

# Strawberry Frozen Yogurt <sup>14</sup>

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FROZEN DESSERTS

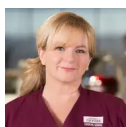
**SERVES** 8 (Makes about 1 quart)

**TIME** 1 hour, plus 8 hours straining and 2 hours freezing



## WHY THIS RECIPE WORKS

For a frozen yogurt that's dense and creamy—not icy and rock-hard like most versions—the key was controlling the water in the base so that the number of large ice crystals that formed during freezing was minimized. Since Greek yogurt is str... [Read More](#)



### TRY THIS RECOMMENDED COOKING COURSE

Strawberry-Rhubarb Pie

## GATHER YOUR INGREDIENTS

☐ 1 quart plain whole-milk yogurt

- ☐ 1 teaspoon unflavored gelatin
- ☐ ¾ cup strawberry puree
- ☐ ¾ cup sugar
- ☐ 3 tablespoons Lyle's Golden Syrup
- ☐ ⅛ teaspoon salt

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**View Nutritional Information** [i](#)

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## KEY EQUIPMENT

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All-Purpose Whisks



Colanders



Ice Cream Makers



Measuring Spoons

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## BEFORE YOU BEGIN

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This recipe requires draining the yogurt for 8 to 12 hours. We prefer the flavor and texture that Lyle's Golden Syrup lends this frozen yogurt, but if you can't find it, you can substitute light corn syrup. Any brand of whole-milk yogurt will work in this recipe. You can substitute low-fat yogurt for whole-milk yogurt, but the results will be less creamy and flavorful.

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## INSTRUCTIONS

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Line colander or fine-mesh strainer with triple layer of cheesecloth and place over large bowl or measuring cup. Place yogurt in colander, cover with plastic wrap (plastic should not touch yogurt), and refrigerate until 1¼ cups whey have drained from yogurt, at least 8 hours or up to 12 hours. Discard whey. (If more than 1¼ cups whey drains from yogurt, simply stir extra back into yogurt.)

Sprinkle gelatin over strawberry puree in bowl and let sit until gelatin softens, about 5 minutes. Microwave until mixture is bubbling around edges and gelatin dissolves, about 30 seconds. Let cool for 5 minutes. In large bowl, whisk sugar, syrup, salt, drained yogurt, and cooled strawberry-gelatin mixture until sugar is completely dissolved. Cover and refrigerate (or place bowl over ice bath) until yogurt mixture registers 40 degrees or less.

Churn yogurt mixture in ice cream maker until mixture resembles thick soft-serve frozen yogurt and registers about 21 degrees, 25 to 35 minutes. Transfer frozen yogurt to airtight container and freeze until firm, at least 2 hours. Serve. (Frozen yogurt can be stored for up to 5 days.)

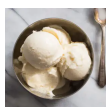


Recipe developed for the July / August 2016 issue.

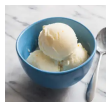
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## RECOMMENDED READING

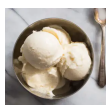
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