

Miele

Cardamom and rose lassi

By Miele

5 minutes, plus cooling time

Preparation time

4-6 hours

Cooking time

Makes 1 litre

Serves



INGREDIENTS

- 1 litre full cream milk
- 75 g (¼ cup) Greek yoghurt
- 2 tbsp caster sugar, or to taste
- ¼ tsp salt flakes
- 1 tsp ground cardamom
- Rose petals, to serve

METHOD

1. Place the milk into a saucepan and heat on medium heat, induction setting 6, until hot (approximately 80°C). Remove from the heat and allow to cool to approximately 40°C.
2. Pour the cooled milk into an unperforated steam container and whisk in the Greek yoghurt. Cover with a lid or cling wrap.
3. Place the container into the steam oven and Steam at 40°C for 5-8 hours, or until thick. Set in the fridge until cool.
4. Blend or process the yogurt with the sugar, salt and cardamom.
5. Pour the lassi into serving glasses and serve with rose petals.

Hints and tips

- Premade yogurt can be used to make this lassi, just stir in the flavourings and serve.