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by CUISIPRO

YOGURT CHEESE MAKER



RECIPE • INSTRUCTION BOOKLET



THE COMPLETE YOGURT CHEESE MAKER

INSTRUCTIONS AND RECIPES

Yogurt Cheese is a delicious low fat substitute for cream cheese, mayonnaise, sour cream and whipping cream.

Yogurt is actually composed of coagulated particles called curds which are suspended in a watery liquid called whey. As the whey is drained off in the strainer, the remaining curds become a thick cheese-like spread.

This yogurt cheese makes delicious dips, salad dressings, sandwich spreads, even low fat cheesecakes. Spread it on toast, muffins or bagels, or use it to top baked potatoes. Serve yogurt cheese plain, or flavor with fruit, sugar or vanilla for a sweeter taste.

INSTRUCTIONS

- 1 Clean unit with soap just before each use.
- 2 Place the strainer in its plastic container and add up to 3 cups (750 ml) of homemade or commercial yogurt to the strainer. Makes 1 cup (250ml) of yogurt cheese.
- 3 Cover and refrigerate unit for at least 2 hours. Yogurt will continue to thicken for up to 24 hours.
- 4 When yogurt has reached the desired thickness, drain off whey and reserve for other recipes. Remove yogurt from strainer and transfer to an airtight container. Refrigerate up to two weeks.

BANANA CHEESECAKE

CRUST:

1 1/2 cups chocolate wafer crumbs 375 ml
1/4 cup granulated sugar 50 ml
5 tbsp unsalted butter, melted 75 ml

FILLING:

2 bananas, mashed 2
4 large eggs 4
1/2 cup granulated sugar 125 ml
1 tsp vanilla 5 ml
2 cups plain yogurt cheese 500 ml

TOPPING:

1 1/2 cups plain yogurt 375 ml
1 tbsp granulated sugar 15 ml
1 tsp vanilla 5 ml

In food processor or large bowl, mix wafer crumbs, sugar and melted butter until well blended. Press crumbs evenly over bottom and up sides of a ungreased 9-inch (22 cm) springform pan. Chill thoroughly.

In food processor, blend bananas, sugar and vanilla. Add eggs one at a time, blending well after each addition. Add yogurt cheese and blend just until combined. Pour filling into crust. Bake in a preheated 350°F (180°C) oven for 30 minutes.

Blend yogurt, sugar and vanilla together. Spread topping over baked cheesecake and return to oven for 5 minutes. Cool. Refrigerate up to 12 hours before serving.

MAPLE CREAM TOPPING

1 cup yogurt cheese 250 ml
1¼ cup maple syrup. 50 ml

In a medium bowl, gently blend yogurt cheese and syrup. Dollop this delicious topping over fresh fruit, fruit crumble or serve on a Belgian waffle.

LEMON YOGURT CREAM

1 cup yogurt cheese 250 ml
1¼ cup granulated sugar 50 ml
1 tsp grated lemon zest. 5 ml
1 tbsp lemon juice 15 ml

In a medium bowl, stir all ingredients until well blended. Serve over fresh fruit or fruit crumble or use in any dessert recipe calling for sweetened whipped cream or sour cream.

TZATZIKI

1 English cucumber, grated 1
2 cloves garlic, minced 2
1 tsp salt. 5 ml
1 1½ cups yogurt cheese. 375 ml
2 tbsp parsley, minced 30 ml
1¼ tsp hot pepper sauce (optional). 1 ml

Place grated cucumber in a colander, sprinkle with salt and allow to drain 30 minutes. Squeeze to remove excess liquid. Transfer to a bowl and stir in yogurt cheese, garlic, parsley and pepper sauce. Cover and refrigerate 30 minutes to blend flavours. Serve as a dip with raw vegetable sticks or with warmed pita bread cut in wedges.



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