

# 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 of 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.

