

19

**BEST PRACTICE  
REGISTER**



**DEPARTMENT OF DAIRY SCIENCE**

# PREPARATION OF PANEER, CHEESE SWEET THROUGH MILK PRODUCTS.

1. Title of the practice :- Preparation of paneer/cheese/ sweet through milk products.

2. Objectives of the practices :-

↳ To produce various products made of buffalo or cow milk.

↳ To involve the students in the preparation of several milk products.

↳ To motivate students towards milk management system.

### 3. The practice :-

Phase - I.

→ Collection, Filtration & boiling of milk.

Phase - II

→ Adding lemon or vinegar to the boiling milk for precipitation or separation of solids of milk with water.

→ Then remove the water from milk solids.

Phase - III

→ The milk solids into a clean cotton cloth and make a soft dough by gently pressing the filtrate.

## Problems encountered

1. Adding lime or vinegar in a required amount at particular time
2. Gently place the filtrate dough by sufficient weight pressers.

## Composition of paneer & cheese.

S. No.	Contents :-	paneer	cheese
1.	Sodium	350 (mg/l)	260 (mg/l)
2.	potassium	1300 (mg/l)	1300 (mg/l)
3.	Calcium	480 (mg/l)	291 (mg/l)
4.	magnesium	59 (mg/l)	36 (mg/l)
5.	chloride	1349 (mg/l)	1167 (mg/l)
6.	Citrate	6750 (mg/l)	2452 (mg/l)
7.	zinc	280 (ug/l)	210 (ug/l)
8.	Total protein	0.41 %	0.53 %
9.	Fat /	0.01 %	0.2 %
10.	Lactose	4.5 %	5.0 %
11.	Total Solids	5.8 %	6.3 %
12.	pH	5.5	6.21



• Paneer preparation in our college