

# Studies on Physico-chemical and Microbiological analysis for Preparation of Flavored Paneer School of Vocational Studies and Applied Sciences

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**Abstract**—*Paneer means the product obtained from the cow or buffalo milk or a combination thereof by precipitation with sour milk, lactic acid or citric acid. It shall not contain more than 70 percent moisture and the milk fat content shall not be less than 50 percent of the dry matter. Milk solids may also be used in the preparation of this product. The total plate count should not exceed  $5 \times 10^5$ , coliform count not more than 90 and yeast and mold count not more than 250 CFU/g in paneer. Turmeric is an ancient spice derived from the rhizomes of *Curcuma longa*, which is a member of the ginger family (Zingiberaceae). Also known as 'Haridra' or 'Haldi', turmeric contains protein (6.3%), fat (5.1%), minerals (3.5%), carbohydrates (69.4%) and moisture (23.1%). Peppermint (*Mentha piperita* L.), belonging to the Labiatae family, is a large family of annual or perennial, herbaceous plants of 30–100 cm height. Mint is one of the most important and common flavors in the world coming after vanilla and citrus flavors. *Murraya koenigii* is a leafy medicinal as well as a green leafy plant that belongs to family Rutaceae. The various pharmacological activities of these plant have been seen such as activity on Antidiabetic, cholesterol reducing property, antimicrobial activity, antiulcer activity, Antioxidative property, cytotoxic activity, antidiarrhoea activity, anti-cancer activity with much other phagocytic activity. Due to their antibacterial, antioxidant, antifungal and antiviral properties, if incorporating an extract of turmeric, peppermint leaves and curry leaves in the preparation of paneer it will increase the shelf life of paneer as per the studies.*