids. Its crumbly and moist form is called chhena in eastern India and in Bangladesh.

Most international fast food restaurants in India offer paneer. McDonalds India serves the McSpicy Paneer and Paneer Wrap in the United Kingdom; Subway has started serving a saag paneer patty. The Tamatanga urban Indian cuisine restaurant also serves a paneer wrap. Taco Bell India serves a paneer and potato burrito. Pizza Hut, Domino's, and Papa John's have pizza with paneer toppings.

[http://www.wikihow.com/Make-Paneer-\(Indian-Cheese\)](http://www.wikihow.com/Make-Paneer-(Indian-Cheese))

<http://www.thekitchn.com/how-to-make-paneer-cheese-in-30-minutes-cooking-lessons-from-the-kitchn-57008>

<https://en.wikipedia.org/wiki/Paneer>