

Veena Desai's homemade plain yogurt & 4 other yogurt side dishes

#Ramseylibrary, #Libraryweek, #Staffquarantinerecipes, #Allintgether
(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!

