

Laban (Yogurt) and Labani (Strained Yogurt)

(Key Recipe #2)

Patricia Horany Cooper

½ gallon milk
1 pint half-and-half

4 Tbsp. starter
1 tsp. salt

Heat milk and half-and-half over low fire to 170° on thermometer. Pour into Pyrex bowl and cool down to 116°. Thin starter with several tablespoons of warm milk. Stir into cooled-down milk. Cover and place on counter wrapped in towels. After 5 to 6 hours or overnight, remove towels and place, covered, in refrigerator. Let chill thoroughly, 4 to 5 hours. This is laban.

For labani: Remove from refrigerator and add 1 teaspoon salt, and stir. Pour into clean thin muslin bag that has been dampened. Drain in colander with bowl under colander to catch liquid for 24 hours. Check periodically and drain liquid out of bowl. This is labani. Remove from bag; store in refrigerator in container with lid.

Salata (Salad Dressing Mediterranean Style)

Mark Horany

2 large garlic cloves

2 to 3 lemons

1 tsp. mint

1 Tbsp. olive oil

1 tsp. salt

1 Tbsp. canola oil

3 Tbsp. white balsamic vinegar

1 Tbsp. sugar

Pulverize garlic, mint, and salt with a wooden mallet in the bottom of salad bowl. Add the rest of dressing ingredients and stir well. Use chopped Romaine, cucumbers, green onions, tomatoes, and avocados for salad. Add to dressing and toss.