

How Fake Paneer Is Made in the Market

1. From Synthetic Milk (Most Common Method)

Ingredients:

- Water
- Refined oil or vanaspati
- Detergent or soap powder
- Urea or ammonium compounds
- Acid (lemon juice/citric acid/vinegar)

Process:

1. Mix water, detergent, urea, and oil to form synthetic milk.
2. Heat the mixture.
3. Add acid to curdle it.
4. Collect curds, press, and shape into blocks.

2. By Adulterating Real Milk

Ingredients:

- Highly diluted milk
- Urea or ammonium sulfate
- Starch (cornflour or maida)
- Vanaspati
- Acid

Process:

1. Start with watered milk.
2. Add urea and starch.
3. Add vanaspati.
4. Heat and curdle with acid.
5. Press into blocks.

3. From Starch and Fat Only (Cheapest Method)

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Ingredients:

- Boiled water
- Corn starch or maida
- Vanaspati or margarine
- Salt and acid

Process:

1. Mix starch in hot water.
2. Add vanaspati.
3. Add salt and acid.
4. Cool and harden into paneer-like block.

Key Features of Fake Paneer

- No real milk used
- Looks similar to real paneer
- Contains toxic substances
- May pass as paneer in cooked dishes