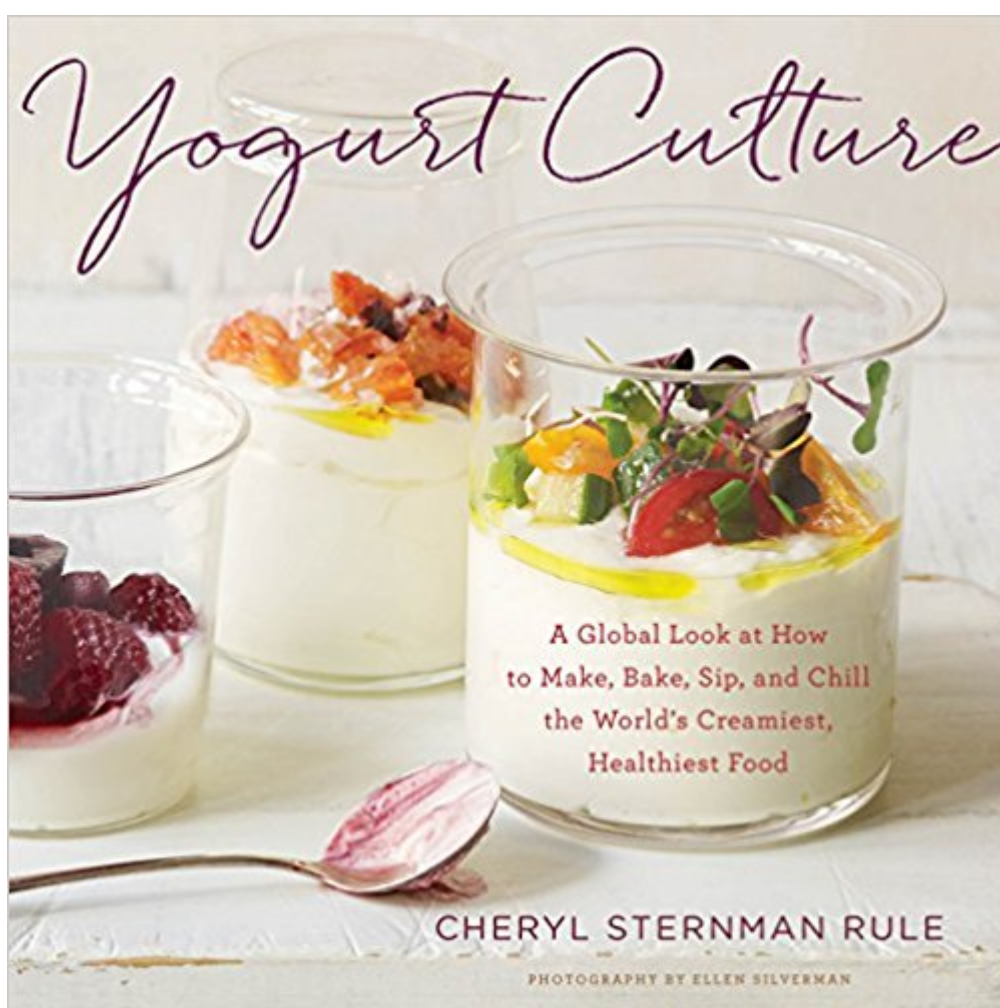


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# Yogurt Culture: A Global Look At How To Make, Bake, Sip, And Chill The World's Creamiest, Healthiest Food



## 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)

"The Internet has plenty of yogurt how-to's, but I found the most accessible and complete guide in a book called "Yogurt Culture," by Cheryl Sternman Rule, published last year. Her book made homemade yogurt seem not only easy, but also kind of essential." •The New York Times "Sternman Rule stuffs her book with a global smorgasbord of tempting recipes. Some were gathered during trips abroad, or adapted from interviews and cooking lessons with immigrants in the U.S. for whom yogurt remains an essential taste of home." •NPR.org "Yogurt is hugely popular in American supermarkets, but it's often sweetened to sugar-bomb status, packed into snack cups or processed into squeezable tubes. In food writer Cheryl Sternman

