



Fancy French "Gâteau au Yaourt" No-Measure Cakes + Creamy Orangey Flips

By Dylan Sabuco

Prep Time 20 / **Cook Time** 15 / **Serves** 4 - 6

Shopping List

- ☐ FRESH
- ☐ 2 oranges
- ☐ DAIRY AND EGGS
- ☐ 1 1/3 C or 2 (5 to 6 oz) containers yogurt, your choice of flavor ******(see allergy subs below)******
- ☐ 3 eggs ******(see allergy subs below)******
- ☐ PANTRY
- ☐ 2/3 C vegetable oil ******
- ☐ 2 C all-purpose flour ******(see allergy subs below)******
- ☐ 2 tsp baking powder
- ☐ 1 1/3 C granulated sugar, brown sugar, or honey
- ☐ 1 1/4 tsp pure vanilla extract ******(see allergy subs below)******
- ☐ 1/4 tsp salt
- ☐ HAVE ON HAND
- ☐ 1 1/2 C cold water
- ☐ 2 C ice

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like

measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

pour: to cause liquid, granules, or powder to stream from one container into another.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Paper cupcake liners
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Small bowl
- ☐ Knife or toothpick to test doneness
- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus juicer (optional)

- ☐ Liquid measuring cup

Ingredients

Fancy French "Gâteau au Yaourt" No-Measure Cakes

- ☐ 2/3 C or 1 single-serve container yogurt (5 to 6 oz), your choice of flavor **(for DAIRY ALLERGY sub gluten-free/nut-free yogurt)**
- ☐ 2/3 C granulated sugar, brown sugar, or honey
- ☐ 2/3 C vegetable oil **
- ☐ 2 C all-purpose flour **(for GLUTEN ALLERGY sub 2 C gluten-free/nut-free all-purpose flour)**
- ☐ 2 tsp baking powder
- ☐ 1 orange, for 1 tsp orange zest
- ☐ 1 tsp pure vanilla extract **(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**
- ☐ 1/4 tsp salt
- ☐ 3 eggs **(for EGG ALLERGY sub 1 ripe banana, smashed)**

Creamy Orangey Flips

- ☐ 2 oranges, for 1 tsp orange zest and 1/2 C orange juice (1 orange may be from Fancy French "Gâteau au Yaourt" No-Measure Cakes)
- ☐ 1 1/2 C cold water
- ☐ 2/3 C or 1 single-serve (5 to 6 oz) container yogurt, your choice of flavor **(for DAIRY ALLERGY sub gluten-free/nut-free yogurt)**
- ☐ 1/2 C granulated sugar, brown sugar, honey
- ☐ 1/4 tsp pure vanilla extract **(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**
- ☐ 2 C ice

Food Allergen Substitutions

Fancy French "Gâteau au Yaourt" No-Measure Cakes

Dairy: For 2/3 C or 1 single-serve container of yogurt (5 to 6 oz), substitute 2/3 C or 1 5 to 6 container of gluten-free/nut-free yogurt.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Gluten/Wheat: For 2 C all-purpose flour, substitute 2 C gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Egg: For 3 eggs, substitute 1 ripe banana, smashed.

Creamy Orangey Flips

Dairy: For 2/3 C or 1 single-serve container of yogurt (5 to 6 oz), substitute 2/3 C or 1 single-serve container of gluten-free/nut-free yogurt.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Fancy French "Gâteau au Yaourt" No-Measure Cakes

intro

This recipe is a staple in French households. What makes this cake recipe so appealing is its simplicity. The yogurt cup that you purchase to make this cake batter also works as the measuring cup for most of the other ingredients! This is a delicious, easy-to-replicate recipe that's sure to become a staple in your kitchen.

measure + whisk + count

Pour **2/3 cup or 1 single serve container yogurt** into a large mixing bowl. Then, you can use the empty single-serve yogurt cup as a measuring tool for the rest of the recipe. Measure and add **2/3 cup granulated sugar** and **2/3 cup vegetable oil** and whisk to combine. Practice counting to 5 in French while you whisk: 1 un (uhn), 2 deux (deuh), 3 trois (twah), 4 quatre (KAH-truh), 5 cinq (sank).

measure + whisk

Next, let's measure the dry ingredients. Measure **2 cups flour** and **2 teaspoons of baking powder** and add them to the wet ingredients bowl. Whisk to combine.

zest + measure

Wash and zest **1 orange** (save juice for Creamy Orangey Flips if making). Measure **1 teaspoon orange zest**, **1 teaspoon vanilla extract**, and **1/4 teaspoon salt** and add them to the large mixing bowl of batter. Whisk to combine.

