

Labna

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: mint

Note: The labna needs to drain in the fridge for 24 hours before using.

Equipment:

metric measuring jug, cup and spoon
clean tea towel
chopping board
cook's knife
large bowl
sieve, to fit just inside bowl
large sheet of clean cheesecloth, folded in half
rubber band
small frying pan
plate
teaspoon

Ingredients:

500 ml yoghurt
1/2 cup sesame seeds
1 small handful mint, finely chopped
3 tbsp honey at room temperature

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Sit the sieve in the bowl, making sure there is at least a 4 cm space between the bottom of the sieve and the bowl.
3. Line the sieve with the folded cheesecloth.
4. Tip the yoghurt into the lined sieve.
5. Gather the edges of the cloth and tie them together with a rubber band so the yoghurt is completely covered.
6. Put the bowl and sieve in the fridge and allow the yoghurt to drain for 24 hours.
7. Dry roast the sesame seeds in the small frying pan.
8. Mix the roasted sesame seeds with the mint on a plate.
9. Roll the labna into small, marble-sized balls. Use a teaspoon to help measure out the right amount for each ball
10. Roll the balls in the sesame seeds and mint to coat them.
11. Drizzle with honey and serve.