Rule's kitchen, though, we get a worldwide, whirlwind tour of the versatile ingredient... The Seattle Times "Sternman Rule traveled and interviewed yogurt producers, chefs, and home cooks from a wide range of cultures while writing the book to explore how yogurt is used across the globe and just how versatile it can be in the kitchen..." The Oregonian "Part cookbook, part guide, and 100% inspiring. Whether you buy little containers of it from the store or make your own at home, Yogurt Culture will make you fall in love with the tart and creamy stuff anew..." Paste.com "[Cheryl Sternman Rule's] anecdotes throughout give texture and context to many of the recipes, from the Eritrean spicy tomato bread salad with yogurt (called fata) to the syrup-drenched orange phyllo cake. Rule's yogurt primer is comprehensive, going so far as to delve into the relationship between yogurt and gender..." The San Francisco Chronicle "Sternman Rule shares recipes and stories from kitchens around the world and visits yogurt producers large and small to explore the scope of this booming industry. After exploring the history of yogurt, she offers a fool-proof guide on how to take the anxiety of making yogurt from scratch. Rule also explains how to strain regular yogurt into a thick, creamy Greek version, then combines it with blood orange and kalamata olives for an outstanding dip..." The Detroit News "...[Rule's] evocative descriptions of the people and cultures that inspire her recipes make me want to pull out my pots and pans or my passport just so I can taste what she tasted|Cheryl Sternman Rule delves deeply into the traditional flavors and food ways where yogurt plays a starring role, and with "Yogurt Culture, we are all the richer for it." The San Diego Union-Tribune "...Turning a critical eye to the history and economics of this extremely popular food, [Rule] explores global eating habits, the practices of large co-packing facilities, and the growth of notable companies such as Dannon and Chobani. In addition to this informative content, and perhaps best of all, Rule delivers outstanding recipes..." Library Journal, "In the America of my lifetime, yogurt has gone from being a fringe food for health nuts to the (usually too sweet) snack of hipsters everywhere. Yet there is so much more to this profound and ancient food than most people may realize. Cheryl's delightful and beautifully communicated book brings yogurt to center stage with the focus it deserves, as a cornerstone ingredient in its own right. And the recipes are terrific." Mollie Katzen, author of Moosewood Cookbook and The Heart of the Plate "Yogurt Culture is rich in history and lore, big on common sense, and filled with appealing ways to use yogurt as expressed in the recipes, with clear instructions for making your own yogurt and a useful trouble-shooting guide. This is a great little book about a food that is part of so many of our lives. With it in hand,

yogurt will undoubtedly have a bigger role to play in your life, too. I know it will in mine.

• Deborah Madison, author of *Vegetable Literacy* and *The New Vegetarian Cooking for Everyone*

“From something so simple as yogurt, Cheryl Sternman Rule has painted a picture of vast possibility. *Yogurt Culture* is a beautifully written book, with astute observations on the global importance of the ingredient and stunning recipes to explore.

• Hugh Acheson, chef/author

“Cheryl Sternman Rule not only understands that plain honest yogurt puts all the strange confections in the supermarket yogurt case to shame for flavor and versatility, but knows how to bring home the point to fellow cooks. Her worldwide Eritrea-to-Mongolia-to-California quest for yogurt traditions is also a very contemporary exploration of its limitless flavor potential. If her inventive recipes for anything from waffles to cooling summer drinks, relishes to savory marinades, curries to frozen desserts help turn yogurt into the newest culinary craze

• well, it’s about time!

• Anne Mendelson, author, *Milk*

“Through pointed research and experimentation, Cheryl distills for us a primer on at-home yogurt making, shows how she integrates it into her own day-to-day cooking, and explores and celebrates yogurt’s traditional place in global cultures. You come away with a deeper understanding of the facets of yogurt that make it such a dynamic, adaptive, and globally loved part of our lives.

• Heidi Swanson, author, *Super Natural Every Day*

CHERYL STERNMAN RULE is the author of *Ripe: A Fresh, Colorful Approach to Fruits and Vegetables*. Her blog, *5 Second Rule*, was named best culinary blog of 2012 by the IACP and best writing blog by *Saveur* in 2014. Her work has appeared in *Cooking Light*, *EatingWell*, *Health*, *Vegetarian Times*, and more.

