



Yogurt Cookbook

Arto der Haroutunian

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By the internationally acclaimed author Arto der Haroutunian, The Yogurt Cookbook has been unavailable for almost 20 years. Now re-issued in a glorious four-colour edition with mouth-watering photographs, it offers over 200 recipes ranging from hearty peasant fare to elegant, light dishes. The Armenian-born author expands yogurt beyond the narrow limitations of breakfasts, desserts and dips incorporating it into an impressive array of recipes.

A genuine contribution to culinary literature, this indispensable guide will take its readers on a voyage of discovery that will inspire yogurt lovers to new gastronomic heights as well as create a whole new following for this guardian of good health. The author is truly an expert on the subject. He tells us the history of yogurt, how to make it and how it is easily used in all kinds of delicious recipes. Yogurt is consumed in a variety of ways in many cultures throughout the world. Several cultures use yogurt in sauces or as an ingredient to add a little zest to their favourite dishes. The recipes are splendid, from the subtle flavours of Middle Eastern dishes to the spiciness of Indian and other European foods. In the appetizers there are so many delicious dishes it would be hard to begin to list them all, ranging from dips to yogurt cheese. There are fragrant soups, wonderful salads, and interesting egg dishes. There are recipes for fish, poultry, meat, pasta, and vegetables. There are sauces, from salad dressings to a yogurt sauce. There is even a section on bread, pancakes and fritters.

The Yogurt Cookbook by Art der Haroutunian is the ultimate yogurt recipe cookbook and the perfect complement to your yogurt maker. If you love yogurt, this is a book for you. If you don't care for it, this book will convert you.

His other best-selling books recently re-issued by Grub Street are Vegetarian Dishes from the Middle East (now in its 3rd printing), Middle Eastern Cookery and North African Cookery.

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James Robicheaux:

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