

# Yogurt Recipe

## MAHDZOOM (YOGURT) CHICKEN

### Ingredients

- 2 pounds boneless, skinless chicken breast
- 1 teaspoon garlic, crushed
- 1 teaspoon fresh basil, chopped
- 2 cups plain yogurt
- ½ cup Armenian or Italian flat leaf parsley, chopped
- 1 cup olive oil
- ½ cup dry white wine
- 2 medium onions, sliced
- Salt & pepper to taste

### Directions

1. Place the olive oil, crushed garlic, wine, and basil in a bowl or pan and add the chicken breasts so they are covered with the marinade.
2. Cover and let the chicken marinate over night in the refrigerator.
3. Heat a teflon chicken fry pan with a tablespoon of olive oil and brown the chicken on both sides.
4. Discard the marinade.
5. In another pan, add 2 tablespoons of olive oil and saute the onions until they are golden.
6. Place the chicken in the pan with the onions.
7. Spread the yogurt over the chicken and onions, cover and let cook over a medium burner for 30 minutes.
8. Sprinkle with the chopped parsley and serve.

## YOGURT CREAM CHEESE

Use as you would cream cheese or mascarpone cheese. Very spreadable and can be very low fat.

### Ingredients

- 1 quart plain yogurt (whole milk or low fat)

### Directions

1. Line a large strainer or colander with cheese cloth.
2. Place the strainer or colander over a bowl and then place the yogurt in the strainer and let drain overnight.
3. Cover the bowl and strainer with plastic wrap.
4. After 12 hours, take the cheese cloth and very gently squeeze any remaining moisture out of the cheese.
5. Empty the whey from the bowl and let stand another 8 hours. Place your cheese in a clean container and your yogurt cheese is ready to use.

### Yield

6 servings



# YOGURT COATED RAISINS

## Ingredients

- 2 cups raisins
- 1/4 cup butter
- 1 1/2 teaspoon vanilla extract
- 8 ounces yogurt cream cheese
- 6 cups powdered sugar

## Directions

1. Place raisins in a steamer basket or strainer.
2. Place over boiling water, but not touching it.
3. Steam, covered for 5 minutes.
4. Combine yogurt cream cheese and butter in heavy bottomed saucepan.
5. Stir over low heat until butter is melted, cheese is soft and mixture is well combined.
6. Transfer to large bowl of mixer.
7. Add powdered sugar, one cup at a time, until frosting is thick and creamy but not dry.
8. Add vanilla. Stir in raisins gently.
9. Drop by teaspoonfuls onto waxed paper.
10. Let dry, uncovered for 4 hours or overnight.
11. Makes 3 1/3 to 4 dozen clusters.



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## MAHDZOOM BREAD (YOGURT BREAD)

Armenian version of our sour-dough bread, made with yogurt.

## Ingredients

- 1/2 cup warm water
- 1/4 cup sugar
- 1 teaspoon baking powder
- 3 cups all-purpose flour
- 1/2 cup sesame seeds
- 2 cups mahdzoom (plain yogurt) at room temperature
- 1 cup liquid margarine or melted butter which has been cooled
- 2 cakes yeast
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 egg

## Method

1. Dissolve the yeast, sugar and salt in the warm water and then add the plain yogurt and mix well.
2. Beat the butter, baking soda and baking powder together and add to the plain yogurt mixture. Stir in the flour and knead for about 5-6 minutes.
3. Cover the dough and let rest for 10 minutes.
4. Make a small ball and roll out with your hands to a 1/8" cylinder about 3/4" in diameter. Braid this by crossing one end over the other 3 times. Repeat until all the dough has been used.
5. Place on a lightly greased cookie sheet. Let rise for 15 minutes. Wash with an egg wash made by beating 1 egg in 1/3 cup of water. Sprinkle with sesame seeds and bake for 15 to 20 minutes in a 350°F oven.
6. Makes 3-4 dozen, depending on size of braids.

# YOGURT AND MACARONI SOUP

A delicious, healthful and hearty soup!

## Ingredients

- 1 cup [medium or small] shell macaroni
- Cook the macaroni in salted water until done all-dente (firm but not hard). Rinse, drain and set aside.
- 1 small yellow onion, chopped
- ¼ cup butter
- Saute the onions in the butter until they are limp and translucent and set aside.
- 3 cups mahdzoön [plain yogurt]
- 1 egg
- 1 tablespoon flour
- ¼ cup water
- Salt [garlic or onion salt optional] and pepper to taste

## Preparation

Beat egg and flour in the water and add to the plain yogurt and heat to a simmer [do not boil]. Add onions, butter, shell macaroni and the rest of the ingredients. Simmer for 2-3 minutes more and serve.

