

# yo'gourmet

*multi*

## Electric yogurt maker

Instructions manual



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## Yogourmet Multi electric yogurt maker, Model « T »

# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following :

1. Read all the instructions.
2. For use with A.C. only (60 Hz, 120 Volts).
3. Do not touch hot surfaces. Use handles or knobs.
4. To protect against electrical hazards do not immerse cord, plug or appliance in water or other liquids.
5. Close supervision is necessary when any appliance is used by or near children.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
7. Unplug from outlet when not in use and before cleaning.
8. The use of accessory attachments not recommended by the appliance manufacturer may be hazardous.
9. Do not use outdoors.
10. Do not let the cord hang over edge of table or counter, or touch hot surfaces.
11. Do not place on or near a hot gas or electric burner, or in a heated oven.
12. Do not use appliance for other than intended use.
13. This appliance has a polarized plug (one blade is wider than the other.) As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.
14. A short power supply cord is provided to reduce the hazards resulting from becoming entangled in or tripping over a longer cord. Longer cords or extension cords are available and may be used if care is exercised in their use.

If a long cord set or extension cord is used:

1. The marked electrical rating of the cord or extension cord should be at least as great as the electrical rating of the appliance.
2. If the appliance is of the ground type, the extension cord should be a grounding type three wire cord.
3. The longer cord or extension cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over accidentally.

## SAVE THESE INSTRUCTIONS

Dear customer,

Congratulations! You have just bought the finest yogurt-making system.

We are pleased to have you among fans of the 100% natural Yogourmet yogurt.

LYO-SAN INC.

## Contents

Health, nutrition and good taste .....	2
Yogourmet dairy cultures .....	3
Yogurt making in six easy steps .....	4
Different types of milk .....	6
Yogurt for the health conscious gourmet .....	8
Making yogurt cheese .....	9
Helpful hints .....	10
Maintenance of your Yogourmet Multi .....	11
Limited warranty .....	12



# Health, nutrition and good taste...

Whether it's a question of health, nutrition, or good taste, there is simply no disputing the benefits of yogurt. Obviously, the best yogurt is the one you make yourself, at home. This is why our research department has designed a high-quality, electric yogurt maker that is easy to operate.

Yogurt is produced through a process of fermentation, and proper fermentation requires precise temperature control. Once the milk is heated to the ideal temperature of 42-44°C (108-112°F) and the starter has been added, Yogourmet Multi produces a mild tasting, creamy yogurt in about four to five hours.

This manual will demonstrate that making home-made yogurt with the Yogourmet Multi yogurt maker is simple. There are a thousand and one ways in which you can enjoy yogurt. Thanks to its versatility and low calorie content, yogurt is a perfect substitute for eggs, butter, milk, cream, sour cream, and mayonnaise.

The Yogourmet Multi system will introduce you to a high-quality, nutritional food, and you will soon notice appreciable savings in the family food budget.



# Yogourmet dairy cultures

However, a quality yogurt maker is only part of the story. To obtain the best possible results, you must use a top quality starter.

There was no top quality starter available at a reasonable price when we began developing the Yogourmet system. We therefore instituted a comprehensive research program to produce a freeze-dried starter. The result is a yogurt culture that produces European-style yogurt which is delicious, creamy, and always fresh.

Yogourmet dairy cultures are available in 10 grams packages, each of which contains two 5 grams sections. 10 grams produces 2 litres (2 U.S. quarts) of yogurt or cultured milk of excellent consistency. If you wish only to make a single litre (one U.S. quart), use only one 5 grams section. One package for each batch provides constant results every time.

