

YOGURT BRÛLÉE

Make this with homemade or store-bought Greek-style yogurt. Either way, it's a simple, creamy, and delicious dessert.

by Corporate Chef Kurt Kwiatkowski

Featured Food: Yogurt

Yield: Makes 4-5 servings

Ingredients

To make your own yogurt:	To make Brûlée:
½ gal. whole milk	2 c. Greek-style yogurt
6 T. plain yogurt	½ t. vanilla extract
	¼ - ½ c. granulated sugar
	2 T. raw sugar
	Fresh berries, optional

Preparation

To make your own yogurt:

Begin by sterilizing equipment with boiling water. Sanitize your work surface. Fill a large bowl or sink with ice water.

Place milk in large pot and heat over medium heat stirring occasionally to prevent skin from forming on the milk's surface. When milk reaches 185°F to 195°F, remove from heat and place pot in ice bath, stirring occasionally until the temperature drops to 110°F to 115°F. Remove pot from ice bath. Place plain yogurt in a small bowl; stir in about a cup of the warm milk. Add to the pot of warm milk and stir gently until thoroughly mixed.

Pour mixture into yogurt maker container or insulated bottle (warmed with hot tap water). An alternative method is to wrap the covered pot in clean towels and place on heating pad on warm setting. Incubate at 110°F to 115°F for 5 to 10 hours. Do not disturb during incubation period.

To make Greek-style yogurt, line a colander with cheesecloth or a large coffee filter. Transfer yogurt into the colander and set over a medium bowl in the refrigerator for an hour or more. Whey will drain into the bowl leaving Greek-style yogurt in the colander.

To make Brûlée:

Place Greek-style yogurt, vanilla, and granulated sugar in bowl. Stir gently until combined. Taste then add more vanilla and sugar to taste.

Place 3 to 4 oz. yogurt in each ramekin. Top with raw sugar. Use torch to caramelize the top or place under broiler. Serve as is, or with your favorite fresh berries.