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# YOGURT PIE

## Ingredients

- 2 cups finely crumbled graham crackers (*biscuit made of unbleached-wheat flour with the wheat bran and germ*)
- ¼ cup sugar
- 2 egg yolks, beaten into ¼ cup milk
- ½ pound cream cheese
- 1 teaspoon molasses
- 2 cups plain yogurt
- 4 tablespoons (½ stick) butter, softened
- ¾ tablespoons unflavored gelatin
- ½ pound Neufchatel (soft white) cheese
- 1 teaspoon vanilla
- 1 tablespoon honey

## Preparation

1. Preheat oven to 350°F.
2. Combine the graham cracker crumbs, butter, and sugar in a mixing bowl, blend well, and reserve ½ cup of the mixture.
3. Press the remaining mixture firmly against the bottom and sides of a 10-inch pie pan, bake for 10 minutes, and let cool.
4. Let gelatin soften momentarily in ¼ cup of cold water, then dissolve, stirring, in the top of a double boiler over slowly boiling water.
5. Add the egg yolk mixture and continue cooking over the boiling water, stirring, till mixture coats a spoon.
6. Remove from the heat and let cool.
7. Combine the Neufchatel cheese, cream cheese, vanilla, molasses, and honey in a large mixing bowl and cream with an electric mixer.
8. Add 1 cup of the yogurt and continue to cream till smooth.
9. Pour the cooled gelatin mixture over the cheese mixture, stirring steadily.
10. Add the second cup of yogurt, mix well, and pour mixture into the prepared pie shell.
11. Sprinkle the top with the reserved crumb mixture and chill pie for 1 hour before serving.

## Yield

8 to 10 servings

# CORNY YOGURT WAFFLES

## Ingredients

- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1 cup yellow cornmeal
- 2 cups yogurt
- 3 teaspoons baking powder
- ½ teaspoon salt
- 4 eggs, separated
- 1 cup (2 sticks) butter, melted and cooled

## Preparation

1. Preheat waffle iron.
2. Sift together flour, baking powder, soda, and salt.
3. Add cornmeal.
4. In a separate bowl, beat egg yolks, yogurt, and butter.
5. Stir the egg-yolk mixture.
6. Beat egg whites until stiff; fold into batter.
7. Cook on a hot waffle iron according to manufacturer's directions.

## Yield

4 servings



# SLIM POTATO SALAD

## Ingredients

- 3 pounds small red new potatoes
- 2 tablespoons seasoned rice vinegar
- Salt and fresh-ground black pepper, to taste
- 2 tablespoons plain low-fat yogurt
- 1 tablespoon reduced-fat mayonnaise
- 1½ teaspoons honey mustard
- 1 tablespoon minced fresh chives
- 1 tablespoon minced fresh tarragon

## Preparation

1. Cook potatoes in large pan of boiling water 8 to 12 minutes or just until they can easily be pierced with tip of a sharp knife. Drain.
2. When they are cool enough to handle but still hot, cut in half and place in a large nonreactive bowl. Toss with rice vinegar, salt, and pepper. Set aside to cool.
3. Mix yogurt, mayonnaise, and mustard in a small nonreactive dish. Add to potatoes along with chives and tarragon and mix lightly. Add additional salt and pepper, if needed. Serve or chill potato salad until serving time.

## Yield

8 servings

# VEGETABLE EGG SPREAD

## Ingredients

- 3 hard-cooked eggs, peeled and chopped
- ½ cup thinly sliced celery
- 1 tablespoon chopped fresh parsley
- ¼ teaspoon freshly ground pepper
- ½ teaspoon Worcestershire sauce
- 2 tablespoons plain low-fat yogurt
- 2 ounces medium-firm tofu, drained and diced
- ¼ cup chopped onion
- ¼ teaspoon dried whole dillweed or 1 tablespoon chopped fresh dillweed
- 3 tablespoons reduced-calorie mayonnaise
- ½ cup frozen green peas, thawed and drained

## Preparation

1. Combine eggs, tofu, celery, onion, parsley, dill, pepper, Worcestershire sauce, mayonnaise, and yogurt in a medium bowl; stir well.
2. Add peas; toss gently.
3. Cover and chill.
4. Use as sandwich filling on flatbreads, crisp breads, cracker breads, and hard rolls.

## Yield

3 servings

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# CARROT YOGURT SOUP

## Ingredients

- 1 medium onion
- 4 tablespoon vegetable oil
- ½ teaspoon turmeric
- ½ teaspoon cumin
- ¼ teaspoon cayenne
- 1 pound carrots
- 2 cups water
- 2 tablespoons fresh dill or 1 teaspoon dried
- ¼ teaspoon black pepper
- 1 clove garlic
- ½ teaspoon mustard seed
- ½ teaspoon dried ginger
- ½ teaspoon sea salt
- ¼ teaspoon cinnamon
- 1 tablespoon fresh lemon juice
- 2 cups low-fat plain yogurt
- 1 tablespoon honey

## Preparation

1. To shorten your cooking time, consider using a pressure cooker or if you have time to spare, follow steps 1-5 and add to a slow cooker, allowing the carrots to cook on low for 4 hours. When tender, puree the ingredients then add the yogurt, dill honey and pepper.
2. Chop onion and mince garlic. In a large soup pot, sauté onion and garlic in oil until soft.
3. Add mustard seed, turmeric, ginger, cumin, sea salt, cayenne and cinnamon. Cook for several minutes over medium heat, stirring constantly.
4. Slice carrots; add to soup pot with lemon juice and water.
5. Cover tightly; simmer until carrots are tender, about 30 minutes.
6. Puree cooked carrots and cooking liquid using a blender wand or puree in batches in a blender; return to cooking pot.
7. Add a small amount of carrot puree to yogurt, warming it slowly; whisk yogurt, dill, honey, and black pepper into carrot puree.
8. Heat mixture on low but do not boil. Ladle into soup bowls and add a fresh dollop of yogurt and a sprinkle of dill for colour.

## Yield

8 servings