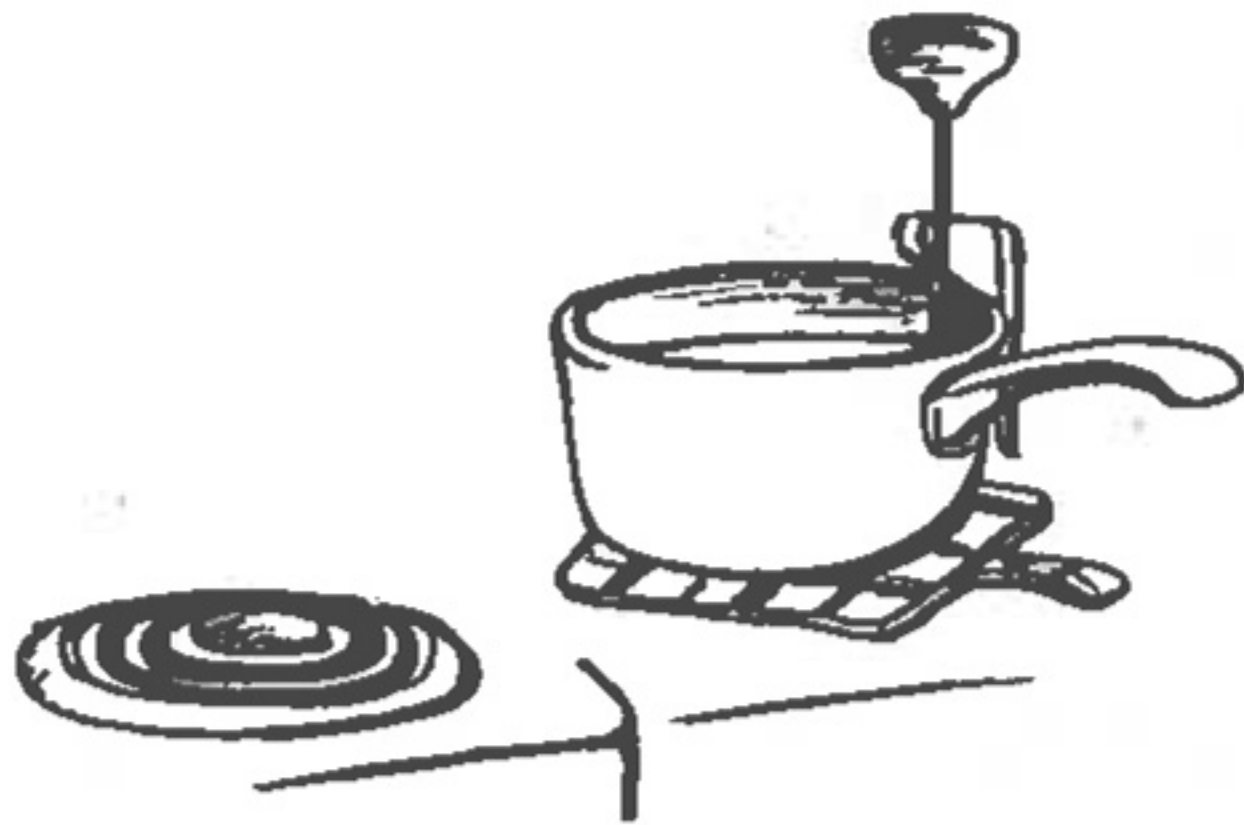
Yogourmet cultures are the first on the market so inexpensive that you can begin fresh every time. This guarantees consistent top quality. The starter is freeze-dried and sealed in a moisture proof pack and keeps exceptionally well. When frozen, it stays fresh for more than two years. It keeps for two years under refrigeration, and for one year on the shelf (21-25°C, 70-78°F). After these intervals, the cultures can still be used, but it may take longer for the yogurt or cultured milk to reach an ideal consistency.

Do not hesitate to ask your retailer for more information about Yogourmet dairy cultures.

