



NUTRITION

Delicious Cottage Cheese



Cottage Cheese, which is commonly known as 'paneer', is one of the most widely used ingredients in Indian food. Not only is cottage cheese easy to make and tasty, but is also very nutritious. No wonder it is the most consumed of all cheeses in India. In its simple form, cottage cheese is an excellent source of protein and calcium. It contains many of the same nutrients as found in fresh milk.

The most healthy and delicious way to cook cottage cheese is in a tandoor after marinating them in sauces and spices of your choice. People can have it with vegetables or bread. With so much fusion between various cuisines, cottage cheese has found its way in dosas, sandwiches, Chinese food and every possible fast food item imaginable. As always, try to avoid frying it or sautéing it with too much oil, which subdues its natural softness and flavours. Such style of cooking also destroys its nutritive value making it very high in fat content.



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Types of cottage cheese

With or without rennet

Rennet is a substance which speeds up the curdling and keeps the curd that forms from breaking up easily.

Addition of rennet shortens the cheese making process, resulting in less acid and greater amount of cheese production. It also reduces the amount of cheese being washed away with the leftover liquid (left over liquid is whey). The cottage cheese contains milk protein, casein.

With cream

Cottage cheese, which is made with or without rennet, can be made high in calorie and low on protein by adding cream. By adding cream, the cheese becomes smooth in texture and flavored.

Varieties of cottage cheese

Cottage cheese is available with various levels of fat content that may range from 1 to 5 grams per cup. Varieties include creamed cottage cheese, 2% and 1% cottage cheeses (percentage is indicative of the fat content), and dry-curd cottage cheese. All these varieties are available as lightly salted, unsalted or lactose-free. Farmer's cheese is cottage cheese that has been pressed into a block, and in contrast to cottage cheese it may sometimes be aged.

Nutrition Highlights

Type of cottage cheese	Amount Gms	Energy Kcals	Protein Gms	Carbohydrate Gms	Total fat Gms	Calcium mg	Sodium Mg
4% fat	100	97	11.5	3.5	4.4	62	371
2%	100	89	13.7	3.6	1.7	68	392
1%	100	72	12.3	2.6	1	62	400
Fat Free	100	71	12.5	4.4	-	60	357

Recipes of Cottage Cheese

Cottage cheese Medley- serves 1

Ingredients

2 cup of low fat milk/ cow's milk/ skimmed milk
 1 cup of low fat curd
 1 Tbsp grated carrot
 1 Tbsp chopped coriander leaves
 1 Tbsp chopped mint leaves
 Salt and Black Pepper as per taste

Method

Put the milk to boil in a broad pan. When it starts boiling, add curd and mix well. Remove from the stove and stir gently until the milk curdles. Note if the milk has not curdled completely at this stage, allow the milk to boil once more. Strain and tie the curdled milk in a muslin cloth.

Add carrot, coriander, mint, salt and black pepper and hang in a strainer for about half an hour to allow the whey to drain out. Instead of throwing away the whey you can use it to knead the dough. Once all the whey is drained out, the cheese is ready. Cut it into piece, it is ready to eat. It can also be sautéed and served hot with soup.

You can add vegetables of your choice too.

With more and more people becoming vegetarians by choice, cottage cheese can form a very important part of their diet helping them meet their daily protein requirements. Considering vegetarian diets are often lacking in protein, milk and milk products like cottage cheese could be regularly incorporated in their diets.