

## Yeast

In some foreign countries you can buy foil-wrapped packages of yeast. Unfortunately, by the time they have made a sea voyage, gone through customs, been distributed by the importer to the wholesaler to the grocer, the yeast may be too old to use. Before you buy always study the expiration date stamped on the package. Both the British and the Dutch export very good granular yeast, which stays fresh much longer. Soften this kind of yeast in a measured amount of lukewarm water (not milk). After about 5 minutes it will be ready to use in the same way you would use a compressed yeast cake. Count the water used for shortening as part of the liquid required by the recipe.

## Yogurt

This is usually the only dairy product safe to use in countries where milk and cream are of questionable purity. Liberally doctored with sugar, it makes a nice dessert. Use it plain as a substitute for sour cream.