

## Salt and Serenity

### Strawberry Frozen Yogurt

This recipe is the creation of Max Falkowitz of [www.serious-eats.com](http://www.serious-eats.com)

3 cups washed, quartered strawberries (about 1 1/2 pints)  
Zest of one lemon  
3/4 cup sugar  
1/4 teaspoon kosher salt  
2 cups Greek (strained) yogurt  
Lemon juice to taste, if needed

1. Combine berries, lemon zest sugar, and salt in a heavy saucepan over medium heat. Cook, stirring occasionally, until juices leave the berries and begin to simmer, about 4 minutes, then reduce heat to low. Continue to cook, stirring occasionally, until juices thicken slightly and berries are very tender, about 7 minutes.
2. Transfer to a blender or food processor (or use an immersion blender in saucepan) and purée until smooth. Strain through a fine mesh strainer. You should have about 2 cups of strawberry puree. If you have more than 2 cups, set aside extra and freeze to use as a strawberry sauce for another time.
3. Transfer purée to a bowl and whisk in yogurt until well combined. If base tastes too sweet, add lemon juice to taste, starting with 1/4 teaspoon, bearing in mind that sweetness and acidity will both be slightly muted when chilled. Chill in refrigerator until very cold, about 3 hours.
4. Churn in ice cream machine according to manufacturer's instructions. Enjoy immediately as soft serve, or firm up in freezer for 2 to 3 hours. Once set, frozen yogurt will be firm; defrost on counter for 10 to 15 minutes before serving.