Electric yogurt maker
Instructions manual

Yaourtière électrique
Manuel d’instructions

Yogurteria eléctrica
Manual de instrucciones
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 AC 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 the fans of the 100% natural Yogourmet yogurt.

LYO-SAN INC.

Contents

Know your yogurt maker ......................................................... 2
Health, nutrition and good taste .................................................. 2
Yogourmet dairy cultures ........................................................... 3
Yogurt in 6 easy steps ............................................................... 4
Different types of milk ............................................................. 6
Table 1: Soft, firm & very firm texture .......................................... 7
Table 2: Yogurt for the health conscious gourmet ........................... 8
Yogurt cheese spread (strained yogurt) ...................................... 9
Helpful hints ............................................................................ 10
Maintenance of the Yogourmet Multi .......................................... 11
Warranty .................................................................................. 12
Know your yogurt maker

A. Heating base
B. Unit cover
C. Inner container
D. Container lid
E. Precision thermometer
F. Cotton bag

Before first use: Wipe the base and cover with a soft, damp cloth, then dry. Wash the container, its lid and the cotton bag with hot, soapy water. Rinse well, then dry.

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 4 to 4½ hours.

There are a thousand and one ways in which you can enjoy homemade 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’ll soon notice appreciable savings in the family food budget.
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 develop a yogurt culture that produces European-style yogurt which is delicious, creamy, and always fresh.

Yogourmet cultures are in powder form because they are freeze-dried. They are packaged in 10 g packets, each of which contains two 5 g sections, 10 g produces 2 litres (2 quarts) of yogurt. If you wish only to make 1 litre (1 quart), use only one 5 g section. A fresh packet every time you make a batch ensures consistent top quality. Yogourmet cultures keeps exceptionally well till the expiration date in a cool and dry place, ideally in the refrigerator or in the freezer. Still usable after this period, the product shelf life will be extended from a couple of months to 2 years according to the retailer’s preservation mode. However it’s possible that the yogurt takes a few hours more to reach a perfect consistency. This situation may occur if the cultures have been preserved at higher temperatures than 4ºC (39ºF) during the preservation period.

Do not hesitate to ask your retailer or check our website for more information about Yogourmet dairy cultures.
Yogurt in 6 easy steps*

1. Pour 2 litres (2 quarts) of milk into a double boiler, pot, or casse-role. Heat up to 82°C (180°F) or until the milk just comes to a boil.

2. Allow the milk to cool down between 42–44°C (108–112°F). You can speed up the cooling process by placing the pot in a sink filled with cold water. Then pour the cooled milk into the inner container.

Note: For an overall, accurate temperature reading, the milk must be stirred before inserting the Yogourmet thermometer (3/4 of the stem). Wait for about 30 seconds for the thermometer reading to stabilize.

3. Add lukewarm water to the level of one of the two marks inside your Yogourmet Multi yogurt maker. To prepare 1 litre (1 quart), add water to the lowest mark, or about 250 ml (8 oz). For 2 litres (2 quarts), add water to the highest mark, or about 350 ml (12 oz). Plug in the yogurt maker, and the red light will come on.

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 packet (10 g) of starter into a cup and gradually add 5 or 6 tablespoons of the cooled milk and stir. Once the starter is completely dissolved, empty into the balance of the cooled milk in the 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.

* Original yogurt starter. For yogurt starter with probiotics and other products featured in the Yogourmet range, see the instructions for use on the package.
5. Close the container with its lid, slip into the yogurt maker, and place the unit cover on the yogurt maker. Incubate for about 4 to 4½ hours, or until desired consistency is reached.

6. To stop the incubation process, take the container out of the yogurt maker and place it in the refrigerator for about 8 hours. Your yogurt will 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.

“CBA” 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.

Thicker yogurt/Greek yogurt

A) To produce an even thicker yogurt, add a pouch (7 g, 1/4 oz or 3/4–1 tbsp) of unflavoured gelatin. Mix the gelatin into the cold milk until it has dissolved, then follow each step of the yogurt making procedure from step 1. (For quantities, see Table 1 on page 7)

B) Adding milk powder will also produce thicker consistency yogurt. Add milk powder to the cooled milk before the incubation period, stir well to dissolve the milk powder. (For quantities, see Table 1 on page 7)

You can also add a combination of gelatin and milk powder to obtain an even thicker yogurt.

C) See page 9 (strained yogurt)
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 UHT (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.

Skim milk, people who are watching their fat intake usually choose this milk. However, when skim milk is used to make yogurt, something must be added to replace the solids which have been removed. You need to add milk powder or a packet of unflavoured gelatin. See Table 1 on next page for quantities and previous page for directions.

Partly skimmed milk (2%) is a good compromise between whole and skim milk. You may need to add milk powder or a packet of unflavoured gelatin. See Table 1 on next page for quantities and previous page for directions.

Goat's milk

UHT 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. It can be used directly from its hermetically-sealed container. Simply heat to incubation temperature 42–44°C (108–112°F) and proceed to step 2. You can do this with a casserole or double boiler as suggested in step 1 or also in the microwave oven in a suitable container other than the inner container of the yogurt maker.

