

Greek Yogurt Maker

Yaourtière pour yaourts à la grecque



create yogurt cheese

and creamy low-fat desserts

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works inside your refrigerator to transform **regular yogurt** into delicious **greek yogurt**

fonctionne à l'intérieur de votre frigidaire pour transformer le yaourt normal en yaourt grec délicieux

Now you can prepare Greek yogurt dishes quickly and easily with Euro Cuisine! This unique strainer kit transforms ordinary yogurt into thick, creamy Greek yogurt in a matter of hours—all inside your refrigerator. Enjoy healthy dips and spreads, delicious Tzatziki, low-calorie salad toppings or delicious sweet berry desserts!

- A. Acrylic Catch Container
- B. Fine Mesh Yogurt Strainer
- C. Sealing Lid/Serving Tray



Glass cups/food not included.

Operating Instructions

CLEAN COMPONENTS BEFORE USE!

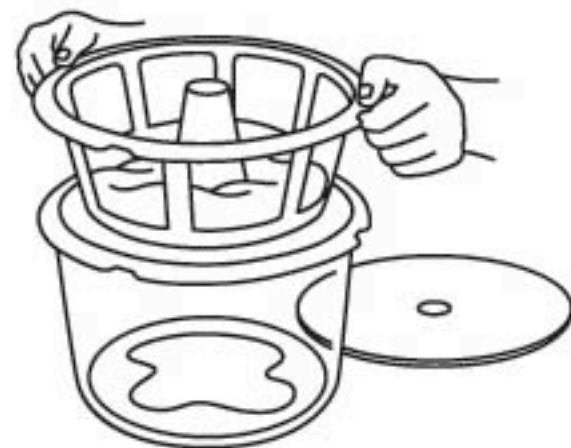


STEP 1

Pour up to 2 quarts of homemade or store-bought yogurt inside the strainer and cover with lid.

STEP 2

Place unit inside refrigerator for up to 18 hours. The longer the time, the thicker the yogurt becomes.



STEP 3

Gently remove yogurt from strainer by turning the strainer up side down on a plate or using a soft rubber spatula (be careful not to damage the strainer while using a spatula).

STEP 4

Discard excess liquid (whey) from the acrylic bowl.

DO NOT USE SHARP OBJECTS TO EMPTY OR CLEAN STRAINER!



Save these instructions for future reference

Works inside your refrigerator to transform regular yogurt into delicious Greek yogurt

Enjoy traditional classics like greek tzatziki dip



Important Cleaning Note

Please note that this product is NOT dishwasher safe. The material used inside the strainer is delicate and should be handled with care. When cleaning, gently scrub with dish soap and water until clean and allow to air dry before storing.

Recipes

It's no secret that we love Greek yogurt around here, and there's good reason why. It's a perfect way to get more protein and calcium in your diet, and the probiotics are nothing but good news for your insides. But there are more than a few ways to eat it. From breakfast to dessert and everything in between, here are 12 Greek delicious yogurt recipes!

Greek Yogurt with Fresh Seasonal Berries

Tasty traditional greek yogurt with fresh berries makes a great healthy dessert or snack anytime.

Ingredients:

- 1 C Greek Yogurt (see basic operating instructions)
- 1/2 cup fresh seasonal berries
- 1-3 Tbs Honey (to taste)

Directions:

- Thoroughly rinse the berries. Allow to dry.
- Place 1/2 cup of Greek Yogurt in a small serving bowl.
- Add berries.
- Drizzle with honey (to taste).



Salad Dressing

Enjoy a creamy, tangy, low-fat dressing perfect for any type of salad.

Ingredients:

- 1 C chopped avocado (about 1 avocado)
- 3 or 4 anchovy fillets, mashed or 1-1/2 to 2 teaspoons anchovy paste
- 2 garlic cloves, minced
- 2 scallions, chopped
- 1/4 cup fresh basil, chopped
- 1 tablespoons chopped fresh parsley
- 1 tablespoon minced fresh tarragon leaves
- 1/4 cup Greek yogurt
- 1/4 cup white wine vinegar
- 1-1/2 tablespoons lemon juice
- Extra-virgin olive oil (for making dressing)

Directions:

- Combine the avocado, anchovies, garlic, scallions, basil, parsley, and tarragon in a food processor.
- Add the Greek yogurt, white wine vinegar, and lemon juice. Process until smooth. Serve with crudités as a dip or over steamed green vegetables.
- For dressing, add olive oil 1/4 a cup at a time, processing constantly until the desired consistency is reached. Toss with salad greens.

Makes 1-1/2 cups.

Classic Tzatziki Sauce

Cool and creamy, this traditional Greek dip is the perfect compliment to grilled meats and vegetables. Serve with a side of warm pita bread triangles for dipping or use as a condiment.

