

# Fermented Cabbage & Herbs Labna



## Ingredients

(Approx. 300gr)

- \*250 gr Strained milk kefir cheese
- \*Chives
- \*Spanish Onions
- \* 2 tablespoon of Fermented cabbage, pickles or any other vegetable available
- \*1 teaspoon of chopped rosemary
- \*1/2 Orange zest
- \* 2 tablespoon of walnuts
- \*1 Tbsp. Fresh Parsley
- \*1 Tbsp. Fresh Oregano
- \*Mineral salt
- \*Chilli flakes

You also can use:

- |                             |                    |
|-----------------------------|--------------------|
| Garlic                      | Fresh Oregano      |
| Spring Onion                | Fresh Thyme        |
| Orange Zest                 | Fresh Basil        |
| Pistachios                  | Fresh sage         |
| Walnuts                     | Keffir Lime leaves |
| Almonds                     | Fresh Mint         |
| Cashews                     |                    |
| Hazelnuts                   |                    |
| Pumpkin seeds               |                    |
| Chia seeds                  |                    |
| Pecans                      |                    |
| Black or white sesame seeds |                    |
| Mediterranean herbs         |                    |
| Pink peppercorns            |                    |
| Garlic flakes               |                    |
| Fennel seeds                | Dill Seeds         |
| Pink peppercorns            | Star Anise         |
| Celery seeds                |                    |



## Instructions

1. This is more a list of possibilities than a recipe.
2. Clean and combine as available and to your taste.
3. Chop the ingredients and grind the spices.
4. Transfer the mix to a serving bowl and sprinkle the garnish on top.
5. You also can cover and refrigerate without the garnish in storage jars to use later and allow the flavours to develop.