

Strawberry Frozen Yogurt

Homemade Greek Yogurt Base. For the base of this frozen dessert we make our own Custard-Style Yogurt recipe and then strain it overnight in the refrigerator.

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

Ingredients:

	U.S.		Metric	
	Volume	Weight	Volume	Weight
Custard-style whole milk yogurt, strained overnight*	4 C	32 oz	1 Quart	1 L
Frozen strawberries	1 ¼ C	10 oz		284 g
Sugar	6 T	2.6 oz	6 T	75 g
Almond extract	⅛ tsp			0.5 g
Vanilla extract	½ tsp	0.07	½ tsp	2 g

There will be about 2½ C / 590 ml of very thick yogurt after straining.

Equipment: An ice cream freezer and a pre-frozen 4 C / 1 L container for storing the frozen yogurt. A blender is optional.

Prepare the Strawberries. In a medium bowl, sprinkle the sugar over the frozen strawberries and allow them to thaw and give off juice. Drain the juice of about ⅔ C / 90 g off the berries and boil in the microwave or stove-top until reduced to ¼ C / 65 ml or a little less. Pour over strawberries and stir to dissolve any remaining sugar. Puree strawberries and their reduced juice in the blender, or for a more chunky texture, chop the berries into pieces small enough to easily pass through the gaps in your dasher. Cool mixture.

Make and Chill the Pre-Mix. Fold the prepared strawberry-sugar mixture into the strained yogurt and stir in the extracts. Taste and correct for sugar. The mixture will seem a little less sweet after freezing. Chill the pre-mix thoroughly in the refrigerator, and then freeze according to your ice cream maker's instructions.

When the frozen yogurt is ready, transfer to the pre-chilled container and allow to freeze until a little firmer, about 30 minutes or longer. If desired, garnish with fresh strawberries.