

## Deliciously, healthy eating: Add yogurt!

► **FROM SCIENCE TO SPOON:**

YINI invites you to join our  
**yogurt tasting session with healthy recipes**  
during the 4<sup>th</sup> Global YINI Summit, hosted by  
**Cheryl Sternman Rule and Hubert Cormier.**



## ABOUT CHERYL STERNMAN RULE

Cheryl Sternman Rule ([www.cherylsternmanrule.com](http://www.cherylsternmanrule.com)) has written about food for major U.S. print and online media for 12 years. She is the author of *Yogurt Culture*, which the Gourmand World Cookbook Awards named the 2015 winner in the cheese/milk category for U.S. entrants, and *Ripe: A Fresh, Colorful Approach to Fruits and Vegetables*, now in its fifth printing.

In 2015, Cheryl founded the all-yogurt website and online community *Team Yogurt* ([www.teamyogurt.com](http://www.teamyogurt.com)) to reach new audiences and take her passion for yogurt to higher heights. With profiles of solo yogurt entrepreneurs and multimillion dollar yogurt companies; **creative recipes** across the sweet and savory spectrum; narratives highlighting yogurt's importance in varied world cuisines; and resources for from-scratch yogurt enthusiasts, Team Yogurt brings many voices under one inclusive roof.

### Why yogurt?

Cheryl has been a **yogurt-eater** her whole life, and in 2013, her agent suggested she pen a small collection of **yogurt-based recipes**. As soon as she began her research, however, she realized that yogurt was not a small subject but a mammoth topic that touches on many aspects of **food and cooking, health and nutrition, international foodways and ancient culinary traditions**. The idea of a small collection was too limiting, so she expanded her focus considerably, delivering a **book** with 115 recipes and profiles of 10 countries where yogurt features prominently in local cuisine.

## CORIANDER-LIME CHICKEN

Yogurt Culture - Cheryl Sternman Rule

### Ingredients (serves 4)

- ½ cup (loosely packed) fresh cilantro leaves with tender stems attached
- ½ cup plain yogurt
- 1 tablespoon extra-virgin olive oil
- 1½ teaspoons ground coriander
- Juice of ½ small lime, plus (optional) lime wedges for serving
- 1 garlic clove, coarsely chopped
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- 1½ pounds boneless, skinless chicken breasts, patted dry and sliced into cutlets (see Yo!)
- Olive oil spray (optional)

### Marinate the chicken

In a food processor, combine the cilantro, yogurt, oil, coriander, lime juice, garlic, salt, and pepper and puree until smooth, stopping the machine a few times to scrape down the sides. Place the chicken in a gallon-size zip-top bag. Pour the marinade over the chicken, squeeze out any excess air, and seal the bag. Refrigerate flat for 6 hours (a bit longer is fine), flipping and massaging the bag a few times if you think of it. Remove the chicken from the refrigerator 20 minutes before grilling.

### Grill the chicken

Preheat the grill for medium-high direct heat (400 to 450°F). Scrape the grates clean. Transfer the cutlets to a baking sheet, letting the marinade drip away. (Discard the marinade, but do not pat the cutlets dry.) Coat both sides of the cutlets with olive oil spray, if desired. Grill, turning once, until deeply marked and cooked through, 8 to 10 minutes total.

### Serve

Let the chicken rest for 5 to 10 min. Slice into strips and serve with lime wedges, if desired.



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# LABNEH WITH TOMATOES, PESTO, AND TAPENADE

Yogurt Culture - Cheryl Sternman Rule

Serves up to 12, fewer if you serve the spreads in stages

## For serving

- $\frac{3}{4}$  to 1  $\frac{1}{2}$  cups labneh, homemade or store-bought
- Warm, toasted pita wedges

## For the roasted tomatoes

- 2 cups cherry tomatoes, halved
- 1 tablespoon extra-virgin olive oil
- Kosher salt and freshly ground pepper

## For the pistachio pesto

- 1 garlic clove, smashed
- $\frac{1}{4}$  cup unsalted pistachios
- $\frac{1}{2}$  cup (packed) fresh basil leaves, coarsely chopped
- $\frac{1}{4}$  teaspoon kosher salt
- 3 tablespoons extra-virgin olive oil

## For the tapenade

- 1 cup pitted kalamata olives, rinsed
- 1 tablespoon drained capers
- $\frac{1}{4}$  teaspoon anchovy paste (optional)
- Extra-virgin olive oil, for drizzling (optional) Squeeze of fresh lemon juice

## Roast the tomatoes

Preheat the oven to 325°F. Line a baking sheet with parchment.

Lay the tomatoes cut side up on the sheet and drizzle with the oil. Sprinkle lightly with salt and pepper. Roast until collapsed, 30 to 40 minutes. Cool. (Makes 1 generous cup.)

## Make the pesto

In a mini food processor, pulse the garlic, pistachios, basil, and salt until finely chopped. Add the oil a bit at a time, processing in bursts, until the pesto is emulsified. (Makes  $\frac{1}{3}$  cup. A little goes a long way.)

## Make the tapenade

In a mini food processor, pulse the olives, capers, and anchovy paste, if using, until paste-like. Drizzle in a touch of oil, only if desired. Season with lemon juice to taste. (Makes  $\frac{3}{4}$  cup.)

## Serve

Spread the labneh in a shallow serving bowl, using the back of a spoon to make a wide indentation in the center. Dollop with distinct, heaping scoops of the roasted tomatoes, pesto, and tapenade. Serve with warm pita wedges.



