Make gazpacho creamy with yogurt

BY J.H. HIRSCH Associated press writer

Sure, yourt goes great with granola and ford. It. also nice weetened and loren. 1, source particularly daring, it even can be tasty in hoked goods. But have you tried it in entrees and appetizer? If not you should. Yogart is a great way to add a creany taste and texture to statters and and texture to statters and

main courses without resorting to higher-fat items such as sour

to higher-fat items such a soun cream, mayonnaise and even some soft cheeses. But first a primer on yogurt. When shopping for yogurt, whether for cooking or cating straight up, sitck with the real thing, not yogurt-like products. Natural yogurt will be labeled to indicate it contains live cul-tures.

It interest three, It is these live cultures, also called probiotics, that create yogurt from milk by digesting the sugars in it, and in the process give natural yogurts their signature tango, creamy their signature tango, creamy

process give natural yogurts their signature tangy, creamy taste. This process lan't reserved for dairy milk. Several compa-nies also use the same live cul-tures to turn soy milk linto a dairy-free yogurt. But don't call it soy yogurt; lin the trade it is eultured aoy. Regardless of whether your tastes tend to dairy or soy, it is important to select the right favor of yogurt for the task. For baking, vanilla yogurts are ice, imparting a delicent creamy taste. But for dips, marinades. sauces (such as Greek tatalkh) evor of the yogurt doers to com-net with other ingredients. "Yogurt is kind of like tofu in that in many ways it takes on the flavor of yogurt doers to com-te of with other ingredients. "Yogurt is kind of like tofu in that in many ways it takes on the flavors of whatever it is pro-pared with," Stephan Hengst, chef for yogurt maker Stonyfield Farm in Londondery, sald during a recent telephone interview.

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"A lot of people don't realize how flexible it is," he said. "But we've made everything from cheeseenkes to gunaamole." Hengat, a graduate of The Culinary Institute of America. Hyde Park, NX, said con-sumera are just beginning to appreciate the versatility of yogurt beyond breakfast and snacks.

CREANY GAZPACHO

2 cups cucumber, peeled, seeded and finely diced 3 scallions, chopped 3 scallions, chopped 1/2 cup fresh parsley, chopped 1/2 jalapeno pepper, seeded and chopped 2 cloves garlic 1/2 teaspoon salt

1/2 teaspoon fresh ground black pepper 2 tablespoons lemon juice

2 cups tomato-based vegetable juice

1 cup plain yogurt 1 orange bell pepper, seeded and finely diced

finely diced 1 yellow bell pepper, seeded and finely diced 2 medium fomatoes, seeded and finely diced Additional plain yogurt and pars-ley sprigs for garnish

Combine 1 cup cucumber, scallions, parsley, jalapeno pep-per, garlle, salt, pepper and lemon juice in a food processor and puise until well chopped. Add the vegetable juice and yogurt, then puise until ingredi-ents are well blended.

There still should be small bits of vegetable in the soup. Argement in the soup. Transfer the mixture to a large soup bowl, and add remaining ingredients. Stir well and season to taste with additional salt and pepper. Chill for 1 hour. The same searching the shift of the

To serve, garnish with a dollop of plain yogurt and fresh paraley. Makes 4 servings. Recipe courtesy of Stephan Hengst, chef at Storyfield Farm in Londonderry, N.H.



| TASTE |

ers or mini pretzels 8 ounces Cheddar or Jalapeno Jack cheese, cut into cubes I tablespoon taco seasoning mix NACHO CHICKELP-CHEESE SPEZA I cup 14 ounces) shredded mild Cheddar or Mohtery Jack Chesta or Mohtery Jack Chesta Lup shedded cooked chicken Lup schedded cooked chicken Lup schedded cooked chicken Lup schedded cooked chicken Lup schedded cooked chicken Jack Chesta Chesta Keelder Shiravet Sakery® Com-brad Crackers Optional genisk Additional corn. Jalapenos Mic checes. Chicken, sour Place popcorn, corn chips and pretzels in a large bowl, Add cheese cubes and laco seasoning mix. Toss lightly. Makes 11 serv-ings. Prep time: 10 minutes

torn, Jalapenos Mis cheese, chicken, sour cream and seasoning mis in a medium bowi. Stir in corn and green chiles. Cover and refriger-te for at least an hour before serving. Garnish with corn and julapenos, if desired. Spread on crackers. Makes: 21/2 cups. Prep time: 10 minutes. Chill time: 1 hour

SPICY SNACK MIX 6 cups popped popcorn 2 cups small corn chips

I cup baked pretzel snack crack

BARBECUE CHICKEN AND CHEDDAR SNACKWICHES 1/4 cup sundried tomato-flavored or plain mayonnaise

or plain mayonnaise 1/4 cup grated Parmesan cheese 8 slices hearly Italian bread, cut into 1/2-inch slices foread slices are approximately 3 1/2 by 5 1/2 inches) 2 left-over boneless grilled chicken breasts or 8 ounces ready-prepared grilled chick-en, sliced 1/2 medium red noise sliced

I/Z medium red onion, sliced 6 ounces grated sharp or extra-sharp white Cheddar cheese 4 cooked bacon slices

6 tablespoons honey-based bar-becue sauce barbecue sauce

Mix cheddar cheese and chicken for this nacho cheese spread.

Hit cheddar cheese and chicken for hit Preheat a covered grill (e.g., George Foreman) or non-tick killet for five minutes, Spray with non-stick cooking spray. Combine maynmaise and grat-ed Parmeson in small bood. Arrange bread alices on cutting board and spread approximately near tablespoon of Parmesan-mayo mixture on four of the bread slices. Top each with several slices of chicken, onion, 1/2 Cheddar cheese and one bacon slice. Spread remaining slices of bread value 1/2 tablespoons of barbecute suice. Assemble sandwiches. Cook sandwiches two at a time in covered grill, about six

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s nacho cheese spread. minutes or until heread is golden and cheese Is melied. Remove from grill and cut into quarters. Serve with a side of additional harbecue sauce if desired. Note: If you do not have a cov-ered grill, cook sandwiches in a non-sitic skillet until lightly hrowned, about three minutes on each side. Makes: 16 snack-sized andwiches (or 4 large sandwiches). Pret time: 15 minutes Recipes courtery of American Recipes courtesy of American Dairy Association, courtesy of chef Marlin Kaplan of One Walnut, Cleveland, Ohio.

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