

DAIRY

Labneh - creamy strained yoghurt

Thick, creamy strained yoghurt, from Victoria Prever's recipe for Good Food. Serve with a drizzle of olive oil and a sprinkling of za'atar.

Recipe author: Victoria Prever · Good Food



TIME

10 minutes preparation + 12-24 hours straining

MAKES

About 300 g; serves 4-6 as a dip

Method: Straining the whey from yoghurt

Season and ingredients: Year-round

Storage: Strain for 12-24 hours in the fridge, in a sieve over a bowl. Keep the finished labneh refrigerated.

Ingredients

- 900 g plain full-fat or Greek yoghurt, without added ingredients
- ½ teaspoon coarse sea salt
- Olive oil, to serve
- Za'atar, to serve

Use the coarse sea salt specified in the recipe.

Equipment

- Sieve, large bowl or jug, muslin or a clean food-straining cloth, kitchen string

Instructions

1. Prepare the yoghurt

Stir the salt into the yoghurt. Line a sieve with muslin and set it over a large bowl or jug. Spoon the yoghurt into the lined sieve.

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Sources and history on the Fermentarnia website
fermentarnia.com



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2. **Strain for 12-24 hours**

Gather the cloth edges and tie with kitchen string. Leave the yoghurt in the lined sieve over a bowl and refrigerate for 12-24 hours. Keep the bottom of the sieve clear of the whey collecting below.

3. **Serve**

Strain for a shorter time for a soft dip, or longer for firmer labneh. Spoon into a bowl, drizzle with olive oil and sprinkle with za'atar.

Tips

Contains milk. The yoghurt is already fermented; this recipe thickens it by draining off the whey.

Za'atar is a Middle Eastern spice blend that often contains sesame. Check the ingredients of your blend.

Olive oil added for serving does not replace refrigeration.

This card uses refrigerated straining throughout. The original author offers this method in warm weather; the ingredient amounts and straining time stay the same.

How to serve

Serve as a spread for bread or as part of a mezze platter with vegetables.

Under the microscope

Thicker by draining

The cloth lets some of the whey drain from the yoghurt while retaining the thicker curd.

Removing liquid concentrates the remaining solids and makes the labneh firmer. This recipe starts with finished yoghurt: its main thickening step is straining, not adding a new starter culture.