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## ABOUT HUBERT CORMIER



Hubert Cormier is a registered **dietitian from Canada** and he's currently enrolled in a **doctoral program** that he pursues at the *Institute of Nutrition and Functional Foods* in Quebec City. Hubert has won **several awards** over the last few years and has received the "Annual Merit Award in Nutrition - Young Professional" in 2015, a prize given by his professional body in recognition of outstanding devotion to the profession.

Hubert devotes himself to **nutritional sciences** by doing several TV or radio interviews or by acting as a spokesperson for the food industry. Moreover, he is the author of **three successful books** written in French.

Furthermore, he is very active on **social media platforms** such as Facebook ([Hubert Cormier Nutritionniste](#)), Twitter and Instagram ([@Hub\\_Nutrition](#)), having more than 30,000 followers.

### Why a yogurt book recipe?

As part of my PhD, my thesis director asked me if I was interested to write a paper on **yogurt consumption and cardiometabolic risk factors**, otherwise she would have given it to a master degree student. I have accepted immediately (This subject is far away from genetics and nutrigenomics that are my research themes!). Later that year, we found some interesting results such as yogurt was the only dairy product included in the **Prudent dietary pattern** along with fruits, veggies, nuts, fish, and whole grains. Not so long after, we have published our study in the *European Journal of Nutrition*. I have decided that I could do something on yogurt, but what? That's where I came up with the **cookbook idea**.

## LENTIL PATTIES

Ma table festive - by Hubert Cormier



### Ingredients (20 patties)

- 1 knob of butter
- 1 small onion, roughly chopped
- 2 cloves of garlic, roughly chopped
- 1 grated courgette
- 2 bay leaves
- 30 ml (2 tablespoons) of Dijon mustard
- 15 ml (1 tablespoon) of honey or maple syrup
- 2 cans (38 oz.) of lentils, rinsed and drained
- 2 eggs
- 125 ml (½ cup) of grated Parmesan
- 325 ml (1 ⅓ cup) of breadcrumbs
- 75 ml (⅓ of a cup) of Greek yogurt, strained (for method see annex)
- 2.5 ml (½ a teaspoon) of Cayenne pepper
- 2.5 ml (½ a teaspoon) of chilli flakes
- Salt and pepper to taste

### Preparation

- In a non-stick pan, melt the butter and sauté the onion and garlic. Add the courgette and bay leaves and continue to cook for 2 minutes. Remove the bay leaves.
- Pour the mixture into the mixer bowl and add all the other ingredients. Blend until you get a texture similar to that of minced meat.
- Form patties of around 2 inches (5 cm) in diameter. If the mixture is too sticky, add some breadcrumbs.
  - Sauté the patties in a lightly oiled non-stick pan at a medium heat.
  - Serve on hamburger buns with curry yogonnaise and sautéed mushrooms.



Preparation: 15 min.  
Cooking: 10 min.

# GOAT'S CHEESE, GRAPE AND PECAN BALLS

*Ma table festive - by Hubert Cormier*

**Preparation time:** 10 minutes

## Ingredients (12 balls)

- 12 large green grapes
- 90 grams of goat's cheese
- 80 ml (1/3 of a cup) of Greek yogurt, strained (for method see annex)
- Pecans, crushed to a size suitable to coat the balls

## Preparation

- Rinse the grapes in cold water.
  - In a small bowl, mix the yogurt and goat cheese.
    - Coat each grape with the goat cheese mixture to make a small ball.
      - Pour the crushed pecan nuts onto a small plate.
      - Roll the balls in the pecans to cover them entirely.



Greek yogurt has an interesting texture. It is smooth and quite thick. However, some recipes require an even thicker texture, a little like cream cheese or mascarpone. By draining the yogurt you remove part of the whey. In doing so, you get a firmer yogurt.

## Ingredients

- Plain Greek yogurt

## Preparation

- Line a colander with cheesecloth (or a clean kitchen cloth, kitchen paper or a coffee filter).
- Pour in the Greek yogurt.
- Place the colander over a bowl and leave in the refrigerator for around 4 hours. The longer you leave the yogurt to strain, the thicker it will be.
- Remove the yogurt from the colander and keep for up to a week in a sealed container in the refrigerator.

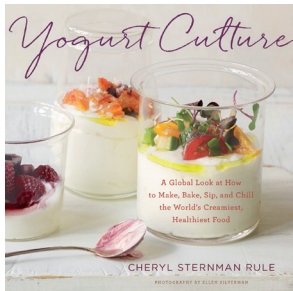


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## Ma table festive

by *Hubert Cormier*

In “*Ma table festive*” by Hubert Cormier, you’ll find more than 75 healthy and fun recipes using yogurt. With this idea in his mind, Hubert Cormier came up with hummus recipes, cakes, pavlova, stuffed Italian pasta, and some amazing (and decadent!) breakfasts such as eggs benedict!



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**See more at:** [www.teamyogurt.com/book](http://www.teamyogurt.com/book)

## Yogurt Culture

by *Cheryl Sternman Rule*

“*Yogurt Culture*” by Cheryl Sternman Rule was published by Houghton Mifflin Harcourt in 2015. It is available at U.S. bookstores and via online retailers, including Amazon. The Washington Post called *Yogurt Culture* “*highly recommended*,” Library Journal named it one of the Best Books of 2015, and the New York Times called Cheryl’s homemade yogurt recipe “the most accessible and complete guide.” Other press included NPR, Jerusalem Post Magazine, the Health, and more.



Learn more about yogurt at

[www.yogurtinnutrition.com](http://www.yogurtinnutrition.com)

Taste the recipes & tweet us your feedback at

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