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 firm. We suggest using UHT soy beverage which contains one of the following ingredients: fructose, honey, or malt. These ingredients are needed for fermentation and you'll 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’ll find on our website (www.yogourmet.com/directions) 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 container, adding the milk powder to the water gradually. You can then continue with step 3 of preparation.

### Table 1

**Soft, firm & very firm texture**

Mix with **2 litres** (2 quarts) of milk (half for 1 litre), see page 5 for directions.

<table>
<thead>
<tr>
<th>You must add to:</th>
<th>Soft</th>
<th>Firm</th>
<th>Very firm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole milk</td>
<td>-----</td>
<td>-----</td>
<td>250 ml (1 cup) of milk powder and one pouch of gelatin*</td>
</tr>
<tr>
<td>Partly skimmed milk (2%)</td>
<td>125 ml (1/2 cup) of milk powder</td>
<td>250 ml (1 cup) of milk powder or one pouch of gelatin*</td>
<td>250 ml (1 cup) of milk powder and one pouch of gelatin*</td>
</tr>
<tr>
<td>Skim milk</td>
<td>250 ml (1 cup) of milk powder</td>
<td>250 ml (1 cup) of milk powder and one pouch of gelatin*</td>
<td>500 ml (2 cups) of milk powder and one pouch of gelatin*</td>
</tr>
<tr>
<td>UHT milk (shelf stable)</td>
<td>-----</td>
<td>250 ml (1 cup) of milk powder or one pouch of gelatin*</td>
<td>250 ml (1 cup) of milk powder and one pouch of gelatin*</td>
</tr>
</tbody>
</table>

* One pouch of gelatin = 7 g, 1/4 oz or 3/4–1 tbsp
Table 2

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>
<thead>
<tr>
<th>250 ml (1 cup) of homemade yogurt</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole milk</td>
<td>8 g</td>
<td>8 g</td>
<td>13 g</td>
<td>160</td>
</tr>
<tr>
<td>Partly skimmed milk (2%)</td>
<td>9 g</td>
<td>5 g</td>
<td>13 g</td>
<td>134</td>
</tr>
<tr>
<td>Skim milk</td>
<td>9 g</td>
<td>tr</td>
<td>14 g</td>
<td>93</td>
</tr>
<tr>
<td>Instant milk powder</td>
<td>13 g</td>
<td>tr</td>
<td>14 g</td>
<td>94</td>
</tr>
<tr>
<td>Yogourmet skim milk powder</td>
<td>9 g</td>
<td>tr</td>
<td>13 g</td>
<td>90</td>
</tr>
</tbody>
</table>

Approximate data
tr = traces
Yogurt cheese spread (strained yogurt)

The yogurt you make with your Yogourmet Multi yogurt maker can be transformed into delicious yogurt cheese spread. 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 incubation period you have 2 options:

   **Option A:** Put the clean bag in a large bowl or casserole and empty the yogurt into the bag. Close the bag by pulling on the cords and let it stand in a wire mesh strainer or colander above the container.

   **Option B:** Put a cheesecloth or basket-style coffee filter in a wire mesh strainer or colander above a large bowl or casserole. Empty the yogurt in the strainer (or colander) and cover.

   **Note:** Make sure there is enough space at the bottom of the bowl to contain all of the dripping liquid.

3. Refrigerate (recommended but not required) for 6 to 12 hours to taste.

   **Note:** The yellowish liquid coming out of the yogurt is whey. Whey contains sodium and sugar.

4. Remove all the yogurt cheese from the bag or cheesecloth.

5. Add salt to taste, stir slowly with a spoon or spatula. (Greek yogurt; ignore steps 5 and 6)

6. 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 and starter mixture, ambient temperature, quality of the milk used, etc.

The ideal temperature for yogurt incubation is 42–44°C (108°–112°F)*, and the room temperature should be around 21–25°C (70–78°F). The milk should be obviously as fresh as possible, and it must be sterilized unless you are using Yogourmet skim milk powder or UHT shelf stable milk. If you meet all of these conditions, and follow directions, after the recommended incubation period you’ll have produced a batch of yogurt.

1. If, however, after the normal incubation period the yogurt does not have the desired consistency, 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 (3/4 of the stem into the liquid) before adding the starter.

   c) Incubation temperature is too high

   This may happen 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.

   * For yogurt starter with probiotics refer to the package.
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 too hot when the starter was added to the milk.

b) The incubation period was too long.

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

Note: The addition of unflavoured gelatin (see 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 Yogourmet 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 container is empty before making another supply. Yogourmet extra containers are available. Do not hesitate to ask your retailer about them or order it online.

**Maintenance of the 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 container and its lid are dishwasher safe (upper basket). **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.
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 three (3) years 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 express 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.

Lyo-San inc., 500 Aéroparc, PO Box 598, Lachute (Québec) Canada, J8H 4G4

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