

# The benefits of eating yogurt

We had a really good question posed to us the other day. "What is Balkan style yogurt?"

Excellent question. Balkan-style means that the yogurt cultures are set in individual containers rather than in a big vat. The yogurt makers claim that this adds to the flavour and smoothness of the product.

Yogurt making is thought to have originated with nomadic Balkan tribes—probably first by accident, but later by design in order to preserve milk. So, my guess is that by calling it "Balkan-style", the makers are insinuating that the yogurt is more like yogurt once was—less processed.

My family eats quite a bit of yogurt. If I work late teaching a class, one of my favourite meals when I get home is a bowl of plain yogurt with honey mixed in and then muesli cereal. A fabulous "missed-dinner" meal. Personally, I believe the best yogurt

**Lori Gysel & Gerry Kentner**



has two ingredients, "milk ingredients" and active bacterial cultures. I much prefer to mix in my own jam, honey, nuts, dried fruit, cereal, whatever, rather than have it already mixed in for me. I'm not keen on the artificial sweeteners, gelatin and stabilizers found in many flavoured yogurts.

And, my poor lactose-intolerant husband gets most of his calcium intake through yogurt. Although yogurt is made with cow's milk most of the time, it is thought that many lactose intolerant people can digest it because it contains the bacteria that help break it down.

I also cook quite a bit with yogurt and love the Astro 6% Balkan Style yogurt or the Liberté (plain) Mediterranean 8.5% milk fat. Now, that is great yogurt! It is so rich and creamy and way less calories and fat than 35% cream! If you are the type that enjoys a scoop of ice cream with your dessert, then try a spoonful of this yogurt instead — it may convert you!

Although I normally prefer to add my own toppings, if you feel like trying something delicious, try the Liberté Mediterranean Plum and Nuts one—WOW! Now, for regular everyday consumption, we usually go with the Astro original Balkan yogurt in the little individual containers—the flavour is great, but the price is reasonable for an everyday snack.

Have fun and keep cooking!

(Lori and Gerry can be reached at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com))

## Upcoming community dinners

Roast beef dinner, served buffet style, on Nov. 17, 5:15-6:30 p.m. at St. Alban the Martyr Anglican Church, 537 Main St., Glen Williams. Tickets are \$12 for ages 12-64 and \$10 for those under 12 or 65 and older. Family rate available. Transportation available. Tickets: 905-877-8323.

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Traditional roast beef dinner on Nov. 17, at Ebenezer United Church, 12274 Guelph Line, between 20 and 25 Sideroads, 4:45-7:30 p.m. Take-out available. Tickets: \$15 adult, \$7.50 student, \$3.50 (5-11) preschool free, 905-854-2423 or 519-824-3770.

## Churches & Temples

<b>Georgetown Alliance Church</b> <b>Sunday Services</b> <b>at 9:00 &amp; 11:00 AM</b> <i>A Nursery &amp; Junior Worship are offered during both services</i> <b>290 Main St. (S. of Maple)</b> <b>905-873-0249</b> <a href="http://www.togetheratgac.com">www.togetheratgac.com</a>	<b>St. George's Anglican Church</b> 60 Guelph Street, Georgetown 905-877-8044 Additional parking at Georgetown District High School <a href="http://www.stgeorgesgeorgetown.com">www.stgeorgesgeorgetown.com</a> <b>SUNDAY WORSHIP</b> 8:00, 9:30 & 11:15 a.m. K'NECT KIDS - 9:30 a.m. Nursery Care - 9:30 & 11:15 a.m. <b>THURSDAY WORSHIP</b> 10:00 a.m.
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## Stuffed Pork Tenderloin

### Ingredients

- one 2lb pork tenderloin
- 12 pitted dates, chopped
- 8 dried apricots, chopped
- 1/4 cup dried cranberries
- 1 stalk celery, diced
- 2 tbsp butter
- 1/4 to 1/2 cup chicken stock plus 1 cup to put in the baking pan
- 2 slices bread, broken into crumbs
- zest of 1 lemon
- salt and pepper

### Method

1. Cut pork tenderloin down the centre, but do not cut all the way through.

Fold open the two sides and pound slightly to flatten.

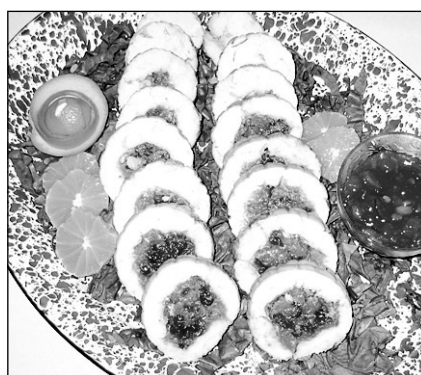
2. Mix the remaining ingredients, adding the stock until the mixture comes together in your hand, but it should not be crumbly or runny.

3. Season the inside of the pork with salt and pepper.

4. Place the stuffing mixture down the centre of the pork.

5. Wrap the sides around the stuffing mixture to meet at the top. If they don't meet, just use kitchen twine to tie the meat together in several places. You need to tie it together regardless.

6. Place pork in a baking dish, cut side down. Pour one cup of stock in and



cover. Cook at 350 degrees F. for approximately 30 minutes or until meat feels firm. Let stand 10 minutes before serving. Internal temperature of pork should be 150 degrees before removing from the oven.

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