

## DIY Homemade Paneer

*Yield: Approximately 24 ounces of cheese*

### Ingredients:

1 gallon whole milk (do not use low or non-fat)  
1/2 -3/4 cup strained lemon juice (fresh not reconstituted)  
1 t. kosher or sea salt

### Supplies:

Thermometer, heavy bottom pot, cheesecloth, flat surface and weighted item for pressing

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### Procedure:

Pour the milk into the pot. Heat the milk to 190°F, stirring it occasionally to keep it from scorching on the bottom. Remove from heat and add the lemon juice starting with ½ a cup and adding a bit more if you don't see the curds floating. Stir it once or twice, gently and slowly. See **Photo #1** to see how it should look when the curds separate from the whey. Let the pot sit undisturbed for 5 minutes.

Pour the curds and whey into a cheesecloth lined colander. You can save the whey and add it to marinades or smoothies or discard. *Optional: rinse the curds under running water to remove the smell and taste of the lemon juice.* Make a knot in the cheese cloth, squeeze any excess water out and hang it for 30 minutes to remove excess whey (**Photo #2**). Place cheesecloth on a flat surface with a rim to catch the whey, place a heavy object on it for at least 1 hour or up to overnight (**Photo #3**)

Remove the cloth and cut it to cubes (**Photo #4**). You can use it soft or fry it in ghee or butter to get a crisp crust on it.

**Photo #1**



**Photo #3**



**Photo #2**



**Photo #4**

