

Tips for Cooking with Yoghurt

- Because of the acid content of yoghurt, it makes a fabulous marinade to tenderize meats.
- Baking soda needs an acidic counterpart to produce a leavening effect.
- Yoghurt can be used to thicken sauces much like heavy cream, but you will need to add some starch to keep it from curdling. This is because yoghurt lacks the fat of heavy cream. Whisk in 2 teaspoons of cornstarch or 1 tablespoon of flour to 1 cup of yogurt before adding to hot liquids. Whisk as it simmers and thickens, and never let it boil. To avoid separation when adding to hot liquids, make sure the yogurt is at room temperature.
- If the yoghurt does separate during cooking, it is sometimes possible to fix it. Make a paste of 1 teaspoon cornstarch or 2 teaspoons all-purpose flour mixed with 1/2 tablespoon cold water. Stir paste into separated mixture and heat gently until it thickens and recombines.
- Beating yoghurt or vigorous stirring will break it down. Gently fold it in when blending with other ingredients.
- Use yoghurt in equal measures as a substitute for mayonnaise or sour cream in dip and salad dressing recipes to reduce the calories.

- For those watching their fat intake, yoghurt can be substituted for sour cream in baked recipes and will save you 48 grams of fat per cup.
- Yoghurt tenderizes baked goods and helps keep them moist, particularly in breads using dried fruits.
- Do not use aluminum pans when preparing anything with yoghurt. The acid in the yogurt will react with the aluminum.

Yoghurt Measures, Equivalents, and Substitutions

- For marinating and cooking purposes, 1 cup of buttermilk may be substituted for 1 cup of yoghurt and vice versa.
- Eight ounces of yoghurt equals 1 cup.
- For salad dressings and dips, sour cream and plain yoghurt may be used interchangeably.

