

Doogh

Yoghurt is popular throughout the Middle Eastern region, dolloped onto rice, stirred through vegetables for a tangy dip, and often blended into refreshing drinks. In Iran, it's used to make doogh (also written dugh), a slightly salty, minty, fizzy drink that's most typically enjoyed with kabob koobideh (minced lamb kebabs). It was traditionally made by shaking milk in a dried sheep's stomach, the enzymes in which would have started the fermentation, then left at room temperature for a couple of days to develop a gentle fizz. Using yoghurt and soda or mineral water is much quicker (and saves the search for a dried sheep stomach). Add fresh mint as well as the dried mint if you like, and a squeeze of lime juice if the yoghurt isn't sour enough.

Serves 2

INGREDIENTS

- 1 cup thick natural yoghurt
- Generous pinch dried mint, plus extra for garnish
- Pinch salt flakes, crushed
- Ice cubes, for serving
- 200ml soda water, more or less



METHOD

1. Place yoghurt and salt in a mixing bowl.
2. Add mint, rubbing it between your hands to crush it.
3. Mix to combine well.
4. Stir in soda water until it has a suitable drinking texture, you may not need it all.
5. Pour over ice in a tall glass.
6. Sprinkle with a little more mint and serve.