

Taste the Hills

Recipes and Tips

Yogurt and Lebneh

Now that we can buy delicious whole milk in bottles from kiosks (Discovery Centre included) here is how to make your own yogurt and then your own Lebneh which is like yogurt cream cheese. You will need some natural live yogurt to start the batch. Nb you can freeze portions of natural yogurt as your starters in an ice tray and use straight from the freezer.

Yogurt

Boil a kettle and let it cool down a bit while you heat the milk.

Heat one litre of milk in a saucepan to boiling point and then let it cool down for about 20 minutes. If you have a thermometer then it shouldn't be hotter than about 100F or 50C.

Put 1 tbsp of natural live yogurt into a clean 1 litre Kilner jar (or other glass storage jar) and pour in some of the hot milk. Stir this well then pour in the remaining milk and stir thoroughly and put the lid on.

Pour water from the kettle into a deep bowl, adding some cold if it is still scalding. Aim to have the water about the same temperature as the yogurty milk and up as high as the level of the yogurt.

Put the jar into the bowl of hot water and cover with a couple of towels and leave in a warm place overnight or during the day. If you remember, you could top up with hot water at some point. I usually leave it for about 12 hours before putting the jar in the fridge. The yogurt should be thick and creamy.

Nb an airing cupboard or even a propagator make excellent warming places. Or you could put your oven on for five minutes and leave it in there, as long as you don't forget!

Lebneh

Stir a teaspoon of salt into your yogurt (keeping a tablespoon back before you do so for your next batch) Place your salted yogurt into a muslin cloth over a sieve and place over the top of a deep bowl.

Lightly cover the yogurt with the folded corners of the muslin and leave in the fridge for a day or two.

Squeeze the liquid out of your lebneh and serve with relishes and salads and treat like cottage cheese. Try adding other flavours to make dips or use in sauces.

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Shropshire Hills Discovery Centre –
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School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk

Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk

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