

Hangop

Description: Hangop is a really authentic, Old-Dutch dessert recipe. So old-fashioned it's in style again. It's a very soft, creamy and rich dessert. The kind of dessert my grandmother used to make for me.

Directions:

1. We're going to drain the whey so we're left with a really thick yoghurt. Place a colander over a big bowl. The colander should not reach the bottom of the bowl and put a (clean) tea towel in there.



2. Pour the yoghurt into the towel. You could also do this with Turkish or Greek yoghurt. Lightly fold the towel over the yoghurt. Put the bowl in your fridge and leave it to drain for as long as possible, but no less than 4 to 6 hours. Preferably overnight. Transfer the drained yoghurt to a big bowl.



3. Combine the cream with the sugar. Use more sugar than you normally would, so you'll also sweeten the yoghurt. I opted for 5 tbsp, mildly sweet, use more if you have a sweet tooth. Whip until you have whipped cream.

4. Please, don't use vanilla extract in hangop. It's a venial sin (pretty low on the scale, but still). You need the real deal, a big vanilla bean. Open up the pod and scrape the insides to get the vanilla seeds out. Add the vanilla seeds to the yoghurt and stir it in. I love seeing those black specks that give away real vanilla was used.



5. Carefully spoon in the whipped cream and this is Hangop. Literally translated it means hang up.

I prefer topping mine with fresh fruit. But you can top it with all sorts of things: nuts and honey, warm fruit, fruit soaked in alcohol, caramelized walnuts, compotes. Anything you like.



Ingredients:

4 cups Full-Fat Yoghurt
1 cup Heavy Or Whipping Cream
5 Tbsp Sugar, *(or more)*
1 large Vanilla Bean
Fruit Or Nuts For Topping

Metrics:

Difficulty: Easy
Cuisine: Dutch
Inactive Prep Time: 4 hours
Attribution: www.kayotickitchen.com