

nutrarchef™



USER GUIDE

Automatic Yogurt Maker

Includes 5 oz. 17 Reusable Cups
with Lids for Instant Storage

NCKN128G17

IMPORTANT SAFEGUARDS

When using electrical appliances, always follow basic safety precautions, including the following:

1. **Read all instructions.**
2. Avoid touching hot surfaces. Use handles or knobs.
3. To protect against electrical shock, never immerse the cord, plugs, or the base unit in water or any other liquid.
4. Close supervision is necessary when using any appliance around children.
5. Unplug from the outlet when not in use and before cleaning.
Allow it to cool before installing or removing parts.
6. Do not operate any appliance with a damaged cord or plug or if the appliance malfunctions or has been damaged in any way. Return the appliance to the nearest authorized service facility for examination, repair, or adjustment.
7. Using accessory attachments not recommended by the appliance manufacturer may result in injuries.
8. Do not use the appliance outdoors.
9. Ensure the cord does not hang over the edge of a table or counter or come into contact with hot surfaces.
10. Avoid placing the appliance on or near a hot gas or electric burner or inside a heated oven.
11. Exercise extreme caution when moving an appliance containing hot oil or other hot liquids.
12. Always attach the plug to the appliance first, then plug the cord into the wall outlet. To disconnect, turn any control to the "off" position, then remove the plug from the wall outlet.
13. Do not use the appliance for any purpose other than its intended use.

SAVE THESE INSTRUCTIONS

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

Household Use Only

WARNING!

Do not operate this appliance on flammable materials, such as wood surfaces or tablecloths. Additionally, avoid using this appliance on non-heat-resistant glass cooktops or cutting boards. It is crucial to place an additional heat-resistant cooking surface, such as tile or any surface with a heat-resistant finish, beneath this unit. Ensure that this surface is at least the same size as the unit or larger. This precaution is necessary to protect the underlying surface from the heat generated by the food dehydrator.

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Yogurt's History

Yogurt has such a long history that there are no written records of its origins. It is widely accepted that the first yogurt was created by accident approximately 8,000 years ago. Neolithic herdsman used to transport milk in bladders made from the stomachs of slaughtered cows.

The natural biological enzymes and bacteria present in these bladders caused the milk to curdle. This ancient process makes yogurt one of the oldest known methods of food preservation in human history.

Not only does yogurt preserve milk, but during its production, cultured milk products like yogurt also promote the growth of beneficial bacteria.

These bacteria aid in digestion, transforming milk into a genuinely healthy alternative that can be used for snacking, cooking, and more.

HOW TO MAKE YOGURT

VOLUMES and RATIOS

Yogurt is prepared using milk and a culture, which consists of special bacteria. These bacterial cultures can be obtained commercially, or you can use pre-made yogurt as a culture. To ensure the production of high-quality yogurt, it is crucial to maintain the correct ratio of milk to culture. You can refer to the following charts to help you achieve the proper ratio.

Please note that volumes are rounded off, and the per-cup volume is intended to fill the cups up to the point where the wide lip of each cup begins:

	Ounces	Cups	Milliliters
Each Cup's Volume	5	.66	150
TOTAL (to fill all 17 cups)	85	11.25	2500

For a full batch with yogurt added as culture:

Ounces		Cups		Milliliters	
Milk	Yogurt	Milk	Yogurt	Milk	Yogurt
65	21	8.5	3	1900	64

If you're using a prepackaged culture instead of ready-made yogurt, make sure to follow the product's directions. It's essential to add the correct amount of culture for the volume of milk you're using.

If you're using low-fat or non-fat milk to make your yogurt, consider adding some dry milk powder to give the finished product a little more body.

DIRECTIONS

1. Thoroughly wash the containers and lids before each use.
Rinse them and allow them to dry. Clean containers are essential to prevent the introduction of unwanted bacteria into the yogurt.
2. **You have two options for preparing the milk:**
 - a. Use the milk as it comes from the store (Method "A").
 - b. Heat the milk to ensure that no unwanted bacteria are left, which might affect the culturing process (Method "B").

IMPORTANT: When using yogurt as a starter, use only plain (unflavored) yogurt. Additionally, it's crucial to use yogurt that explicitly states it contains active live yogurt cultures. If this information is not clearly stated on the carton, do not use it! Also, remember to check the expiration date on the container before use.

