

Ayran (Turkish Salted Yogurt Drink)

Turkish · Beverage · Easy · 10 min total · Serves 4

Ayran is chilled Turkish yogurt whisked with cold water and salt until frothy. It is the classic drink alongside kebabs, pide and lahmacun, savoury and refreshing rather than sweet.

Ingredients

- 2 cup plain whole-milk yogurt (unsweetened; the water thins it into a drink)
- 2 cup cold water (chilled; add gradually)
- 0.5 tsp fine sea salt (about 1/8 tsp per cup of finished drink; adjust to taste)
- 1 cup ice cubes (for serving)
- 1 pinch dried mint (optional, sprinkled on top)

Method

1. Put the yogurt in a large pitcher and whisk until smooth and loose, about 30 seconds.
2. Whisk in the salt until it dissolves completely.
3. Add the cold water gradually, whisking constantly, until fully combined. The ratio is roughly one part water to one part yogurt, so add a little more water if it looks thick.
4. Whisk vigorously for 30 to 60 seconds, or pour the drink back and forth between two jugs, until a light froth forms on top.
5. Chill for at least 30 minutes until very cold.
6. Pour into tall glasses over ice and sprinkle with a pinch of dried mint if you like.

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