

ABOUT

AMAYA MILK COMPANY

From pasture to packaging, we are committed to creating a sustainable dairy sector in Guyana by using environmentally friendly practices. We prioritize the health of our consumers AND our planet by sourcing milk from local farms and packaging in returnable glass bottles. Our processing facilities utilize cutting-edge technology to minimize energy consumption and waste production, we strive to reduce our carbon footprint at every step of the production process. Join us in our mission to enjoy delicious, nutritious milk while preserving the beauty of our planet for future generations.

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ABOUT

PANEER



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WHAT IS PANEER?

Paneer is a fresh cheese made from cows' milk, it is known for its soft, crumbly texture and mild, creamy flavor.

Paneer is made by curdling milk with an acidic agent such as lemon juice or vinegar, paneer is then pressed to remove excess moisture, resulting in a firm yet tender consistency.

It is widely used in Indian cuisine, and is now being popularized outside of Indian kitchens as vegetarians and health-conscious consumers realize that this is a healthier and tastier source of protein than other meat alternatives.

COOKING IDEAS

Paneer, with its versatility and ability to absorb flavors, lends itself to a myriad of cooking techniques. Here are some delightful ways to prepare this versatile cheese:

Grilling or Pan-frying: Marinate paneer cubes in your preferred spices, then grill or pan-fry until golden brown. This method adds a delicious charred flavor and crispy texture to the paneer, perfect for skewers or as a topping for salads and wraps.

Curries and Gravies: Paneer is a star ingredient in many curries and gravies. Add cubed or crumbled paneer to your gravy for a rich, indulgent flavor. The paneer absorbs the spices and flavors of the sauce, making every bite irresistible.

Stir-frying: Toss paneer cubes with colorful vegetables and aromatic spices in a hot wok or skillet for a quick and flavorful stir-fry. The paneer adds protein and richness to the dish, creating a satisfying meal that's ready in minutes.

Salads and Wraps: Crumble or cube paneer and add it to salads or wraps for a protein-packed boost. Its mild flavor and creamy texture pair well with fresh vegetables, herbs, and dressings, adding a satisfying bite to every bite.



Baking or Roasting: Create hearty paneer dishes by baking or roasting it with vegetables and herbs. Layer paneer slices with tomatoes, onions, and bell peppers in a baking dish, drizzle with olive oil, sprinkle with spices, and bake until golden and bubbly. Serve as a main course or as a side dish alongside rice or bread.

In Desserts: Yes, paneer can even be used in sweet dishes! Make traditional Indian sweets like rasgulla or sandesh by combining paneer with sugar, cardamom, and other flavorings. The result is a decadent treat that balances sweetness with the subtle tanginess of the paneer.

Whichever method you choose, cooking with paneer opens up a world of culinary possibilities, allowing you to explore and experiment with flavors, textures and cuisines.

Tip: Paneer does not need a lot of cooking, so we recommend seasoning it and adding it after the other ingredients have been cooked.



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recipe ideas