

Roasted Peach Frozen Yogurt

Yield: Makes about 4-5 C / 1L of frozen yogurt.

Ingredients

	U.S. Volume	U.S. Weight	Metric Volume	Metric Weight
Custard-style whole milk yogurt, strained overnight	4 C	34 oz	950 ml	964 g
Fresh peaches, peeled and thinly sliced	about 5 peaches	32 oz	about 5 peaches	907 g
Lemon juice	2 tsp	0.2 oz	10 ml	5 g
Sugar	6 T	2.6 oz	6 T	75 g
Vanilla extract	½ tsp	0.07 oz	½ tsp	2.1 g
Optional: fruit for garnish				

Equipment: Brød & Taylor Folding Proofer for making the yogurt base; ice cream freezer and a pre-frozen 4 C / 1 L container for storing the frozen yogurt.

Get Ready. Make the Brød & Taylor Custard-Style Yogurt and strain overnight according to the Greek-Style Yogurt directions. Cover and refrigerate overnight. When ready to roast the peaches, preheat the oven to 350 °F / 177 °C.

Roast the Peaches. In a medium bowl, toss the peaches with lemon juice. Place them on a sheet pan and sprinkle the sugar over top. Bake at 350 °F / 177 °C for 1 hour, turning the peaches every 15 minutes to coat the fruit with melted and caramelizing sugar. This also prevents the fruit from browning too much. The peaches will give off a lot of moisture, be careful of the steam when opening your oven. Use a spatula to transfer the peaches and all the remaining caramelized juices to a bowl. Cool thoroughly. Chop or mash the peaches into pieces small enough to fit through the holes in your ice cream maker's dasher.

Mix, Chill and Freeze the Frozen Yogurt. Fold the roasted peaches and vanilla extract into the strained yogurt and mix thoroughly. Taste and correct for sugar, adding superfine sugar, corn syrup or honey if needed. Chill the pre-mix thoroughly in the refrigerator for at least 30 minutes. Freeze according to your ice cream maker's instructions. When the frozen yogurt is ready, serve soft frozen yogurt immediately or transfer to the pre-chilled container and allow to freeze until a little more firm. If desired, garnish with fresh fruit.

Variations:

Peach Yogurt Popsicle

When the yogurt is soft-frozen from the ice cream maker, spoon it into molds, freeze 30 minutes, insert sticks and then freeze until firm. Frozen yogurt pops made with fresh fruit taste great and are

nutritious, too. Younger kids will love finding a hidden small whole blueberry or raspberry. Outsmart picky children by turning eating this healthy treat into a find-the-hidden-berry game.

Peach Yogurt Smoothie

In a blender, combine 3 scoops Roasted Peach Frozen Yogurt, 2 T / 9 g vanilla whey protein powder, ½ cup blueberries / 75 g, and 1 peeled and sliced peach / 170 g. It's an easy, delicious smoothie.