

Homemade Paneer

Ingredients

- 1 ½ liters or 6 cups full fat milk
- 1 ½ to 2 tbsp. lemon juice

Tools

- cheesecloth
- a weight, like a bag of beans or large can of tomatoes, for example



Method

1. Pour the milk into a heavy-bottomed pan or pot. Slowly bring the milk to boil. I usually set the heat on medium, or even medium-low if I have time. Keep a stirring spoon in the pot, as this helps keep the milk from boiling over.
2. Once boiling, add lemon juice and gently stir the milk until it begins to curdle. Switch off heat as soon as it curdles and remove the pot from the burner.
3. Allow it to settle for 1 minute then pour it into a thin cheese cloth with a large bowl underneath to catch the whey. Save the whey.
4. Make a knot in the cheesecloth, squeeze any excess whey and hang it for 30 mins to remove excess whey.
5. Place cheesecloth in a bowl and place a heavy object on it so the paneer sets into a firm block. After about 1 hour, remove the cloth and cut it to cubes.

How to use the whey: make soup!

Simple Butternut Squash Soup

Ingredients

- 2 tbsp olive oil or butter
- 4 cups cubed peeled butternut squash (about 1 1/2 pounds)
- 1 1/2 cups water
- ¼ cup brown sugar
- 1-1 ½ teaspoon salt
- ½ tsp pepper
- ¼ cup plain yogurt
- ¼ cup nuts, optional

Method

1. Heat oil in a large saucepan over medium heat. Add squash cubes, and cook for 2 minutes, stirring frequently.
2. Add water, sugar, salt and pepper; bring to a boil. Cover squash mixture, reduce heat, and simmer 30 minutes or until squash is tender.
3. Place squash mixture in a blender, and process until smooth.

4. Return squash mixture to pan, and cook until thoroughly heated. Ladle soup into individual bowls, and top with yogurt.

How to use paneer: stir-fry until golden brown then add to sabzi!

Palak Paneer

Ingredients

- 1 lb baby spinach
- 1 green chili, finely chopped
- 1/4 – 1/3 cup cashews, powdered (easy to do in a spice grinder)
- 1-2 tomatoes, chopped
- 1 Tbsp oil
- 1/4 tsp fenugreek seeds
- 1/4 tsp turmeric
- 2 tsp coriander powder
- 1 tsp Kitchen King masala (can be found at Indian store)
- stir-fried paneer
- salt to taste
- pinch allspice powder, optional

Method

1. Boil spinach in open pan (retains color) for 8 minutes, then drain it.
2. Blend it along with the chopped green chili. Here you can add a little milk (vegan or regular)/cream if you'd like.
3. Add oil to a pan and heat on medium. Once heated, add fenugreek seeds. Let them brown slightly but do not let them get too dark, otherwise they get bitter.
4. Add tomatoes and saute. Then add turmeric, coriander powder, and Kitchen King masala, and stir thoroughly.
5. Then add paneer and stir.
6. Add blended spinach and salt. Close pan and let simmer for 5 minutes.
7. Open and add cashew powder. Let it simmer again for 5 minutes. Finally, add optional allspice powder.