Ingredients:

- 1 C prepared Greek Yogurt (see basic operating instructions)
- Cucumber
- 1 Garlic Clove (finely minced)

Garnish with:

- Dill
- Olives

Directions:

- Combine all ingredients in a large mixing bowl.
- Allow mixture to sit in refrigerator for 3 hours prior to serving.
- Garnish with a sprig of fresh dill and olives just before serving.

Mediterranean Tzatziki

Traditional Greek dip Mediterranean style. Great for grilled meats and vegetables. Serve with a side of warm pita bread triangles for dipping.

Ingredients:

- 1 pound of cucumbers, ends removed and sliced lengthwise (6 "baby" cucumbers)
- 2 cups of strained Greek yogurt
- 4 cloves of garlic, minced fine
- 1 large handful of dill, minced
- Juice of one lemon

Directions:

- With a teaspoon, scoop out the seeds of the cucumbers. You should be left with a neat half-moon shape. Slice them thin, but not paper-thin—they should still have some crunch.
- Add the cucumbers to a mixing bowl along with the rest of the ingredients.
- Taste for acid and seasoning, then either serve, or (preferably) cover and let it sit in the refrigerator for a few hours.

Meat Marinade

Yogurt-based sauces are a perfect compliment to grilled meats. Use this simple recipe, which uses just a few ingredients, as an alternative to store-bought marinades that are full of sugar and fillers.

Ingredients:

- 1 C Greek yogurt
- 2 to 4 cloves of garlic
- Juice of one lemon

Directions:

- Mix the yogurt, garlic and lemon juice into a bowl or casserole dish.
- Cut up the chicken or your meat of choice and place into the marinade, cover and let sit in the refrigerator for at least 2 hours.
- Remove from marinade dish and grill to preference.

Chocolate Frosting

Use this yogurt-based frosting to top cakes and pies with, dip with fruit and make other delicious treats.

Ingredients:

- 1 1/2 C (12oz) plain Greek yogurt
- 1 1/2 C semi-sweet chocolate chips

Directions:

- Measure out Greek yogurt and let it stand for 2 hours at room temperature.
- Melt chocolate in top of double boiler or in microwave then let it cool down to room temperature.
- Add in Greek yogurt 1/4 cup at a time, until the mixture is smooth. Let stand at room temperature until cool and spreadable.

Grilled Chicken Skewers on a bed of Spring Panzanella

Ingredients:

- 2 chicken breasts
- 1 C Greek yogurt
- 2 to 4 cloves of garlic
- juice of one lemon (reserve ~2oz in a separate bowl).
- 2 tomatoes
- 1/2 white onion
- 1/2 cucumber
- sourdough baguette
- balsamic vinegar
- olive oil
- mozzarella or feta cheese

Directions:

- For the chicken, in a tupperware container, mix together greek yogurt, garlic cloves and juice of one lemon reserving 2oz. of juice in a separate bowl.
- Cut up the chicken breasts into one inch chunks and toss them in the yogurt. Cover and marinate at least two hours.
- Remove the chicken, skewer & grill, 2.5 minutes on each side or until fully cooked.
- For the Panzanella, chop up tomatoes, half a cucumber & half an onion into one inch pieces & cover in lemon, balsamic and olive oil.
- Toss in some cubed fresh mozzarella or crumbled feta.
- Turn half a loaf of sourdough into not-quite-crunchy one-inch croutons.
- Just before serving mix veggies & croutons together, top with more balsamic vinegar to flavor the croutons (but not make them soggy).

Turkey Burger With Horseradish Sauce

This turkey burger is a great healthy alternative to regular hamburgers. High in protein and filled with fresh vegetables, you've never tasted a turkey burger quite like this!

Ingredients:

- 1 lb extra lean ground turkey breast (99% lean)
- 1 garlic clove, minced
- 1/2 C (4oz) plain Greek yogurt
- 1/2 tsp salt
- 1/4 tsp fresh black pepper
- 1 Tbs dry mustard
- 1 Tbs Worcestershire sauce
- 1/2 C red bell pepper, diced
- 1/2 C fresh parsley, chopped
- 4 whole-wheat buns
- Lettuce, tomato, onion
- Vegetable oil cooking spray

Directions:

Mix all ingredients except lettuce, tomato, onion, and spray together in bowl. Shape into 4 patties. Heat grill pan over medium-high heat. Grill burgers on each side for about 6 minutes or when top feels firm to touch. Serve on buns with lettuce, tomato, onion, and sauce.

Potato Salad

A Greek yogurt-blended potato salad hits all the right notes without the extra fat.

