



# Marinated Labneh

Cooking Time: 2 day process

Makes: approximately 8-10 balls

## INGREDIENTS:

### **Labneh:**

- 500 grams natural greek yoghurt
- 1 tablespoon cooking salt

### **Marinade:**

- Olive Oil
- 2 bay leaves
- 1 teaspoon crushed black pepper
- 2 cloves of garlic, sliced
- Slice of lemon rind
- 1/4 cup parsley leaves

## METHOD:

1. In a medium bowl mix greek yoghurt and salt well.
2. Place a bowl under a sieve and line with a cheese cloth or clean new chux cloth.
3. Pour yoghurt into cheese cloth and tighten shut. Place a heavy item for weight over the top of the cheese cloth and refrigerate overnight.
4. The following day, you will find the yoghurt will have dried and thickened. Roll into one tablespoon balls and place on a plate. Place uncovered in the fridge for an hour.
5. In a 500ml clean glass jar, place bay leaves, pepper, garlic and lemon rind. Place 1-2 parsley leaves on each lane ball and into the jar.
6. Top the jar with olive oil, ensuring all the balls are submerged
7. Leave in the fridge for up to two weeks.

## TIPS/SUBSTITUTIONS:

- *Other marinade options to cover in the labneh are: sumac, zataar, dried oregano leaves, chilli leaves, dried mint, fresh rosemary.*