# Yogurt making in six easy steps

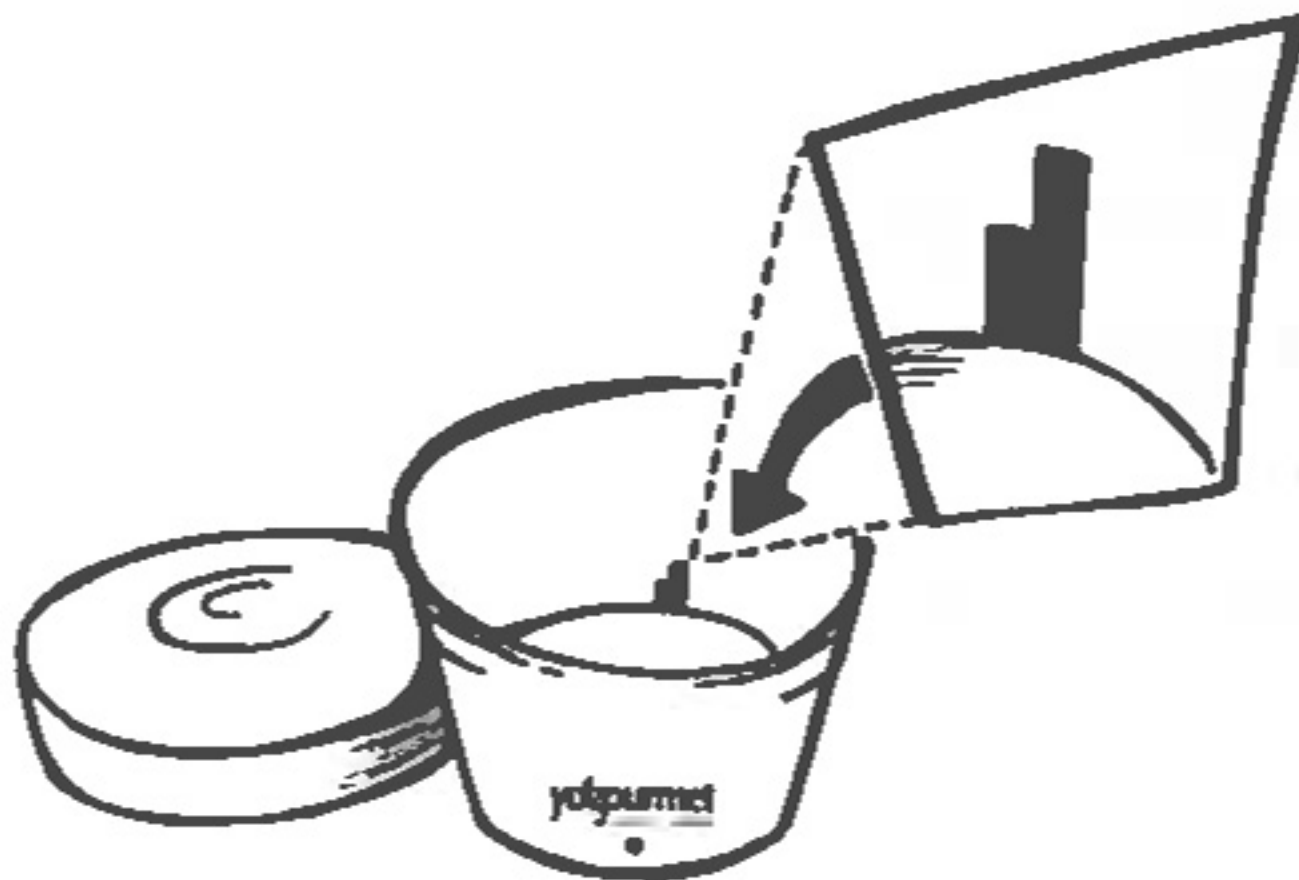


**1.** Pour 2 litres (2 U.S. quarts) of milk into a double boiler, pot, or casserole, (double boiler is best). Heat for one or two minutes at 82°C (180°F) or until the milk just comes to a boil.



**2.** Allow the milk to cool to between 42-44°C (108-112°F). You can speed up the cooling process by placing the pot in the sink filled with cold water. Take the inner batch container out of the yogurt maker and pour in the cooled milk into the batch container.

**Note :** For an overall, accurate temperature reading, the milk must be stirred before inserting the Yogourmet thermometer. Wait for about thirty seconds for the thermometer reading to stabilize.



**3.** Add lukewarm water to the level of one of the marks inside your Yogourmet Multi yogurt maker, plug in the appliance, and the red light will come on. To prepare 1 litre (1 U.S. quart), add water to the low mark, or about 250 ml (8 oz). For 2 litres (2 U.S. quart), add water to the high mark, or about 350 ml (12 oz).

**Note :** The red light on the Yogourmet Multi yogurt maker stays lit as long as the appliance is plugged in, to indicate that it is functioning.



**4.** Pour one package (10 g) of starter into a cup and gradually add five or six tablespoons of the cooled milk. Once the starter is completely dissolved, empty into the balance of the cooled milk in the batch container and stir. Take particular care with this step, as it is essential to mix well to ensure that the starter and milk are blended evenly.



5. Cover batch container with its lid, slip into the yogurt maker, and place cover on the yogurt maker. Incubate for about 4 - 4 1/2 hours, or until desired consistency is reached.

6. To stop the incubation process, take the batch container out of the yogurt maker and place in the refrigerator for about 8 hours. Your yogurt is then ready to serve and will taste better than any you can buy at the supermarket. The yogurt will stay fresh up to 3 weeks if kept refrigerated.



## Casei, bifidus & acidophilus probiotic yogurt

Yogourmet also offers a yogurt culture with probiotic bacteria. To prepare this type of yogurt, follow the procedure on the back of the culture box. This procedure is very similar to the one describe in this manual, except that the milk must be cooled to a lower temperature and incubated for a longer period.

## Suggestions

To produce an even thicker yogurt, add a package (7 g, 1/4 oz , 3/4 - 1 tbsp) of unflavoured gelatin. Mix the gelatin with a little milk until it has dissolved, then add it to your cold milk and follow each step of the yogurt-making procedure as previously described.

