



The Book Of Yogurt

Sonia Uvezian

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The internationally acclaimed *The Book of Yogurt* offers more than 300 flavor-packed recipes ranging from hearty peasant fare to elegant creations. Sonia Uvezian, an Armenian born and raised in Lebanon, expands yogurt beyond the narrow limitations of desserts and snack food and incorporates it into an impressive array of international dishes, among them South American Pumpkin Soup, Balkan Moussaka, Russian Beef Stroganov, and Caribbean Papaya Frappé. Also included is a section on making yogurt, along with outstanding recipes for frozen yogurt.

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.

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