

PREPARATION OF "PANEER" FROM COW AND BUFFALO MILK WITH DIFFERENT FAT LEVELS

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Large numbers of dairy products, that are produced either at cottage or commercial levels are popular among various populations throughout the world. However, some of the traditional dairy products are mostly confined into a particular part of the world. One such traditional dairy product, which is very popular among Indian community, is known as "Paneer". It is an Indian variety of traditional, cooking cottage cheese, used primarily for culinary dishes. Paneer is an acid coagulated dairy product, which contains whole of milk casein, part of denatured whey protein, almost all fat, colloidal salts and soluble milk solids in proportion to the moisture content. Neither fermentation nor ripening process is involved in the production of Paneer. However, such dairy products are neither available nor popular in Sri Lanka. Therefore, this study was carried out to develop a suitable technique for the preparation of Paneer from cow and buffalo milk under local conditions and to evaluate the chemical composition, sensory acceptability and keeping quality of different end products of Paneer prepared from cow and buffalo whole milk and skim milk in order to select the most acceptable product.

Four types of Paneer were prepared from cow milk, buffalo milk, cow skim milk and buffalo skim milk using coconut vinegar as a coagulant. Finished products were analyzed for chemical composition, keeping quality as well as for sensory attributes. Titratable acidity and pH changes during the storage period indicated that, there were no significant differences ($P>0.05$) between treatments. When the microbiological changes during storage period considered, all four types of Paneer could be stored under refrigeration up to 6 days. During the sensory evaluation, significant differences were observed ($p<0.05$) in the appearance, color, aroma, taste and texture. Accordingly, cow whole milk Paneer appears to be the best product out of the lot when taste, aroma and color were considered while buffalo whole milk Paneer was graded as the best product when texture and appearance were considered.

Key words: Paneer, Cow milk, Buffalo milk