

INDIAN COOKING

21 Oct 2021

Homemade Paneer

Equipment

Muslin cloth/cheese cloth or thin cotton handkerchief

Sieve

Bowl

Saucepan

Ingredients

Makes approx.

180-200g paneer

- 1 litre full fat milk
- 2-3 tbsp lime/lemon juice or vinegar

Directions

1. Heat milk in a pan – stirring frequently to ensure it does not catch at the bottom of the pan. As soon as the milk rises and is about to come to the boil, turn the pan off.
2. Now add the lime/lemon juice or vinegar.
3. Stir the milk gently and continuously – after a short while, you will begin to see the milk curdle. The curds will also separate from the whey which will look like a green liquid.
4. If after a minute or so, you do not see the milk curdle very much and the liquid is still milky and not green, you can add a little more lime juice/vinegar.
5. Very gently stir for another 30-45 seconds. Then allow it to sit for 5-10 minutes. Now, line a sieve with a muslin cloth and then strain the paneer.
6. Allow to cool for 5-10 minutes and then squeeze out the excess moisture from the paneer.
7. You can now enjoy the paneer in it's soft crumbled form or alternatively you can keep it tightly wrapped in the muslin cloth with a weight placed on top for an hour. Then it will have formed into a block, which you can cut into cubes.



Paneer Bhurji

Spicy Paneer Mash

Equipment

Saute pan

Ingredients

Serves 4

- 2 tbsp butter/oil
- 1 tsp cumin seeds
- 100g onions finely chopped
- 2 cm (7g) ginger, grated
- 2 cloves garlic (7g), grated
- 1-2 chillies, finely chopped
- 12 stems fresh coriander, stems only – finely chopped
- 75g fresh tomatoes, chopped
- 2 tsp salt
- ½ tsp turmeric
- ½ tsp chili powder
- 2 tsp coriander powder
- ½ tsp tomato puree
- 60ml water
- 4 tbsp peas, defrosted
- 200g crumbled fresh paneer
- 2 tsp dried fenugreek leaves (ground into a powder)
- 12 stems fresh coriander, leaves only - finely chopped

Directions

1. Heat oil in a pan. Once hot, add the cumin seeds followed by the onions. Mix well and then add the ginger and garlic, chilies and chopped coriander stems. Cook until translucent and soft and then add the tomatoes.
2. Cook for 2-3 minutes until slightly soft. In a small bowl add the salt, spices, tomato puree and water. Mix together and then add to the pan along with the peas.
3. Stir in the spice paste and cook for 30 seconds.
4. Now crumble in the fresh paneer and mix gently on a low/medium heat. Make sure the paneer is well combined with the masala. Then add the ground fenugreek leaves and fresh coriander leaves. Stir gently. Turn off the heat and taste. Adjust accordingly and serve with buns, rotis or even in a sandwich!