What I’ve learned from cooking from Cheryl Sternman Rule’s books is that I can count on the recipes working from the get-go – the ingredients are in the right quantities, the directions are spot-on and most importantly, the end result is a delicious dish. I learned this from cooking from her first book, *Ripe*, and I just bought her *Yogurt Culture* book, knowing that I’d probably be thrilled with the recipes. The book is divided into chapters: Flavor (think roasted blueberries); Wake (cardamom pancakes); Dip, Dress, Drizzle, Spread (avocado ranch dressing); Sip (orange-clove lassi); Slurp (cold yogurt soup with cucumber, herbs, and rose petals); Dine (savory starters, mains and side dishes); Bake (cherry galettes with yogurt-ricotta cream); Chill (salted caramel panna cottas); and Lick (blackberry-lavender frozen yogurt). So far I’ve made three recipes. Well,

two! One, the Saffron-Pistachio (Kulfi) Frozen Yogurt recipe was an inspiration for a gourmet smoothie I made and I loved the flavor combination of sweet yogurt, saffron and ground pistachios. I'm sure it makes a terrific frozen yogurt. The other two recipes I followed to a T. One was Warm Lentil Salad with French Vinaigrette -- easy and deliciously tart and tangy. Next time I will not use quite as much of the yogurt topping but otherwise this is a fantastic recipe, especially for a crowd, and only takes 20 minutes or so to make. The other recipe I've made is Oven-Baked Tarragon-Scented Salmon. Wow. So simple and so delicious! You spread a layer of yogurt mixed with crushed fennel seeds and tarragon and let it marinate for a few hours, and then finish in the oven. It's topped with skillet-browned panko and more tarragon -- so moist and flavorful!!, too, am a professional food writer and cookbook author. I met Cheryl once at an IACP (International Association of Culinary Professionals) convention several years ago. I've followed her blog and career ever since, and she is someone I respect and admire. I am having so much fun thumbing through *Yogurt Culture*, and I've bookmarked a few other recipes to try. I just ordered a nut bag, which Cheryl recommends, and I'm going to use it to make labneh as soon as I get it (yogurt strained to the point where it is thick, almost like a soft cream cheese consistency). I've got big plans for it. She has several recipes using labneh, and I've especially got my eye on the roasted tomato, pistachio pesto and olive tapenade with pita bread. It looks and sounds incredible and fairly simple and straightforward. Much like the rest of the book.

Yo! I had my doubts about a book that was only about yogurt -- but, wow, *Yogurt Culture* is really cool. Not only are the recipes clearly written and interesting, the pictures are really beautiful. I particularly enjoyed the Chicken Curry with almond cream -- just the right amount of heat! You'd have to be crazy if you don't put the Curry Chicken into your repertoire of family meals. Most of all, I was pleasantly surprised that the book found so many uses for yogurt in savory dishes. I don't know if I'm going to make my own yogurt (there are great detailed instructions for people who are interested in that) but I plan on cooking my way through this whole book anyway!

Just WOW. I have been a reader of Cheryl's for years, and she continues to blow me away, especially with *Yogurt Culture*. *Yogurt Culture* is my kind of cookbook: fun, informative, varied, and filled with tips and tricks. Not only does Cheryl give you wonderful recipes that are familiar and new, but she also shares how yogurt varies through cultures and methods. As a lover of facts and

cultures, I really enjoyed these little interludes. I also LOVED her Yo! boxes. Adorable and wonderfully named, Cheryl provides many little notes to help you with a method, ingredient, or possible variation. Through those boxes, she empowers her reader to experiment, play, and have a good grasp on the recipe. The recipes (and the GORGEOUS photos) are delightful, fun, and accessible. Cheryl has sprinkled in recipes that could gently nudge you out of your food boundaries and open your world to new flavors. And the amount of variety in the recipes is fantastic! She breaks up the recipes into several different sections based on how you want to eat them, and by doing so shows you just how muscular yogurt really is. Cheryl's love for yogurt jumps off the page, and after attending a book event for Yogurt Culture, that love is infectious! I've started experimenting with and looking at yogurt in a whole new way, and all thanks to Cheryl and Yogurt Culture.

I really do love everything about this book, *Yogurt Culture*. Its square size is comfortable and consistent with Cheryl's other book, *RIPE*, the accompanying photos are absolutely beautiful, the book is full of interesting information about yogurt's history and uses, and there are so many recipes that all use yogurt in some way or another. It's not just frozen yogurt you'll find in this book (although you will find that), there's Almond Lemon Cake, Chicken Curry, Pork Chops with Yogurt Mustard Sauce, Sausage Pot Pie, Mocha Cupcakes and so many more. Cheryl has covered the yogurt spectrum and done it beautifully in her writing, her detailed instructions, the variety of recipes and her side notes (called Yo!). I am expanding my horizons in the kitchen with this cookbook--new spices, new techniques and many more meals added to my family's menu. I plan to work my way through this cookbook knowing that I will love the tasty journey!

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