

Paneer - Indian Fresh Cheese

Ingredients

- ½ gallon whole organic milk (un-homogenized if possible)
- ½ cup fresh squeezed lime juice

Directions

1. In a heavy, tall-sided pot bring milk to boil on medium high. Let it simmer for 5 minutes.
2. Stir in lime juice. The milk will separate into whey and cheese. Let it continue to simmer for a few minutes to get as much cheese out of the whey.
3. Let it cool enough to handle.
4. Line a large sieve or colander with a clean cotton dish towel or several layers of cheesecloth; place it in a large glass or metal bowl.
5. Strain the cheese from the whey by pouring it through the cloth so that the cheese stays in the cloth and the whey pours through into the bowl below. Enjoy the whey as a beverage or add it to any dishes; it is rich in calcium.
6. Squeeze as much whey out of the cheese as possible.
7. Place the cheese on a clean cutting board and press it into the desired form, if a harder cheese is desired, place something heavy on top of the cheese. A clean large jar works well, or another cutting board with large books.
8. When the cheese has the desired consistency cut it into cubes.
9. Sauté for a few minutes with desired seasonings such as cumin, turmeric, oregano, thyme, salt, pepper, or paprika. Enjoy like this or add the cheese to any desired dish. Many tofu recipes are easily substituted with paneer.
10. Paneer can keep in the refrigerator up to 2-3 days.