

# In love with YOGHURT

Never had I expected life to be easy. But when the equation of children came into being; things just went haywire!

I had read enough parenting books already, encouraging me to build false hope. I thought I knew all the tips and tricks and had already mastered the subject matter. But could I be anywhere near the truth – not at all!

Things just became worse during feeding time! And I had thought only weaning would be difficult.

My eight-year-old son just refused to have anything nutritious at all! For him, store bought chips and chocolates were like staple food.

Meal times were torturous occasions when I felt like a jailer condemning the little tyke. Both of us started hating it to the core. It came to such a moment that whenever meal time approached, we stopped looking at each other's eyes and my son would unexpectedly play hide and seek, meaning to never reappear!

Today, things are slightly different. To make sure that the tiny dictator is having enough of his minerals, calcium and vitamin; I make him food that he likes.

Today's special is food with **Aarong Dairy Yoghurt**. Not only are these delectable to a toddler or the pre-teen; these are actually worthy dishes for any adult.

## FRENCH YOGHURT CAKE

### Ingredients

- 1½ cups of all purpose flour
- 2 tsp baking powder
- ¾ tsp salt
- 1 cup sugar
- Lemon zest (amount based on preference)
- ¾ cup **Aarong Dairy Yoghurt**

- ½ cup butter or 1 cup olive oil
- 2 large eggs
- ½ tsp vanilla extract

### Method

Preheat oven to 350° C. Coat a baking dish lightly with butter, dust with flour, and tap out the

excess. Take a separate medium sized bowl, sieve flour, baking powder and salt. Take a pan, and use your fingers to mix the sugar and the lemon zest, making sure the sugar becomes slightly moist. Add in **Aarong Dairy Yoghurt**, butter, eggs and vanilla extract. Fold in the dry ingredients into the pan. Make sure they blend well. Pour the batter into the baking dish and bake until it is golden brown in colour.

## YUMMY YOGHURT ICE CREAM

### Ingredients

- 8 egg yolks
- 4 large eggs
- ¼ cup finely grated orange zest
- ¾ cup fresh orange juice
- ¼ cup fresh lemon juice
- 1/8 tsp salt

- 2 cups **Aarong Dairy Yoghurt**

- ½ cup sugar
- ¼ cup whole milk
- 1 tsp vanilla extract
- Ice cream moulds

### Method

#### Step 1

Whisk the egg yolks, eggs, sugar, orange zest, juice, lemon juice and salt in a medium saucepan. Cook over medium heat, stirring continuously with a spatula until the mixture becomes thick.

Strain and sieve into a medium bowl. Let it cool off and then keep in the fridge for at least 2 hours.

#### Step 2

Whisk **Aarong Dairy Yoghurt**, sugar, milk and vanilla essence in a bowl. Pour the mixture into ice cream moulds. Fill in about one half of the space. Then pour a layer of the mixture from step 1 until full.

Keep in the freezer until firm – at least 4 hours. Remove and enjoy!

## COOLING LASSI

### Ingredients

- 750g **Aarong Dairy Yoghurt**
- 50g ice cubes
- 200ml water
- Salt or sugar, based on preference

### Method

Crush the ice cubes in a blender. Add in **Aarong Dairy Yoghurt**, water and salt or sugar. Blend for about 2 minutes, and serve chilled. For the salty variety you can add in a bit of masala like cumin seeds, black pepper and rock salt. If your kids have an aversion

towards fruits, mango lassi could be the ultimate saviour. During the blending process, add in pieces of ripe mango to elevate the taste.

## YOGHURT SALAD

### Ingredients

- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 4 tbsp spring onion
- 4 tbsp chopped pineapple
- 4 medium sized potatoes
- ½ cup **Aarong Dairy Yoghurt**
- 1 tbsp chopped cilantro
- 2 green chillies, chopped
- 4 slices of dried bread

### Method

Boil the potatoes first, but make sure they don't become too soft. Peel off and cut into bite sized pieces.

Heat oil and fry the mustard seeds and the cumin seeds. Take the seasonings off the pan when the mustard seeds begin to splatter. Stir over the potatoes. Add in **Aarong Dairy Yoghurt**, spring onions and pineapple. Mix well. Crush the bread into small and rough pieces. Mix with the garlic, green chillies and mint. Finally, pour over the potatoes and mix generously using hands. When you are done with the potato salad, put in the fridge for few minutes and serve chilled.

## FINE YOGHURT KEBAB

### Ingredients

- 400g **Aarong Dairy Yoghurt**
- 100g deshi paneer
- 1 tbsp onion, chopped
- 1 tsp ginger, chopped
- Half a handful of fresh coriander
- 8 raisins, chopped
- 10 almonds, finely chopped
- ½ tsp white pepper powder
- ½ tsp cardamom powder
- Salt to taste
- A cup of oats
- Cornflour for dusting, as required

### Method

Hang **Aarong Dairy Yoghurt** overnight in a thin cotton cloth. This is the secret ingredient that will make all the difference. Sauté the onions and ginger. Set aside to cool off for few minutes. Take the **Aarong Dairy Yoghurt** in a separate medium sized bowl and add in crumbled pieces of the paneer, cardamom powder, white pepper powder, chopped raising, coriander and salt. Make round patties with the mixture and dust in cornflour on top after giving them a shape. In a separate bowl, crush oats to resemble breadcrumbs and dredge the patties in the crumbs. Grease a pan with olive oil and grill the patties till they turn light brown on both sides. Serve hot with ketchup or chutney.

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