Veena Desai’s homemade plain yogurt
& 4 other yogurt side dishes
#Ramseylibrary, #Libraryweek, #Staffquarantinerecipes, #Allintothergether
(Total time for each yogurt dish is 15-20 minutes)

Making homemade plain yogurt

1) Before going to bed at night, in a small pot bring regular, plain milk to a full boil.
2) When the milk is still warm, stir a teaspoon of any brand PLAIN regular yogurt.
3) Cover the pot & leave it in the oven overnight.
4) The next morning, the yogurt is all set, ready to enjoy for breakfast……..remember to put the rest in the fridge!

Breakfast
Fruit Yogurt (Western breakfast)……..In a bowl of homemade yogurt, add some cut fruits you love (especially different berries), some honey & nuts & enjoy!

Lunch/Dinner
Kadhi (Seasoned Indian Buttermilk)……..Blend a cup of homemade yogurt with a cup of water, salt to taste, & a small piece of ginger. Heat a tablespoon of ghee(butter), add a pinch of turmeric powder, one green chilly, throw in a few cumin seeds, & then stir into the buttermilk. One can have this mixed with plain rice or drink it……..good for digestion!

Raita (Indian wet salad)……..In a bowl of homemade yogurt add shredded carrots, onions, cucumbers, & tomatoes, salt to taste, pinch of chilli flakes, garnish with coriander leaves! (Optional… one can season it with mustard seeds & curry leaves in a teaspoon of heated oil)
Dessert

**Mango Lassi** (soothing summer Indian drink)........Blend a cup of homemade yogurt with little water, pieces of ripe mango or pulp, crushed ice, salt & sugar to taste & sprinkle a pinch of black pepper!