



## BROWN BUTTER CARAMEL W/ MAPLE SYRUP FROZEN YOGURT

### Ingredients

- 6 tbsp unsalted butter
- 2/3 cup brown sugar
- 1 cup milk (cold)
- 1/2 cup maple syrup (cold)
- 500 grams of Fage 2% greek yogurt (it's the big/tub container) (cold)
- pinch of sea salt

### Preparation

1. In a small saucepan, cook butter in medium heat until it's fully melted, the solids turn golden brown and the scent you can smell from it is not milky-buttery, but nutty -- then you have brown butter. Immediately add the brown sugar and a pinch of salt, and wait for it to boil, then reduce heat to medium-low. Cook for another 5 minutes, stirring occasionally. Set it aside on a trivet to cool, about 20 minutes.

2. In a blender (I used a Magic Bullet because of the small volume), blend the brown butter mixture with milk, until the sugar is fully dissolved and you get a homogeneous mixture. You will notice at the beginning that the sugar settled down at the bottom of your saucepan. You don't want to taste solid sugar crystals in your frozen yogurt, so blending might take a few minutes to dissolve the sugar but it will be worth it. Cool it in the fridge or freezer afterward, depending on how patient you are, and just before mixing in the next step, pulse it.

3. In a large bowl, blend all the butter and milk mixture, yogurt, and maple syrup with a beater until well-combined. Transfer the mixture your ice cream maker according to its instructions and churn for 20-30 minutes, until thick. Mine thickened quite a bit faster than my fruit frozen yogurt, so just keep an eye on it.

4. As always, I recommend letting it rest for 24 hours before serving. However, you can always lick the ice cream maker, paddle, and spatula clean! ;-)

**Enjoy!**

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*This is an original [Gourmeted.com](http://Gourmeted.com) recipe as published online on [August 7, 2009](http://August 7, 2009). If you have questions about the recipe, please send an email to [gourmeted@gmail.com](mailto:gourmeted@gmail.com).*