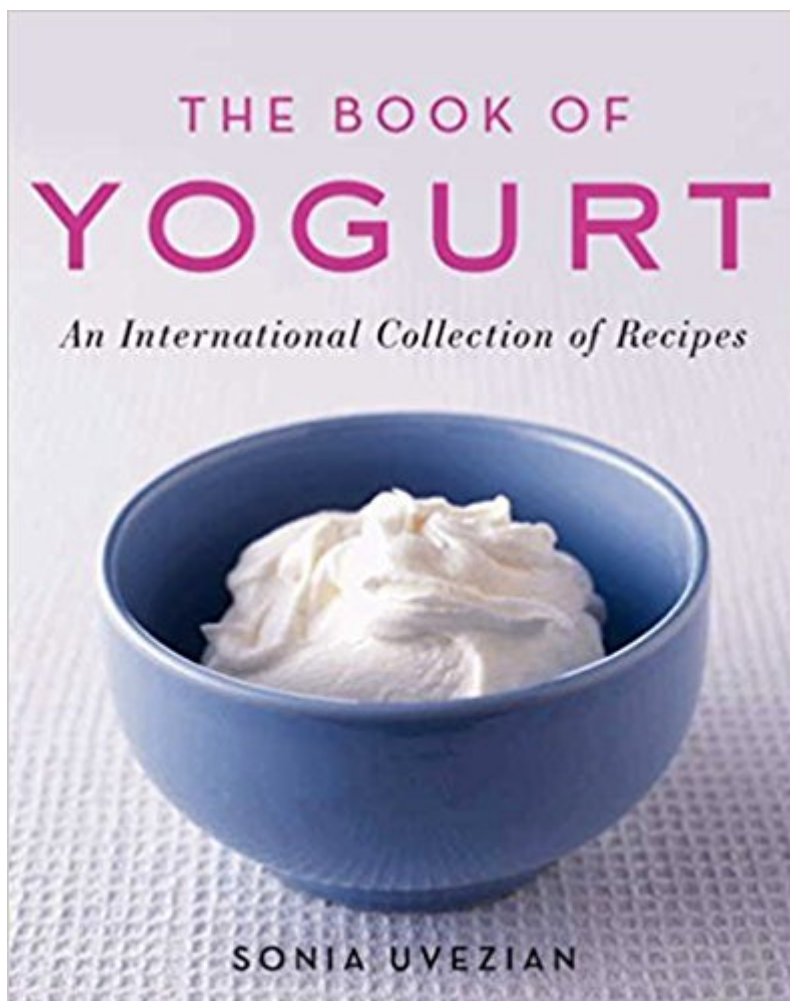




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# The Book Of Yogurt



## Synopsis

The internationally acclaimed *The Book of Yogurt* offers more than 300 flavor-packed recipes ranging from hearty peasant fare to elegant creations. Sonia Uvezian, an Armenian born and raised in Lebanon, expands yogurt beyond the narrow limitations of desserts and snack food and incorporates it into an impressive array of international dishes, among them South American Pumpkin Soup, Balkan Moussaka, Russian Beef Stroganov, and Caribbean Papaya Frappé. Also included is a section on making yogurt, along with outstanding recipes for frozen yogurt. A genuine contribution to culinary literature, this indispensable guide will take its readers on a voyage of discovery that will inspire yogurt lovers to new gastronomic heights as well as create a whole new following for this guardian of good health.

## Book Information

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## Customer Reviews

...fascinating in its scope...filled with exceptional recipes. -- Denver Rocky Mountain News...unhesitatingly recommended as literally being the best, the very best, in its subject area available to the public today. -- The Midwest Book Review A name can be an immediately recognizable sign of excellence....And so it can be with cookbooks. Such [is] the one I have in hand, titled *The Book of Yogurt*, and bearing an author's name that's a certification of merit - Sonia Uvezian. -- Stan Reed, Seattle Post-Intelligencer All courses and cuisines are covered in this solid, basic book outlining the many uses of yogurt. -- Booklist Sonia Uvezian has never disappointed me with any of her cookbooks....[She] is an expert on yogurt....The recipes are splendid, from the subtle

