

# Salt and Serenity

## Avocado and Labneh Breakfast Toast

Serves 2

This recipe makes more labneh than you will use for breakfast for 1-2 people. Leftover labneh will keep, refrigerated, for up to 2 weeks.

Large container of full-fat (3.25%) plain or Greek yogurt (depending on brand, a large container is usually 3-4 cups/750-1000grams).

½ teaspoon kosher salt

½ teaspoon freshly squeezed lemon juice

4 slices deeply toasted sourdough or whole grain bread

1 avocado, peeled and sliced

2 teaspoons fresh lime juice

½ teaspoon flaky sea salt

¼- ½ teaspoon Maras or other red pepper flakes

2 tablespoons dukkah (recipe below), optional

2 Tablespoons toasted chopped pistachios

Basil leaves for garnish

1. Line a wire mesh strainer with a few layers of cheesecloth. Set the strainer over a deep bowl. The bottom of the strainer should be a few inches above the bottom of the bowl.
2. Stir the lemon juice and salt into the yogurt. Transfer the yogurt into the lined strainer. Fold the ends of the cheesecloth over the yogurt and refrigerate for 24-48 hours. If you used Greek yogurt, it will be quite thick after 24 hours. If you used regular, additional straining time will be required.
3. Remove the labneh from the cheesecloth, and put it into a bowl. Discard the whey, or feed it to the pigs, if you happen to keep pigs.
4. Spread toast with labneh, top with sliced avocado. Drizzle with lime juice. Sprinkle with salt, Maras pepper, dukkah, if using, and chopped pistachios and basil.

## Dukkah

(Makes about 2 cups)

½ cup hazelnuts

½ cup shelled pistachios

1 cup sesame seeds  
2 tablespoons cumin seeds  
2 tablespoons coriander seeds  
1 teaspoon kosher or sea salt

1. Preheat the oven to 350°F. Place the hazelnuts on a baking sheet, and bake for about 5 minutes, or until fragrant. Place toasted hazelnuts into a Tupperware container and secure lid tightly. Shake the container vigorously for a few minutes. This will loosen the skins. Open container, remove skinned hazelnuts and discard skins. Set aside to cool.
2. Place pistachios on baking sheet and toast for about 5 minutes in preheated oven. Set aside to cool.
3. In a dry skillet over medium heat, toast the sesame seeds until light golden brown. Pour into a medium bowl as soon as they are done so they will not continue toasting. In the same skillet, toast the coriander and cumin seeds while shaking the pan or stirring occasionally until they begin to pop. Transfer to a food processor. Process until finely ground, and then pour into the bowl with the sesame seeds.
4. Place the cooled hazelnuts and pistachios into the food processor, and process until mixture resembles coarse breadcrumbs. Do not over process. You do not want nut butter. Stir into the bowl with the spices. Season with salt and mix well.

Store Dukkah in a covered container at room temperature. It will keep for about a month.