

THE WELL

Nourishing Recipes

AYRAN

The Traditional Yoghurt Drink

INGREDIENTS

- 6 tbsp thick plain yoghurt
- 1 large glass iced water
- Small pinch of sea salt
- Extra water, if needed

METHOD

1. Put the yoghurt into a bowl or jug.
2. Add the sea salt and iced water.
3. Blend until smooth and lightly frothy.
4. Add a little more water if needed, until the drink has the consistency of milk.
5. Serve well chilled.

SERVING NOTE

Ayran is cooling, creamy and especially lovely alongside richly spiced dishes.

WHY IT'S LOVELY



Cooling



Traditional



Simple
to make



Refreshing



A lovely
savoury drink

SEXAGENARIAN

SEASONAL LIVING AT THE WELL