Indian Farmer
Volume 9, Issue 10, 2022, Pp. 445-449.
Available online at: www.indianfarmer.net
ISSN: 2394-1227 (Online)

ORIGINAL PAPER

Preparation of Paneer

Pranathi Gunda*, Keerthana Chundurwar and Dipika Mal

School of Agriculture, Domain of Horticulture, Lovely Professional University, Phagwara, Punjab-144411

Corresponding author email: dipika.21885@lpu.co.in

Article Received: 12 October 2022 *Published Date: 16 October 2022*

INTRODUCTION

Paneer is popularly known as Indian cottage cheese. It is a typical variety of soft cheese which is prepared from milk. This is used in culinary preparations and snacks. Paneer manufacturing basically involves the coagulation of milk proteins to form curd. Good quality paneer is obtained by heating milk of 90^0C by adding citric acid solution or lemon juice and followed by whey and pressing the curd in cold water. Good paneer is having the following qualities like white colour, sweet, mildy acid flavour, spongy body and a closely knit texture.

Materials required:

Milk (1lt), lemon juice (few drops), vessel, muslin cloth, stove, colander and spoon

Composition of paneer:

Moisture -54%, Proteins – 17.5%, Fat – 25%, Lactose – 2% and Minerals – 1.5%

COMMERCIAL MANUFACTURING OF PANEER

Standardization of milk (Standardized to 5.8%)

⇩

Heat treatment (Heated to 90^0C without holding and is allowed to cool down to 70^0C)

⇩

Coagulation and draining of whey (Coagulation is done at 70^0C by slowly pouring citric acid by constant stirring, whey is separated by settling it for 5 minutes)

⇩

Hooping (Curd is transformed to hoops lined with muslin cloth)

Pressing (Pressure is applied to top of the hoop at a rate of 0.5 to 1 kg/cm^2)

Dipping in chilled water (The blocks of paneer were removed from the hoops and immersed in cold water for 2-3hours)

Packing (Paneer blocks are packed in a paraffin paper /polyethylene bags and stored at about 5^{0}C)

MAKING OF PANEER

- Take the milk and pour it into a large vessel and bring it to boil over medium heat and give it a stir.
- While the milk is boiling prepare the lemon juice.
- Once the milk has boiled pour the lemon juice mixture and give everything a stir, and you started to see the milk curdle immediately if not then add more lemon juice.
- Let the contents of the vessel cool for 5 to 10 minutes.
- Now, line a colander with a muslin cloth and place the lined colander into a sink.
- Strain the milk curds through the muslin cloth and rinse the curds under water to wash out lemon juice.
- Gather up all the corners of the cloth, twist the cloth to squeeze out excess water and to bring this soft cheese in the shape of a ball.
- Shape the cheese into a disc and wrap the cheese in a plate and keep the weight on top and press the cheese for 1 hr to remove excess water.
- And transfer it to refrigerator, once chilled the paneer is ready and it can be cut into pieces.