flavors of Middle Eastern dishes to the spiciness of Indian and Caribbean cooking to the suaveness of French and other European foods....In the appetizers there are so many delicious dishes it would be hard to begin to list them, ranging from dips to yogurt cheese (there is a recipe to make this simple, yet utterly divine, cream cheese which I am using more and more instead of commercial cream cheeses). There are a dozen fragrant soups...24 wonderful salads, and 11 interesting egg dishes. There are recipes for fish, poultry,...meat, pasta, and vegetables. There are sauces, from salad dressings to a yogurt creme chantilly (a light, refreshing alternative to sweetened whipped cream with about half the calories) and a chocolate yogurt sauce that makes a marvelous frosting. There is a section on bread...She also has recipes for waffles, pancakes and fritters...However, it was the dessert section that started me cooking up a storm. Such wonderful cakes - chocolate, lemon, jam, orange with coconut topping, fruit and banana. A souffled cheesecake with strawberries...a molded yogurt cream, a marvelous coffee mousse, and all kinds of yummy frozen yogurts. I tried the chocolate cake with chocolate yogurt sauce and got raves. It was one of the best chocolate cakes I've ever made....If you love yogurt, this is a book for you. If you hate yogurt, this book will convert you, if anything can. -- Nancy Newman, Chicago Sun-Times  
Sonia Uvezian is an expert on yogurt. . . . The recipes are splendid.. .. If you love yogurt, this is a book for you. If you hate yogurt, this book will convert you. -- Chicago Sun-Times  
Unhesitatingly recommended as literally being the best, the very best, in its subject area. -- The Midwest Book Review

Now back in print, the internationally acclaimed *The Book of Yogurt* offers over 300 flavor-packed recipes ranging from hearty peasant fare to elegant creations. Sonia Uvezian, an Armenian born and raised in Lebanon, expands yogurt beyond the narrow limitations of desserts and snack foods and incorporates it into an impressive array of international dishes, among them South American Pumpkin Soup, Balkan Moussaka, Russian Beef Stroganov, and Caribbean Papaya Frappe. Also included is a section on making yogurt, along with outstanding recipes for frozen yogurt. A genuine contribution to culinary literature, this indispensable, one-of-a-kind volume will take its readers on a voyage of discovery that will inspire yogurt lovers to new gastronomic heights as well as create a whole new following for this guardian of good health.

I love anything by Sonia Uvezian. I have never been disappointed in any of her works. Her recipes are delicious, and I use several recipes in this work all the time. Yogurt is a wonderful and healthy food that can be incorporated into many great meals. If you are a yogurt fan, this book is for you!

this had far more recipes than I could have even imagined...more than just yogurt. It actually inspired me to step out of my comfort zone and try other things like Kefir ... Great Book, would recommend to any one at any level of expertise.

How about stuffed kibbeh (finger-sized lamb meatballs) in yogurt sauce? What about curry, cucumber soup, grain salads with yogurt sauce and stuffed zucchini in yogurt sauce? If you want to add a Middle-East or Asian flair to your cooking and are tired of lashing tomato sauce on every baked dish, this is for you. Yogurt is very versatile and is used world-wide as a sauce or ingredient as you would cream, cheese or milk. Depending on how you make yogurt, it can be creamy, thick like sour cream, thin like buttermilk, sweet or very tart. This book gives you ideas how to make yogurt and then how to incorporate it into all kinds of recipes. The book goes from soup to desserts, with everything in between and is a very complete cookbook in itself. Recommended.

I was looking for a book full of information about making yogurt. This book has a great chapter about making it, and the rest is recipes for using homemade yogurt. It's fine, and the information is great. I've used it and I'm keeping it. However, I think the information I got from it can be found elsewhere. I probably wouldn't have bought it if I'd known it was a recipe book - I have too many of those already! If you are an accomplished do-it-your-selfer in the kitchen, you probably don't need this book. Unless you collect recipes. The yogurt maker I bought had a simplified version of the same information already included in it - so I didn't really need this book. But like I said, I'm totally keeping it!

I have tried a few of the recipes so far and I'm in love. The stroganoff recipe was so yummy. I would have never thought yogurt could taste so good in place of creme fresh or the heavy cream it usually calls for. I make my own yogurt at home so I was excited to find a book dedicated to utilizing the fruits of my labor. Looking forward to trying more from this delightful book.

If you like to make stuff using yogurt, this is for you. I just eat yogurt for breakfast everyday, so was hoping this was about making different kind of yogurt. The first section, very short, is about making yogurt, but 99% of the book is about making things with yogurt. Just not what I personally was looking for.

This book is my intro to making yogurt at home but i'm happy to say its also the only book I think I

will need. I was happy to find that I like a majority of the recipes, not just a few. The book has almost no narrative from the author maybe 10 pages? the whole book is recipes, 141 pages of actual recipes. The 10 or so pages of narrative is short to the point.

If you make homemade yogurt, you need this book. It covers everything from making yogurt, to recipes for everything from soups and appetizers to desserts, including a variety of ethnic recipes and several varieties of frozen yogurt and smoothies.

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