

# Making Cheese: Paneer

## Age/Grade Range

- Ages: 6-18+ (with adult help/supervision for younger ages)

## Group Size

- 2-3

## Time

- Activity: 1 hr

## Materials

- 1 litre whole milk (homogenized, 3.25% milk)
- 2 teaspoons lemon juice or vinegar or 3-4 tablespoons plain yogurt
- Cheese cloth
- Bowl or container for the whey
- Pot
- A heavy weight

## Activity Directions

1. In a large pot, bring milk to a boil over high heat.
2. When the milk starts to boil, add the lemon juice, vinegar or yogurt. The milk will begin to curdle. When it has curdled completely, remove from heat.
3. With cheese cloth draped over a bowl or other container, strain the curds and whey through the cheesecloth.
4. Collect the cheesecloth together and squeeze the curds together through the cheesecloth.
5. Place cheesecloth ball on a plate and put another plate, or something flat on top. Place a heavy weight on top of the plate. Leave for 30-45 minutes or until the paneer has set into a semi-firm block.
6. Cool the cheese completely and cut into cubes or any shape. Use fresh, or you can refrigerate the paneer in an airtight container or immersed in water. Paneer stays fresh for 3-4 days.



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## Topic

- Local Food Production

## Objective

- Learn to make your own cheese