Adding milk powder will also produce thicker consistency yogurt. Add milk powder to your cold milk, stir well, and follow the usual yogurt making steps. (For quantities, see table 1 on page 7)

You can also add a combination of gelatin and milk powder. It's fun to experiment and create a yogurt to your own individual taste.



# Different types of milk

The taste of your yogurt may vary slightly according to the kind of milk you use, but your Yogourmet Multi yogurt maker will always produce excellent yogurt.

Make sure to sterilize any milk you use, by heating it as described in step 1, except U.H.T.(ultra-high-temperature) milk and Yogourmet skim milk powder, both of which do not require sterilization.

**Whole milk** contains the most solids and produces a thick, rich and creamy yogurt.

People who are watching their fat intake usually choose **skim milk**. However, when skim milk is used to make yogurt, something must be added to replace the solids which have been removed. Add 250 ml (1 cup) of milk powder per 2 litres (2 U.S. quarts) of skim milk and mix well before bringing the milk to a boil. You may also add a package (7 g, 1/4 oz, 3/4 - 1 tbsp) of unflavoured gelatin per 2 litres (2 U.S. quarts) of skim milk, following the procedure just described.

**Partly skimmed milk (2%)** is a good compromise between whole and skim milk. We nonetheless suggest adding 125 ml (1/2 cup) of milk powder per 2 litres (2 U.S. quarts) of partly skim milk. As noted above, you may add a package of unflavoured gelatin per 2 litres (2 U.S. quarts) of milk.

**Goat's milk** should be processed in the same manner as skim milk.

**U.H.T. shelf stable milk** has been specially treated to withstand long periods without refrigeration. It has already been sterilized and does not need to be sterilized again, but can be used directly from its hermetically-sealed container. Simply heat to between 42-44°C (108-112°F) and proceed to the second step of preparation.

**Soy beverage** is an interesting choice for people who do not want to eat animal-origin protein. The consistency of soy beverage yogurt, is not as good. Be sure to use a soy beverage which contains one of the following ingredients: fructose, honey, or malt. These ingredients are needed for fermentation and you will not succeed if none are available in the beverage. We do not recommend using soy powder, since the texture of the yogurt will not be homogeneous. You will find on our website ([www.yogourmet.com](http://www.yogourmet.com)) a list of the soy beverages we have tested and recommend.

**Yogourmet skim milk powder** is an excellent choice since it is low in fat and does not need any sterilization. Just mix the milk powder with some water that is around 42-44°C (108-112°F). You can mix everything in the batch container, adding the milk powder to the water gradually. You can then continue with the third step of preparation.



# Table 1

Quantities shown below are for 2 litres (2 U.S. quarts) of milk.

You must add to :	To obtain a yogurt that is :		
	soft	firm	very firm
Whole milk	----	125 ml (1/2 cup) of milk powder <b>or</b> one package of gelatin*	250 ml (1 cup) of milk powder <b>and</b> package of gelatin*
Partly skimmed milk (2%)	125 ml of milk powder	125 ml of milk powder <b>and</b> one package of gelatin*	250 ml of milk powder <b>and</b> one package of gelatin*
Skim milk	250 ml of milk powder	250 ml of milk powder <b>and</b> one package of gelatin*	500 ml of milk powder <b>and</b> one package of gelatin*
U.H.T. milk (shelf table)	----	250 ml of milk powder <b>or</b> one package of gelatin*	250 ml of milk powder <b>and</b> one package of gelatin*

\* 7 g, 1/4 oz, 3/4 - 1 tbsp

# Yogurt for the health conscious gourmet

Yogurt is a good source of protein and contains little fat. These facts are appreciated by people concerned by their fat intake. The following table compares yogurt made with different types of milk :

## Table 2

250 ml (1 cup) of home-made yogurt made with :	Protein	Fat	Carbohydrate	Calories
Whole milk	8.9 g	8.8 g	12.0 g	159
Partly skimmed milk (2%)	8.9 g	4.5 g	12.5 g	130
Skim milk	8.9 g	0.2 g	13.0 g	89
Instant milk powder	11.5 g	0.5 g	16.5 g	114
Yogourmet skim milk powder	10.5 g	0.2 g	14.0 g	90

g=gram

125 ml (1/2 cup) of milk powder or a package of unflavoured gelatin added to your milk before heating results in a thicker yogurt. 125 ml (1/2 cup) of skim milk powder adds about 14 calories to each 250 ml (1 cup) of yogurt; unflavoured gelatin adds approximately 4.5 calories per package (7 g, 1/4 oz, 3/4 - 1 tbsp).