Ingredients:

- 1 lb waxy potato , peeled, cooked and cubed
- 1 chopped red onion
- 1/2 cucumber , washed, not peeled, cut into small cubes (remove the seeds if there are many)
- 1 finely chopped bell pepper, any color
- 10 olives , halved (green or black)
- 2 hard-boiled eggs , chopped
- 2 tablespoons chopped parsley
- 2 tablespoons chopped mint
- 1 C thick Greek yogurt
- 1 tablespoon mustard
- ½ teaspoon cayenne pepper
- 1 tablespoon capers , roughly chopped
- 2 minced anchovy fillets (or salt if you do not like anchovy)
- 1 large garlic clove , crushed
- 2 tomatoes , cut in wedges
- Salt, pepper to taste

Directions:

- Mix together potatoes, onion, cucumber, bell pepper, olives, eggs, parsley and mint.
- Mix the yogurt with the mustard, cayenne, capers, anchovies (or salt), pepper and garlic, taste and adjust the seasoning to your taste.
- Gently mix the dressing with the salad, transfer to a serving bowl and garnish with the tomatoes.

Mashed Potatoes

A unique and flavorful twist to traditional mashed potatoes, this side dish is great with chicken, beef, turkey and other main course dishes.

Ingredients:

- 1 1/4 lbs Red Bliss potatoes (8 medium), washed and cut into 1-inch pieces
- 1/4 C low-sodium vegetable broth, warmed
- 1/2 C plain Greek yogurt
- 2 Tbs butter
- 1 1/2 Tbs fresh chives, chopped
- 1 1/2 Tbs fresh dill, chopped
- Salt and pepper to taste

Directions:

- Add potatoes to a large pot of boiling water. Cook until tender, about 15 minutes.
- Transfer potatoes to a large bowl. Add broth, and coarsely mash potatoes. Stir in Greek yogurt, butter, dill and chives.
- Season with salt and pepper and serve.

Mashed Cauliflower

Cut calories with this delicious recipe using cauliflower mashed in a Greek yogurt, garlic, and shallot mixture.

Ingredients:

- 1 head of cauliflower (florets only)
- 6 oz Greek yogurt
- 2 Tbs butter
- 3 Tbs grated parmigiano reggiano
- 2 cloves of garlic chopped
- 1/2 small shallot chopped
- 1 chopped scallion for garnish
- Salt, pepper and seasonings to taste

Directions:

- In a medium pot, bring water to boil. Add cauliflower florets to the boiling water and let cook for 8 minutes. Remove and drain.
- In a food processor, combine the cauliflower with the Greek yogurt, butter, garlic and shallots and blend until a creamy consistency. Add salt and pepper or Adobo or seasonings of your choice and blend again. Transfer to a bowl and while hot, mix in the parmigiano reggiano and top with scallions.

Panna Cotta

Delicious panna cotta is a light yet satisfying end to any meal.

Ingredients:

- 1 envelope unflavored gelatin (2 1/4 teaspoons)
- 2 tablespoons cold water
- 1 C heavy cream
- 1/3 cup sugar
- 1 vanilla bean, split, seeds scraped
- 2 cups Greek yogurt
- 1 C dried apricots
- 1 C semi-dry white wine, such as Vouvray
- 1/4 cup honey

Directions:

- In a small bowl, sprinkle the gelatin over the cold water; let stand until softened, 5 minutes.
- In a small saucepan, bring the cream, sugar and vanilla bean and seeds to a simmer. Off the heat, stir in the gelatin until melted.
- In a bowl, whisk the yogurt until smooth. Gradually whisk in the vanilla cream; remove the vanilla bean. Pour the mixture into six 1/2-cup ramekins and refrigerate until set, at least 3 hours.
- Meanwhile, in a small saucepan, simmer the apricots in the white wine over moderately low heat until the apricots are plump and the wine has reduced by half, about 20 minutes. Stir in the honey and simmer the syrup until thickened, about 5 minutes; let cool.
- Run a knife around the inside of each ramekin. Set a plate on each ramekin and invert each panna cotta onto a plate. Slice the apricots and spoon them on top of the panna cottas. Drizzle with some of the honey syrup and serve.

Key Lime Pie

This delightful tart and tangy dish is the perfect dessert for after dinner, at parties and more. Easy to prepare and serve, key lime pie is a sweet and light treat everyone is sure to love.

Ingredients:

- 1 C (about 15 cookies) finely crushed gingersnaps
- 3 Tbs butter, melted
- 1 14-oz can sweetened condensed milk
- 2 cups Plain Greek Yogurt
- 2 large eggs
- 1 C key lime juice
- 2 Tbs confectioner's sugar
- Zest of 1 lime

Directions:

- Preheat oven to 375°F. Mix gingersnaps and butter in small bowl. Press mixture into the bottom and up the sides of a 9-inch pie pan. Bake 10 to 12 minutes. Refrigerate for at least an hour before filling.
- Preheat oven to 325°F. Whisk together condensed milk, 1 cup of Greek yogurt, lime juice, and eggs. Pour into pie shell and bake 25 minutes. Chill pie for 2 hours before serving.
- When ready to serve, whisk together remaining cup of Greek yogurt and confectioner's sugar. Spread on top of pie with a spatula. Garnish with lime zest, slice and serve.



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