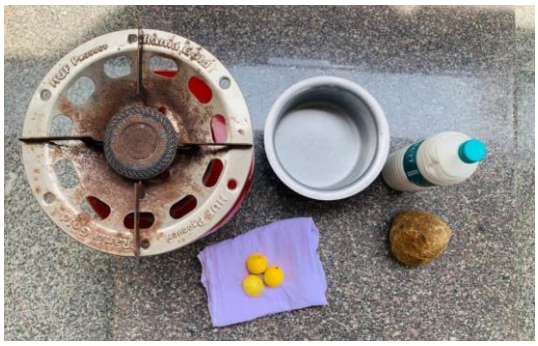

Plate 1: Take all the materials required

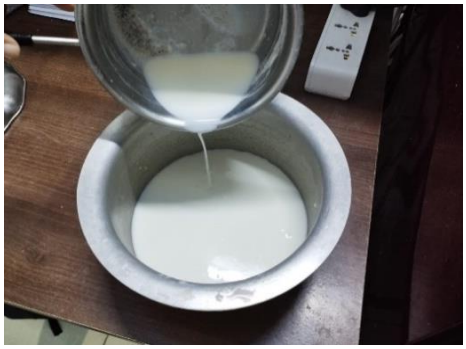

Plate 2: Take the milk and pour it into vessel

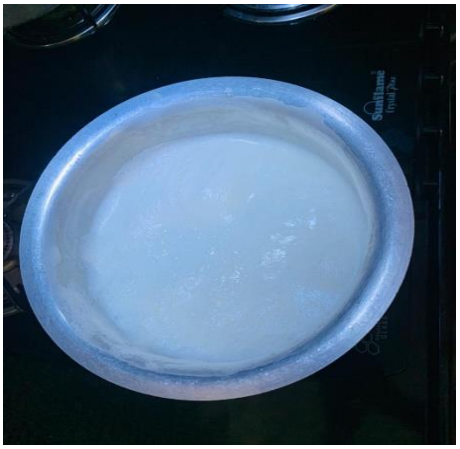

Plate 3: Boil milk on low flame

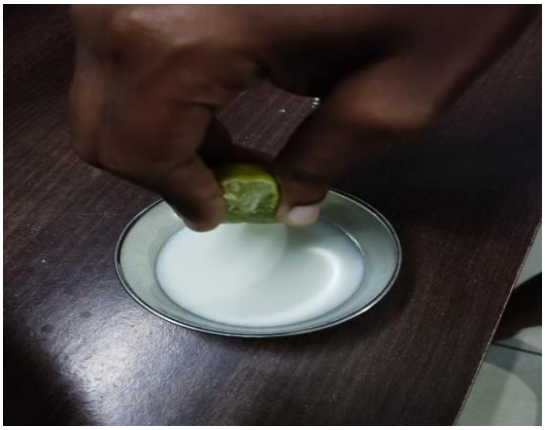

Plate 4: Squeeze the lemon juice in the milk

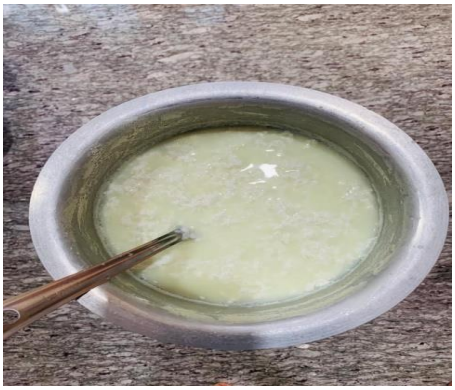

Plate 5: Curdling of milk occurs milk with muslin cloth

Plate 6: Water is removed from the curdled

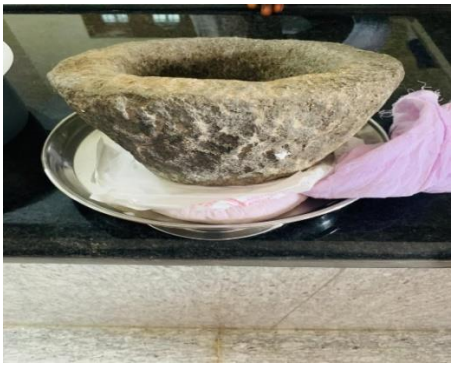

Plate 7: Cheese is made into the ball and put a weight on it

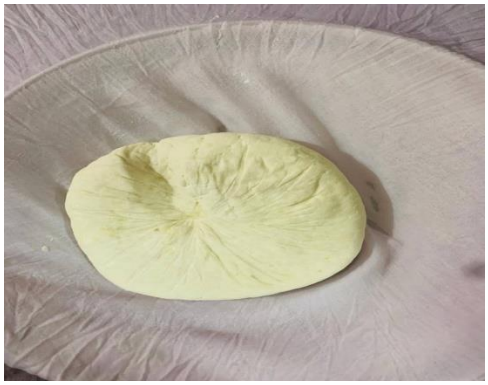

Plate 8: Cheese is made into disc shape

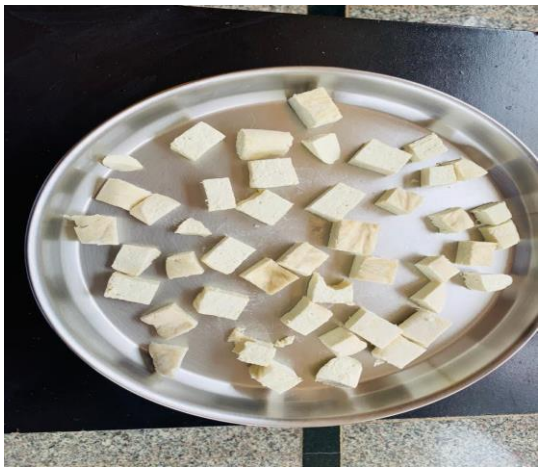

Plate 9: Cut the disc shape cheese into pieces

FACTORS AFFECTING QUALITY OF PANEER

Type of milk: Paneer made from buffalo milk is better than it made from cow milk as it is fragile and weak in nature. For the most desirable paneer equal quantities of buffalo milk and cow milk is used.

Heat treatment of milk: The main objective of heating the milk is to prepare the milk for rapid iso-electric precipitation and to control the moisture. The milk is heated for 90^0C without holding to maximise the total solids recovery.

Coagulation of temperature: It influences the moisture content in paneer, in this the temperature is increased and the moisture is decreased as a result it gets a good frying quality in terms of shape retention, softness and integrity of paneer.

pH of Coagulation: The optimum pH of paneer should be 5.30 – 5.35.

Quality of milk: The milk must be fresh and free from off flavour. Acidic milk having titratable acidity of more than 0.5% lactic acid yields a inferior one.

Type and Strength of Coagulant: Citric acid is generally used as a coagulant as it imparts flavour to it. For best results citric acid used is 1% concentration.

PRECAUTIONS TO BE TAKEN

- Take standardize milk for desired fat.
- Use required quantity of lemon juice.
- Do not agitate milk vigorously while adding lemon juice.
- Apply sufficient pressure for texturization.
- Store the paneer under refrigerator immediately after prepared.

SUMMERY AND CONCLUSION

To summarize, Paneer is a fresh, soft cheese that is made by coagulating milk with heat and acid. Because of its commercial application in the market, several Indian brands marketed paneer as a functioning unit. According to the FSSR, paneer should not include more than 70% moisture and the fat content should be greater than 50% of the dry matter. Given these findings, PFA moisture level standards should be modified and isolated from Channa. Stringent measures should be applied to ensure blind compliance to sanitary procedures during paneer production on a small scale, unorganised sector in order to preserve public health safety and adequate shelf life of product.