# Making yogurt cheese

The yogurt you make with your Yogourmet Multi yogurt maker can be transformed into delicious cheese. Here's how :



1. Make a batch of yogurt with your Yogourmet Multi. **It is very important not to add any gelatin to the yogurt you will use to make cheese.**

2. After the usual incubation period, soak the cotton bag, specially designed for cheese-making and supplied with your Yogourmet Multi yogurt maker, in boiling water. Put the bag in a container and empty the yogurt into it. Close the bag by pulling on the cords and let it hang for about 6 to 8 hours to allow the yogurt to solidify.

**Note:** The yellowish liquid coming out of the yogurt is whey. You can dispose of the whey but you can also refrigerate and drink it later on. Whey contains lactose, provitamin A and minerals.

3. Remove the cheese from the bag and place in an appropriate container or in several small containers.

4. Add salt to taste, stir slowly with a spoon or spatula, then refrigerate. Your home-made cheese is ready.

5. You can experiment with different flavours by adding red or green peppers, onions, chives, garlic, mushrooms, pineapple, nuts, or anything that strikes your fancy.

# Helpful hints

Several factors can influence the incubation process : the temperature of the milk-starter mixture, ambient temperature, quality of the milk used, etc...

The ideal starting temperature is between 42-44°C (108°-112°F), and the room temperature should be around 21-25°C (70-78°F). The milk should be as fresh as possible, and it must be sterilized unless you are using Yogourmet skim milk powder or U.H.T. shelf stable milk. If you meet all of these conditions, and follow directions, within 4 or 5 hours you will have produced a successful batch of yogurt.

**1.** If, however, after the normal incubation period the yogurt does not have the consistency of thick cream, the following should be checked:

**a)** Quality of the milk

The milk used for yogurt-making, even milk powder, must be as fresh as possible. Never use milk after the «best before» date on the milk container.

**b)** Mixing the milk and starter when the milk is too hot

Too high a temperature that is, more than 50°C (122°F) destroys the starter. Carefully check milk temperature with the Yogourmet thermometer before introducing the starter.

**c)** Incubation temperature is too high

This can occur when the ambient room temperature is abnormally high (above 32°C or 90°F)

**d)** Incubation temperature is too low

This may happen if the milk temperature is too low at the time the starter is added to the milk, or if the room temperature is too low. To remedy the situation, simply allow the yogurt to incubate longer until the desired consistency is obtained.



2. If the yogurt does not appear to possess an even texture (that is if liquid forms, or if it has a granular texture) :

a) The milk was a little hot when the milk-starter mixture was added to it.

b) The incubation period was too long.

c) The starter and milk have not been properly mixed.

**Note :** The addition of unflavoured gelatin (see the section on preparation on page 5) can help eliminate this problem.

3. Once the yogurt is ready for serving, there are several things you can do to prevent the formation of liquid:

a) Disturb the yogurt as little as possible. This is why we recommend storing yogurt in the batch container used for preparation.

b) Depressions or spoon marks on the yogurt's surface tend to encourage the formation of liquid. The yogurt should, therefore, be removed from its container as evenly as possible to keep the surface level.

4. You don't have to wait until your first batch container is empty before making another supply. Yogourmet extra containers are available. Do not hesitate to ask your retailer about them.

## Maintenance of your Yogourmet Multi

Clean your yogurt maker with a soft, damp cloth. Use a gentle detergent if there are tough stains. Wipe the interior and exterior of the yogurt maker after each batch. Do not place your yogurt maker for a long period in direct sunlight or close to a heat source. **The batch container and lid are dishwasher safe. Important : The yogurt maker itself must never be immersed in any liquid.**

The Yogourmet Multi electric yogurt maker has been designed for household use only. Any servicing should be performed by an authorized service representative.

# Limited warranty

## Yogourmet Multi electric yogurt maker

LYO-SAN INC. wishes to thank you for having chosen the high quality Yogourmet Multi yogurt maker.

This unit is warranted by Lyo-San Inc. to be free from defective material and workmanship for a period of one year from date of original purchase. Providing the said unit has been used and maintained in accordance with the enclosed instructions, and has been subject to normal use, it will be repaired or replaced by us without charge if the defective unit is returned during the warranty period to our office, at the address shown on the warranty card, transportation charges prepaid. This warranty does not apply to any unit which has been subject to abuse or accident or which has been altered in any way.

This warranty is expressly in lieu of all other expressed warranties. Implied warranties shall be limited to the duration of the warranty period. Lyo-San Inc. shall under no circumstances be liable for incidental or consequential damages. Some laws do not allow limitations on how long an implied warranty lasts or do not allow the exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which may vary depending upon the laws in effect at the point of purchase.

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