

Entrees & Meals



Original Yoghurt

Spice-Crusted Roast Pork Tenderloin



Ingredients

- *1/4 cup Freanna Plain Yoghurt*
- *4 tsp. extra-virgin olive oil; more as needed for the baking sheet*
- *2 cloves garlic, minced*
- *3/4 tsp. kosher salt*
- *Fresh coarsely ground black pepper*
- *Two 1-1/2-lb. pork tenderloins, trimmed*
- *3/4 cup fresh breadcrumbs (from a baguette or other white artisan-style bread)*
- *1-1/2 tsp. mustard seeds*
- *1-1/2 tsp. coriander seeds*
- *1-1/2 tsp. cumin seeds*
- *½ tsp salt*
- *1-1/2 tsp. sesame seeds*

Directions

1. Position a rack in the center of the oven and heat the oven to 450°F. Lightly oil a heavy-duty rimmed baking sheet.
2. In a small bowl, stir together 2 tsp. of the olive oil and the yoghurt, mustard, garlic, salt, and several grinds of pepper. Spread this mixture over the entire surface of the tenderloins with your hands or a rubber spatula. In a shallow baking dish, combine the breadcrumbs and the mustard, coriander, cumin, and sesame seeds.
3. Roll the tenderloins in the breadcrumb mixture, patting so that the crumbs and spices adhere to the meat.
4. Put the tenderloins on the baking sheet, gather up any remaining crumbs and spices, and pat them onto the top of the pork. Drizzle the remaining 2 tsp. olive oil over the top.
5. Roast the tenderloins for 10 minutes and then lower the oven temperature to 325°F.
6. Continue roasting until an instant-read thermometer inserted in the center of each tenderloin reads 140°F, 25 to 30 minutes longer.
7. Transfer the pork to a carving board and let it rest for 10 minutes before carving it into 1/2-inch-thick slices.



Yoghurt-Marinaded Roast Chicken

with Wild Mushrooms

Directions

1. One day ahead, remove the giblets from the chicken's cavity (save for a stock if you like -- but don't use the liver, which would make the stock bitter). Pull any loose fat from around the opening. Rinse the bird inside and out and pat dry.
2. Generously and completely coat the chicken with the yoghurt, rubbing it inside the cavity and under the skin. Set the chicken on a plate and cover with plastic, patting it down so that it clings, or seal the chicken in a plastic bag. Refrigerate overnight.
3. Heat the oven to 450°F.
4. Sprinkle the outside and the cavity of the bird with the salt and pepper.
5. Stuff a few mushrooms into the cavity. Put the chicken, breast side up, on a V-shaped rack (or a flat rack) and set the rack in a roasting pan just larger than the rack.
6. Scatter the rest of the mushrooms in the roasting pan.
7. Roast for 15 to 20 minutes, reduce the heat to 375°F, and continue to roast for about 1 more hour for a total of about 1-1/4 hours for a 3-lb. chicken. For larger birds, add another 10 minutes for each additional pound.
8. The chicken is done when the leg wiggles freely in its joint and when the juices run clear from the thigh when you prick it and from the cavity when you tilt the bird. A thermometer inserted into the



Ingredients

- 2 cups Freanna Plain Yoghurt
- 3 to 5 lb. roasting chicken
- 1/2 tsp. coarse salt
- 1/4 tsp. freshly ground black pepper
- 2 lb. mushrooms (try for a mix of portabella, shiitake, cremini, and regular button), washed, trimmed, and cut into chunks if large

For the Sauce:

- 1/4 cup dry sherry
- About 3-1/2 cups home-made or low-salt canned chicken stock
- 2 Tbs. chopped fresh flat-leaf parsley (optional)

1. lower meaty part of the thigh should register 170°F.
2. Set the chicken on a warm platter, propping up the hindquarters with an inverted saucer, and tent with foil to keep it warm while you make the sauce.
3. Remove the rack from the pan.
4. With a slotted spoon, remove the mushrooms and keep them warm.
5. Make the sauce from the pan drippings.
6. After adding the parsley, return the mushrooms to the pan, cook for a few seconds to warm them, and then taste and adjust the seasonings.
7. Carve the chicken and serve the meat drizzled with some mushroom sauce.

Turkish Eggs



Ingredients

- *1/4 cup Freanna Plain Yoghurt*
- *1 large garlic clove, finely chopped*
- *1 tbs white wine vinegar, or apple cider vinegar*
- *1 egg*
- *2 tbs unsalted butter*
- *1 tbs finely chopped parsley*
- *1/2 tsp paprika*
- *pinch of red pepper flakes or cayenne*
- *pinch of salt*

Directions

1. Stir yoghurt and garlic together and spread on a plate. Set aside.
2. Fill a skillet or small pot with 2-3 inches of water. Add vinegar and bring to a very light simmer.
3. Carefully crack the egg into a small cup. Very gently, slide the egg into the simmering water.
4. Cook the egg undisturbed for 2-4 minutes, until the egg white is cooked. If the egg has stuck slightly to the bottom, first use a plastic spatula to loosen it, then lift the egg out of the water with a slotted spoon.
5. Place the egg on top of the yoghurt.
6. Over medium heat, melt the butter and add parsley, paprika, red pepper flakes and salt. Turn off the heat when the butter begins to sizzle and brown.
7. Drizzle the butter on top of the egg.

Chunky Waldorf Chicken Salad

Ingredients

- *1/2 cup Freanna Plain Yoghurt*
- *2 1/2 lb roasted chicken, diced*
- *1 large granny smith apple, diced*
- *2 celery stalks, cut diagonally*
- *1 small green pepper, diced*
- *1/2 small onion, diced*
- *1 cup seedless red grapes, halved*
- *1/2 cup walnuts, chopped*
- *1 cup seedless raisins*



Directions

1. Add diced apple, celery, pepper, onion, grapes and walnuts to chicken.
2. With fork, beat orange juice, yoghurt, salt and nutmeg.
3. Mix thoroughly. Pour over chicken mixture.
4. Toss and mix. Place on top of thinly sliced lettuce.
5. Sprinkle with more walnuts.

Chicken Gyros



Ingredients

- 2 heaping tbs Freanna Plain Yoghurt
- 1.25 lbs. chicken pieces
- 4 cloves garlic, smashed
- Juice of 1 lemon
- 2 tsp. red wine vinegar
- 2 tbs. extra virgin olive oil
- 1 tbs. dried oregano
- salt and pepper
- 1/2 batch of tzatziki
- sliced tomatoes
- sliced onions
- 4 (pocketless) pitas

Directions

1. Whisk together the garlic, lemon juice, vinegar, oil, yoghurt, and oregano in a bowl.
2. Add the chicken and rub the marinade in.
3. Cover and refrigerate for about an hour.
4. Preheat the broiler (or grill, or pan on the stove).
5. Sprinkle the chicken with salt and pepper on both sides, and then broil until cooked through, about 5 minutes per side, depending what size/type chicken you are using.
6. Allow the chicken to rest for a few minutes before slicing into strips.
7. Meanwhile, heat your pitas.
8. Top the pita with the chicken, tzatziki, tomatoes, onions.
9. Roll up and eat!