

New Acclaim For Old World Favorite

Despite its ancient and honorable place in other countries' cuisines, most American cooks are only beginning to discover yogurt as an exciting gourmet ingredient.

In this country, it first became known as a health food — such as off-putting image that it comes as a distinct surprise to some that this cultured milk with the piquant, trat flavor is smooth and — yes — delicious.

Versatile, too. It can be eaten like custard or stirred into li-

quid form and drunk. Yogurt is a wonderful topping, a natural blender of spices, makes a good marinade or a great ingredient addition to sauces, gravies, stuffings, main dishes — and many others.

Has Colorful History

Yogurt does indeed have a colorful, exotic history—there's evidence that it was served by Old Testament hosts, and Genghis Khan fed it to his troops. It's true, too, that its flavor is

appealing and its adaptability almost unlimited.

But the whole — and wholesome — truth is that the food faddists were right after all. Yogurt is good for you. Easy to digest, it has the wholehearted endorsement of the medical profession as an excellent source of protein and calcium to supplement the daily milk requirement.

And because of its low fat content, yogurt is a natural for weight-watchers.

Cooking with Yogurt

When you cook with yogurt, remember to spare the heat. Keep to low temperatures and short heating times to prevent separation — it doesn't hurt the flavor but it may spoil the appearance of your dish. Another trick to prevent separation: add a small amount of flour or cornstarch. Don't stir — just fold yogurt into other ingredients and it will keep its consistency.

And when you bake with yogurt, you may need to modify your recipe slightly by using ½ teaspoon of baking soda for each cup of yogurt.

Flavored yogurt is appearing alongside plain yogurt in more and more food stores. If you can't find the flavored variety, make your own by adding some crushed, drained fruit or grated rind—not juice — to plain yogurt.

Here are some almost-instant



Today's creative generation of cooks is discovering that yogurt is a good mixer as proved in this Garden Dip for summer entertaining.

ways for serving yogurt this summer — including a dip full of fresh garden flavors.

Here is a recipe using yogurt for a delightful . . .

GARDEN DIP

● Quick sauce ry: when you use condensed cream soups for sauces, thin them to the desired consistency with yogurt for new flavor interest.

● One of the easiest — and tastiest — of cole slaw dressings is pineapple yogurt.

● Great with hot buttermilk pancakes — 2 tablespoons honey stirred into 1 cup of fruit flavored yogurt.

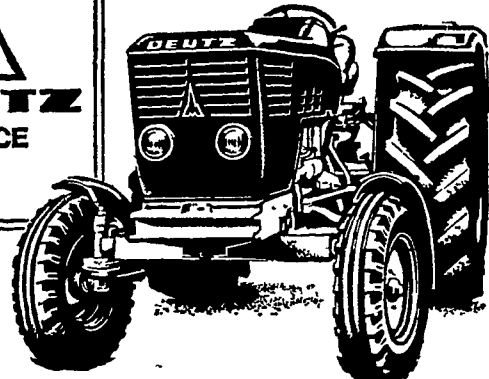
● Sprinkle brown sugar over plain yogurt for a quick, refreshing dessert. Or drizzle 2 tablespoons honey over each cup of yogurt.

- ½ cup cottage cheese
- 1 tablespoon finely grated carrot
- 2 tablespoons finely grated onion
- 1 teaspoon finely grated green pepper
- ½ teaspoon salt
- ¼ teaspoon garlic salt
- Dash of white pepper
- 1 cup plain yogurt

In a small mixing bowl beat cottage cheese, blend in carrot, onion, green pepper, salt, garlic salt and pepper. Beat until fairly smooth. Fold in yogurt. Cover and chill. Use as a dip for chips or raw vegetables. Yield: approx. 1½ cups.

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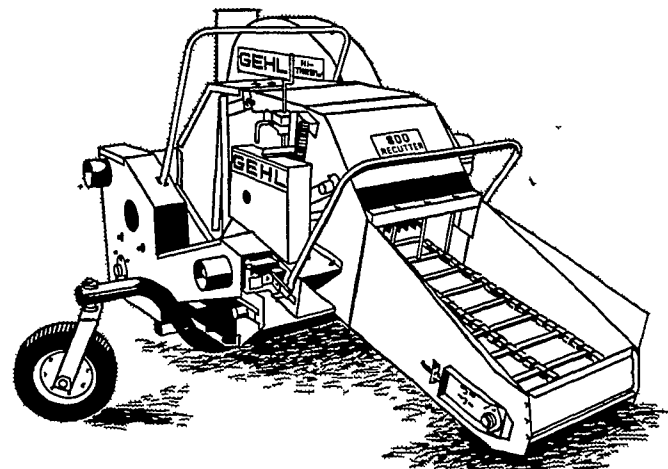
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