

Labneh

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Ingredients

32 ounces plain full-fat yogurt
1/4 teaspoon fine grain sea salt

Directions

Line a deep bowl with a double layer of cheesecloth.

Stir the salt into the yogurt and pour into the cheesecloth. Bring the cloth together into a bundle and secure with a string. Hang the bundle over a bowl (or wide pitcher), making sure the bottom of the cheesecloth is suspended in air (you don't want it sitting in the liquid).

I used to do this by securing the bundle to a wooden spoon. Cover the whole contraption, and refrigerate for at least 24 hours, but go longer if you like – it's all about personal preference. Much of the liquid will drain out and the yogurt will thicken. Remove from the cloth. You can use it as is, or stir in your favorite herbs or spices.

Makes about 2 cups of labneh.