crack + whisk

Crack **3 eggs** into a small bowl. Then, add them to the large mixing bowl one at a time. Whisk each egg into the batter fully before adding the next egg.

pour + bake

Preheat your oven to 350 F. Line a muffin pan with cupcake liners. Pour roughly 1/4 cup of batter into each well. Bake for 15 minutes or until a knife or toothpick can be inserted into the center and removed cleanly with no batter.

cool + devour

Remove the cakes from the muffin pan and allow them to cool for a few minutes. Then, serve them up! The yogurt makes these cakes extra moist and delicious. "Bon appétit"

Creamy Orangey Flips

zest + slice + juice

Wash and zest **1 orange** and add **1 teaspoon orange zest** to a blender (or pitcher for use with an immersion blender). Then, slice **2 oranges** in half (1 orange may be from Fancy French "Gâteau au Yaourt" No-Measure Cakes) and squeeze all the juice into the blender, roughly 1/2 cup.

measure + blend

Measure and add **1 1/2 cups cold water**, **2/3 cup or 1 single serve container yogurt**, **2/3 cup granulated sugar**, **1/4 teaspoon vanilla extract**, and **2 cups ice** to the blender. Blend and pour into cups and enjoy!

Featured Ingredient: Yogurt!

Hi! I'm Yogurt!

"I'm a creamy and tangy food, and I'm very versatile! I work with both savory and sweet dishes. I also have less fat and more protein than sour cream, but you can often cook with me in the same way!"

History & Etymology

Yogurt's origin is undetermined. The earliest yogurts may have been spontaneously fermented by bacteria on plants or milk-producing animals. Historians believe it may have emerged during the last Stone Age, sometime between 10,000 to 4,500 BCE, when the Neolithic people began domesticating animals. Ancient Grecians, Romans, and Persians ate a yogurt-like dairy product called "oxygala" (οξύγαλα). They would eat it with honey. These days people often eat plain yogurt with honey, especially Greek yogurt. Greek yogurt is strained, which eliminates the whey and other liquids, causing it to be thicker and have more tang than regular yogurt. It also has two times the amount of protein. It is called Greek-style yogurt if it is thickened by adding powdered milk or another dry thickener. People with lactose intolerance may have less trouble eating it.

In 1916, Isaac Carasso of Barcelona introduced packaged yogurt to Europe. He dubbed it Danone, his son Daniel's nickname.

Yogurt with added fruit jam was introduced in 1933 in Prague. Dannon, the North American subsidiary of Danone, produced a fruit-on-the-bottom yogurt in 1947.

The word "yogurt" is from the early 17th century and is derived from the Turkish "yoğurt" (pronounced "yohght").

How Is it Made?

Yogurt is a fermented dairy product made with milk. The bacteria used to ferment the milk is called the yogurt culture or starter. During fermentation, the lactose (the sugar in milk) is converted into lactic acid, which gives yogurt its tangy flavor and changes the milk protein, resulting in yogurt's texture.

In various parts of the world, yogurt may be made from cow's milk, the most common source, or the milk of camels, goats, sheep, water buffalo, and yaks.

Soy yogurt, a dairy-free alternative, is made from soy milk, which is not an animal product, as it is made from soybeans.

Milk is first heated to about 185 degrees F to kill undesirable bacteria and alter the milk proteins so that they set together rather than form curds. The milk is then cooled to about 113 degrees F. Next, the bacteria culture or starter is added, and the temperature is kept at 86 to 113 degrees F for 6 to 12 hours to allow fermentation.

If mold develops on the yogurt, toss it, as scraping off the top, visibly moldy layer does not entirely remove mold that has seeped into the rest of the yogurt.

How to Eat It

You can eat plain yogurt by itself or with some honey or fruit. You can also buy yogurt that has already been sweetened and with fruit or fruit jam added.

You can add plain yogurt to salad dressings, dips, sauces, and soups. It can add extra tang and richness to meat and poultry dishes in place of sour cream and brings tang and moisture to pancakes, cakes, and other baked goods. A fun way to eat fruit-flavored yogurt is in pies and frozen yogurt popsicles.

Nutrition

Yogurt is rich in protein, vitamins B12 and riboflavin (B2), and the minerals phosphorus and calcium. Some studies found that eating 80 grams per day of low-fat yogurt was connected with a lower risk of developing type 2 diabetes and aiding bone health and digestion.