



Cottage Cheese (Paneer)

Invention summary:

A non-fermentative, non-renneted and non-melting type of cheese obtained by acid and heat coagulation of milk

Technology overview:

Paneer is a variety of soft cheese obtained by acid and heat coagulation of milk. It is a non-fermentative, non-renneted, non-melting and unripened type of cheese. Paneer is popular throughout South Asia, used in raw form or in preparation of several varieties of culinary dishes and snacks. The production of Paneer is now spreading throughout the world. International Paneer market has witnessed a robust growth in recent years. Some of the major factors which have contributed in influencing the market are varied applications of Paneer, health benefits, availability of different varieties, etc.

Paneer is prepared by adding food acid, such as lemon juice and vinegar to hot milk to separate the curds from the whey. The curds are drained in muslin or cheesecloth and the excess water is pressed out. The resulting Paneer is dipped in chilled water for 2–3 hours to improve its texture and appearance. The product is vacuum packed and tested for physical, chemical, microbiological, sensory and shelf life quality.

Potential application:

To develop a value added highly nutritious dairy product.

Advantages of Paneer:

- Good source of Protein, Vitamin B12, Potassium and Selenium
- A very good source of Vitamin D, Riboflavin, Calcium and Phosphorus

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