

## Lemongrass Yogurt Recipe

**Ingredients:** Makes 1 quart

2 stalks lemongrass, trimmed, smashed, and chopped  
(use only the bottom white tender part)  
2½ cups whole milk  
200g sugar  
¼ teaspoon salt  
4 large egg yolks  
1¾ cups (400g) plain whole-milk yogurt  
2 teaspoons fresh lemon juice

**Method:**

Put the lemongrass and milk in a blender and blend until the lemongrass is finely chopped. Transfer the mixture to a medium saucepan, add the sugar and salt and warm over medium heat, stirring occasionally, until bubbles begin to form around the edge. Remove from the heat and let sit for 10 minutes. Whisk the egg yolks in a medium mixing bowl until broken; set aside. Pour ½ cup of the warm milk mixture onto the yolks in a slow, steady stream, whisking constantly. Transfer the yolk mixture back to the saucepan, set over low heat, and cook, stirring constantly, until the mixture is thick enough to coat the back of a wooden spoon and registers 165°F, about 5 minutes. Strain the mixture through a fine-mesh sieve into a large bowl, pressing all of the liquid out of the lemongrass. Cool the mixture until it is lukewarm, about 20 minutes. Stir the yogurt and lemon juice into the milk mixture. Set the bowl over a larger bowl of ice and water and stir occasionally until cool to the touch, about 40°F. Alternatively, cover and refrigerate until cold. Transfer the mixture to your ice cream maker and freeze following the manufacturer's instructions. Enjoy immediately, or freeze for a firmer frozen yogurt. This is best enjoyed fresh, but it will keep in an airtight container in the freezer for up to 3 days. For a Vodka Yogurt, substitute 2½ teaspoons lemon or citrus vodka for the lemon juice and for a light lemongrass frozen yogurt, omit the egg yolks. After the milk steeps with the lemongrass and cools until it is lukewarm, stir in the yogurt and lemon juice and proceed as above.

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