

Homemade Methi Flavored Paneer / How to make flavored paneer using yogurt

Homemade
Methi Flavored
Paneer



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Paneer is a fresh Indian cottage cheese. Making homemade

paneer is very simple and easy process. All you need is just three ingredients, they are milk, methi (fenugreek leaves) and food acid like vinegar or yogurt or lemon juice. Instead of making white regular paneer at home, this time, I gave a simple twist by adding some kasuri methi (dried fenugreek leaves) to the boiling milk and finally I got a homemade methi flavored paneer. You can make variety of flavored paneer by adding different ingredients like mint leaves or dried Italian herbs or saffron so sky is a limit. By having this paneer, you can make a variety of Indian side dishes quickly like [Muttar paneer](#), [paneer bhurji](#), [methi paneer](#), paneer butter masala etc. Try this flavored paneer at home and let me know how it turned out.

How to make paneer using yogurt

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Prep time

45 mins

Cook time

10 mins

Total time

55 mins

Homemade methi flavored paneer is an easy to make vegetarian cheese. All you need is milk and yogurt.

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Recipe type: Homemade recipe

Cuisine: Indian

Serves: 12 cubes

Ingredients

- 4 Cups of Milk (full fat)
- $\frac{1}{2}$ Cup yogurt / Curd
- 1 Tbsp of Kasuri Methi (Dried Fenugreek Leaves)

Instructions

1. Heat the milk and bring it to a boil, when it starts to rise, add dried methi leaves, stir it. Put the flame in medium, add yogurt or lemon juice.
2. Now the milk starts to curdle, if your milk has not begin to curdle, add one more teaspoon. Stir the milk continuously till the whey separates.
3. Keep the bowl beneath the cheese cloth or strainer, immediately pour it. If you are using strainer, press it with back of your spoon. Collect your whey, I use that whey to make soft chapathi.
4. Now squeeze the cloth or strainer and collect the remaining whey.
5. If you are using strainer, put this coagulated milk in a cloth, wrap it tightly in the form of circle. Place this in a plate and on the top, place a heavy weight. I used my cast iron pan.
6. After 45 minutes, your flavored paneer is ready.
7. Chop the paneer into cubes or whatever shape you like and refrigerate it .
8. Homemade Methi Flavored Paneer is ready to use in your curry.

Notes

Always use good quality milk, either full fat or 2% milk. You cannot get paneer from skimmed milk.

you can use cheese cloth or strainer to separate the whey from coagulated milk.

To coagulate the milk, you can use yogurt or vinegar or lemon juice.



Tags: [homemade paneer](#), [homemade methi flavored paneer](#), [how to make paneer at home](#), [make soft paneer at home](#), [how to make flavored paneer](#), [homemade flavored paneer](#), [homemade paneer recipe](#), [prepare Indian cottage cheese](#).

Homemade Mung Bean Sprouts / How to make sprouts at home

Homemade Sprouts



Sprouts have always been considered as nutritious food. They are excellent source of proteins, vitamins, enzymes, easy to digest and good for weight loss. Making sprouts at home is

very simple. All you need is casserole (Hot box / Hot pack). If you learn the trick of making homemade mung bean sprouts, you will never buy them from store. There are two different method for making sprouts, one is using casserole, other one is using clean cotton cloth. You can make a lot of recipes with moong sprouts like stir fry, salads, adai, chaats and so on. Follow this easy casserole method and make homemade moong beans sprouts often, eat healthy and stay good.

HOMEMADE MOONG SPROUTS



Ingredients for Homemade Mung Bean sprouts

Preparation Time : 2 days

- 1.5 Cups of Green Moong Beans

Method for Homemade Mung Bean sprouts



- Wash the beans in fresh tap water. Soak the green moong beans in water for overnight with lid closed.
- Next day, drain the water completely before putting them in casserole.
- Keep it covered and undisturbed for 10 hrs or overnight to sprout. You can find small sprouts coming out. If you like medium size sprouts, you can use it at this stage.
- I love longer sprouts so I kept it for another 6 hrs just by sprinkling little water and I closed the lid. Do not disturb or toss.
 - Healthy moong beans are ready to eat or cook.

Tips

- Always use good quality beans.
- After sprouts formed, use it within one or two days.
- You can make sprouts with any beans of your choice but time differs.

How To Make sprouts At Home



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Tomato Puree Homemade Recipe – How To Make Tomato Puree



Last week when I went to vegetable market, I got a big bag of roma tomatoes for a cheaper price. In Indian cooking, onion and tomatoes are two main ingredients we use a lot to make curries for chapathi or to make chutney for idly dosa. I always buy store bought canned tomato puree instead of using fresh tomatoes. I wanted to try homemade tomato puree for long time so I tried it yesterday.. I always prefer tomato puree to make curry or soup. Here I used roma tomatoes, you can use any variety of tomatoes to make puree.

Making tomato puree at home is very easy, you need tomatoes, water and vinegar and 3 easy steps – blanch, peel and grind.

You can use this tomato puree to make sauce or salsa or soup. Try this tomato puree homemade recipe free of preservative..

How to make tomato puree at home

Ingredients for Tomato Puree Homemade Recipe

Preparation Time : 5 mins Cooking Time: 15 mins Serves: 1.5 Cups

- 12 Medium Size Tomatoes
- 2 Tsp of Vinegar
- Water as needed

Method for Tomato Puree Homemade Recipe

- Choose ripe and firm tomatoes. Wash them in tap water to remove dirt.
- Then using knife, make plus mark at the bottom of each tomato (This will make peeling easier)
- Boil water in a pot or pan, bring it to boil, when it starts boiling, slowly add tomatoes and cook in a medium flame for 12 min or until the skin starts to split. Turn off the stove.
- Place a colander in the sink, carefully pour the water into the colander so that tomatoes sits in the colander. Wash the tomatoes in cold running water for 2 mins.
- Start peeling the skin from the cut portion of the tomatoes. Now transfer them to a blender and grind it until it turns smooth along with water. Cool it for sometime.
- Transfer this puree to a storing jar, add vinegar, mix it, date the jar and store it in a refrigerator.

Tips

- To increase the shelf life of the puree. After grinding the puree, heat it again in a pan along with sugar for 5 mins and then store it.
 - Always use clean spoon while using the puree.
- You can use any variety of tomatoes like big round tomatoes (the one we get in farmers market, in India we call it as nattu thakali) or bangalore tomato (roma tomato). Here I used roma tomatoes.

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Homemade Tomato Puree

Tag

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