

Süzme Yogurt (Strained Turkish Yogurt)

Turkish · Side Dish · Easy · 10 min total · Serves 4

Süzme yogurt is plain yogurt drained in the fridge until thick and spoonable, close to labneh but still tangy. Drizzled with olive oil and dried mint, it is a breakfast and meze staple.

Ingredients

- 4 cup whole-milk plain yogurt (unflavored, with no gelatin or starch; homemade yogurt is ideal)
- 1 pinch fine sea salt (to season the finished yogurt)
- 1 tbsp extra-virgin olive oil (for drizzling)
- 0.5 tsp dried mint (crushed between your palms)
- 1 tbsp honey (optional, for a sweeter breakfast version)
- 0.25 cup walnuts (optional, toasted and chopped)

Method

1. Line a fine-mesh sieve with two layers of cheesecloth or a clean cotton tea towel, and set it over a deep bowl with enough room underneath for the whey to collect without touching the strainer.
2. Spoon the yogurt into the lined sieve, cover the bowl loosely with plastic wrap, and refrigerate at 36 to 40°F (2 to 4°C).
3. Drain for 6 to 12 hours, checking after 6. Pour off the whey as it collects and keep it, since it is useful for ayran or bread dough.
4. The süzme is ready when it is thick and spreadable, like cream cheese, and a spoon stands upright in it without sliding off.
5. Scrape the strained yogurt into a bowl, add the pinch of salt, and whisk briefly until smooth.
6. Serve chilled, drizzled with olive oil and sprinkled with crushed dried mint, with honey and walnuts if you like.
7. Store covered in the refrigerator for up to 5 days, and keep the whey refrigerated for up to 4 days.

Generated by My Royal Chef AI - myroyalchef.com - 2026-10-14