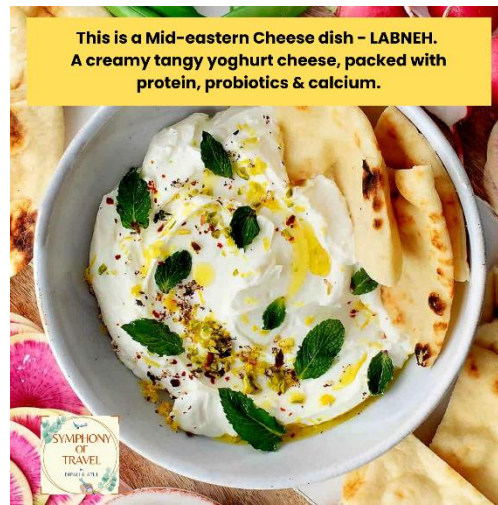


LABNEH – A unique Mid-eastern cheese dish.

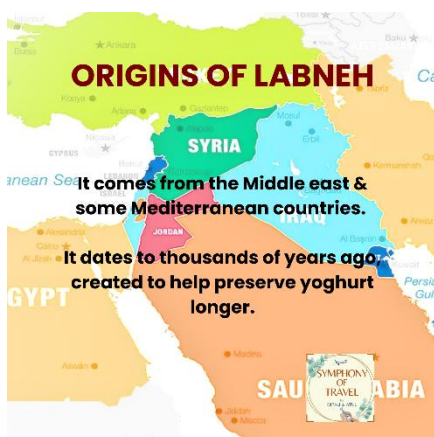


Many of us delight in uncovering exquisite culinary creations originating from diverse corners of the world. 🌍 ✈️

Today, I am happy to introduce you to a Middle Eastern cheese dish – Labneh, a creamy tangy yoghurt cheese, packed with protein, probiotics & calcium. 🥗

The dish comes from the Middle East and some Mediterranean countries. It dates to thousands of years, created to help preserve yoghurt longer.

ORIGINS OF LABNEH:



It comes from the Middle east & some Mediterranean countries. It dates to thousands of years ago, created to help preserve yoghurt longer.



The way Labneh is eaten, varies from Country to country.

The way Labneh is eaten varies from Country to country.



- 1) Served in classic Mezze platter.
- 2) Drizzled with olive oil & served with a flat bread.
- 3) Rolled into balls & preserved in olive oil



1) Used in sandwiches.

2) On Mezze platter served with olive oil, sumac or za'atar.



1) As a Breakfast spread on toast.

2) As a dip with vegetables.

3) As a base for poached eggs.



1) As a Tzatziki dip with cucumber etc.

2) Served with honey & nuts as a Dessert.

3) As a dip for grilled meats.



labneh modern ideas:

- 1) With Indian starters like kababs.
- 2) In cheesecakes.
- 3) Can also be used in Ice creams

Happy Travels,
Dipali & Atul

For more interesting travel information please follow our Instagram page:
https://www.instagram.com/symphony_travel2025/