

Doogh

Ingredients

- 1-quart yogurt whole milk, reduced or low fat
- 1 teaspoon salt adjust per taste
- 1 tablespoon dried mint or ¼ cup fresh mint leaves
- 1 to 1½ quarts sparkling mineral water or plain water

Optional

- 2 teaspoon dried rose petals ground
- 1 teaspoon dried basil
- 1 teaspoon dried celery or celery salt
- 1 teaspoon any other variety of mint
- 1 English cucumber peeled and chopped (2 cups) or 3 Persian cucumbers

Garnish

- Organic Rose Petals, Fresh Mint, Fresh Basil, Cucumber Slices

Directions

Classic Doogh

1. Add the yogurt and salt to a pitcher and blend it until smooth using an immersion hand blender. If you are working with smooth yogurt then simply using a whisk is enough. *The yogurt should become really smooth and creamy before adding the water.*
2. Then stir in the dried mint. Add sparkling water and whisk it all well.
3. If using fresh mint, then simply add the leaves to the doogh and let it steep for at least an hour. Discard the leaves before serving.
4. Serve chilled doogh in tall glasses, with or without ice.

Rose and Mint

Use 2 teaspoon dried mint and 2 teaspoon dried rose powder for flavoring the doogh.

Mint, Basil and Celery

Use a combination of 1 teaspoon dried mint, 1 teaspoon dried basil, 1 teaspoon dried celery (crushed finely) or celery salt and 1 teaspoon of any other dried mint variety (I used a special Persian mountain mint).

1. If using fresh herbs, then just add the leaves to the doogh and allow to steep for at least an hour. Discard the leaves before serving.

Cucumber and Mint

1. Blend yogurt with cucumber in a high speed blender until it is *very smooth*. Stir in dried mint, salt and whisk in mineral water.
2. For more intense cucumber flavor, leave the peel on for $\frac{1}{4}$ to $\frac{1}{2}$ of the cucumber, making sure to use organic. You may need less water due to the inclusion of cucumber. Start with 2 cups of water and adjust as needed.

Notes

1. If using fresh herbs, the quantity should be about 4 times the dried herb (1 teaspoon dried herb = 4 teaspoon fresh herb). Steep the whole leaves in doogh.
2. Garnish with dried rose petals, fresh herbs and cucumber slices.
3. Add about $\frac{1}{4}$ teaspoon black pepper for each quart doogh if you prefer.
4. Make a lot of doogh at a time and refrigerate to use for few days.
5. Preferably use sparkling mineral water bottled in glass.

Source: <https://www.thedeliciouscrescent.com/doogh-yogurt-drink/>