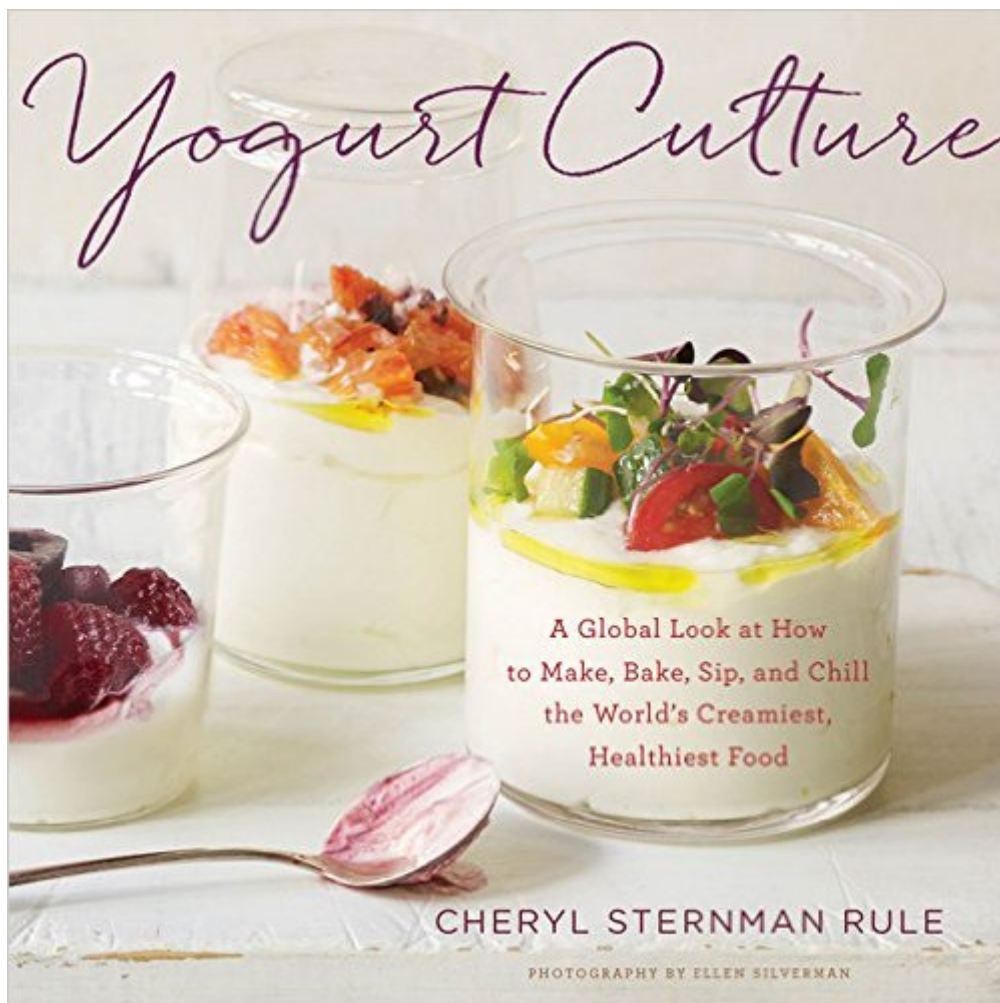


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Yogurt Culture: A Global Look At How To Make, Bake, Sip, And Chill The World's Creamiest, Healthiest Food



Synopsis

Long celebrated as a versatile ingredient in cuisines across the globe, yogurt has recently emerged as a food of nearly unparalleled growth here in the United States. The time has come for a modern, far-ranging cookbook devoted to its untapped culinary uses. In *Yogurt Culture*, award-winning food writer Cheryl Sternman Rule presents 115 flavorful recipes, taking yogurt farther than the breakfast table, lunchbox, or gym bag. Rule strips yogurt of its premixed accessories and brings it back to its pure, wholesome essence. In chapters like "Flavor," "Slurp, Dine, and Lick," she pairs yogurt not just with fruit but with meat, not just with sugar but with salt, not just with herbs but with fragrant spices whose provenance spans the globe. She provides foolproof, step-by-step instructions for how to make yogurt, Greek yogurt, and labneh at home, though all of her recipes can also be prepared with commercial yogurt. Rule explores yogurt from every angle, explaining how to read a label, visiting producers large and small, and "gaining entry to" the kitchens of cooks from around the world. Deeply researched and peppered with stories, interviews, and full-color photographs, *Yogurt Culture* offers a fresh, comprehensive take on a beloved food.

Book Information

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Customer Reviews

View larger Iced Almond - Lemon loaf cake from *Yogurt Culture* Makes one 9-inch loaf Yogurt appears twice in this sunny loaf cake: A full cup of it gives the batter tenderness and moisture, and a spoonful in the icing delivers tang and shine. Bold lemon and almond flavors play off the yogurt beautifully, enhancing and deepening its impact. Directions Prep. Preheat the oven to 350° F, with a rack in the center position. Generously butter a 9-by-5-inch loaf pan. Mix the batter. Into a

large bowl, sift the flour, baking powder, baking soda, and salt. Whisk in the almond meal and lemon zest. In a stand mixer fitted with the paddle, cream the butter and granulated sugar until light and fluffy, about 5 minutes. Reduce the speed to low and add the eggs one at a time, beating well after each addition and scraping down the sides as needed. Beat in the almond extract. Slowly beat in half the dry ingredients, then the yogurt, then the remaining dry ingredients until incorporated. Raise the speed to medium and beat for 1 to 2 minutes to develop some structure. Bake the cake. Scrape the batter into the prepared pan and smooth the top. Bake until risen and lightly browned and a skewer inserted in the center comes out clean, 50 to 60 minutes. Cool in the pan on a rack for 15 minutes. Slide a knife around the perimeter and invert the cake onto the rack. Cool completely, then flip right side up. Ice the cake. Sift the confectioners' sugar into a medium bowl. Whisk in the yogurt and then the lemon juice, 1 teaspoon at a time, until the icing is smooth, thick, and drips slowly from the whisk. Wave the whisk over the cake to drizzle lines of icing, or scrape the icing over the cake and smooth with an offset spatula. Store. Once the icing firms, cover the cake with plastic wrap. It can be kept at room temperature for up to 48 hours, or covered with a layer of foil and refrigerated for up to 5 days.

Ingredients 10 tablespoons (1 1/2 sticks) unsalted butter, at room temperature, plus soft butter for greasing the pan 2 cups all-purpose flour 2 teaspoons baking powder 1/2 teaspoon baking soda 1 teaspoon kosher salt 1/2 cup almond meal Zest of 2 large lemons 1 cup granulated sugar 2 large eggs, at room temperature 2 teaspoons pure almond extract 1 cup plain whole-milk or low-fat yogurt (not Greek) 1/2 cup confectioners' sugar (for the icing) 1 tablespoon plain whole-milk or low-fat yogurt (not Greek) (for the icing) 1 tablespoon fresh lemon juice (for the icing)

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