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SANDWICH

*by his son Hunter!

Melissa's

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Culture Lesson

Melissa d'Arabian shows us how to make her signature dish: homemade yogurt with the works.

Most people use yogurt to jump-start their mornings; Melissa d'Arabian used it to jump-start her career. A few years ago, the stay-at-home mom submitted a video of herself making yogurt to audition for *The Next Food Network Star*. The clip won her a spot in the competition, which led to her own show, *Ten Dollar Dinners*. Making yogurt is a no-brainer for this mother of four: The d'Arabians eat a quart of yogurt a day, and going homemade saves them \$75 a month! All it takes is a little yogurt (for the starter cultures), milk and time. You can make your own fruit-on-the-bottom version with preserves, or follow Melissa's lead and turn the plain yogurt into a dessert with apple compote and spiced caramel sauce.

HOMEMADE YOGURT

ACTIVE: 20 min | TOTAL: 40 min (plus 20 hr aging and chilling) | MAKES: about 4¾ cups

- 4 cups whole milk
- ¼ cup nonfat dry milk
- ¼ cup maple syrup (optional)
- ¼ cup plain yogurt with active cultures

1. Heat the milk in a large saucepan over medium-low heat until a thermometer registers 185°. (The milk should be steaming but not boiling.) Turn off the heat and slowly whisk in the dry milk. Whisk in the maple syrup, if using. Let the milk mixture cool to 110°, 20 to 30 minutes. Whisk in the plain yogurt.
2. Pour the milk mixture into a large jar or glass bowl. Cover with a kitchen towel or plastic wrap vented with a few holes. Set aside in a warm place (90° to 105°), such as near a heater or in a cooler with a thermos filled with hot water, 12 to 18 hours. (The longer it sits, the thicker and tangier the yogurt will be.)
3. Transfer the yogurt to the refrigerator; chill at least 8 hours. Stir before serving.



Melissa's Yogurt Sundae

APPLE COMPOTE

Combine 6 cups diced peeled **Granny Smith apples**, ¼ cup **brown sugar**, 1 teaspoon **vanilla extract**, ½ teaspoon **ground cinnamon**, a pinch of **salt** and ¼ cup water in a skillet over medium heat. Simmer until soft, stirring, about 30 minutes.



SPICED CARAMEL SAUCE

Bring ½ cup **sugar** and 2 tablespoons water to a boil in a saucepan over medium-high heat. Cook, swirling the pan but not stirring, until lightly golden, 4 to 5 minutes. Remove from the heat. Whisk in 1 tablespoon **butter** and ⅓ cup **heavy cream** (the mixture will bubble). Scrape the seeds from ½ **vanilla bean** into the caramel, then add the vanilla pod and 1 teaspoon crushed **cardamom pods**. Return to the heat and bring to a boil, then remove from the heat and let cool slightly. Strain before serving.