A. UNHEATED METHOD: If using unheated milk, pour the desired amount into a vessel large enough to hold the milk and starter or yogurt together. In a smaller bowl, add some milk to the yogurt and mix it thoroughly but gently. If using a dry culture yogurt starter, follow the directions on the package. Now, add that mixture to the remaining milk in the larger vessel and include the dry milk powder if you're using it. Stir gently to ensure the mixture is thoroughly combined. Do not whip or use a mixer. **DO NOT** add any fruit, flavorings, or sweeteners to the yogurt at this time. Proceed to **STEP 3**.

B. HEATED METHOD: Heat all the milk in a saucepan. If you're using reduced-fat milk, add the dry milk powder to assist in thickening the yogurt. Watch the milk carefully and stir it often. Avoid allowing the milk to scald or burn on the bottom of the pan. When you start to see some bubbles around the edges (about 190°F/88°C), remove the milk from the heat. If needed, continue stirring until the bubbling stops. Let the milk cool until it reaches a temperature of about 38 to 43°C (100 to 110°F). Ensure the milk is not hotter than this range because excess heat can damage the organisms needed to create yogurt. To speed up the cooling process, you can place the pan in a refrigerator or in a sink with a cold water bath. You may stir occasionally to accelerate cooling.

Once the milk is at the proper temperature, in a smaller bowl, add some of the milk to the yogurt and mix it thoroughly, but do so gently. Avoid whipping or using a mixer. **DO NOT** add any fruit, flavorings, or sweeteners to the yogurt at this stage. If you're using a dry culture yogurt starter, follow the directions on the package. Now, add that mixture to the remaining milk in the larger vessel.

3. Place the base of the unit in an area free from drafts where it can sit for five to ten hours. Place the yogurt cup rack on the base.
4. Plug in the base and turn it on at this time to preheat.

Do not use the "FOOD" setting when culturing yogurt. The temperature is too high and can potentially damage the live culture, which may prevent the yogurt from forming.

5. Pour the mixture into the cups and snap the lid on each cup as you fill it. Place the cups into the yogurt cup rack and cover them with the yogurt maker's lid.
6. The longer you leave the containers heating in the yogurt maker, the tarter the yogurt will become. If using yogurt as a starter, it will take about 5 hours to finish. If using a dry yogurt culture, it will take about 10 hours. There is little to worry about if the yogurt is left in longer than those times.

The yogurt is ready when it has at least partially set. You can check by gently shaking a container while looking at the top of the yogurt; it should show signs of thickening. The liquid on the top of the yogurt is whey and is a healthy part of the food. Once the cups are removed and cooled in the refrigerator, the yogurt will thicken further.

7. Unplug the yogurt maker, remove the cups from the racks, and place the cups in the refrigerator to cool.
8. Set aside some of the yogurt in a sealed, refrigerated container to use as a starter for the next batch if desired.

YOGURT MAKING TIPS

It's essential to maintain a clean environment when making yogurt. Yogurt is a live food containing living bacteria that transform the milk into yogurt. These live bacteria contribute to digestion and increase the milk's nutritional value. Introducing other forms of bacteria can negatively affect the yogurt's quality. **To ensure a clean process:**

- Wash the cups and lids in hot water before every use.
- Wash your hands before handling anything related to yogurt making.
- Use clean utensils and a clean pot to heat the milk.

To prevent damage to the cultures, it's best to use a thermometer to monitor the milk's temperature before introducing the culture.

Whole milk will produce the thickest and richest yogurt. If you're using low-fat or skim milk, the yogurt will have a thinner, less viscous consistency. To make a thicker low-fat yogurt, consider adding some dry milk powder to the milk during the heating process. Experiment with the ratio to achieve the desired consistency.

When adding the starter to the warm milk, use a small container with just a few ounces of milk. Gently mix the starter until it is fully dissolved, and then add it to the pan of milk, mixing thoroughly. It's crucial to ensure that the cultures are evenly distributed in the milk before pouring it into the cups to ensure that all the cups are properly cultured and achieve a nice yogurt consistency.

The longer you process the yogurt in the yogurt maker, the tarter it will be. Experiment to find the taste you prefer.

Because the yogurt you're making is "real" and unprocessed, you may notice some clear liquid on top of the yogurt in each cup after it has been in the fridge. This is "**whey**" and is a healthy part of the yogurt. You can stir it back into the yogurt or pour it off as you desire.

Homemade yogurt may have a slightly different texture compared to many highly processed commercial yogurts found in markets. Stirring the yogurt just before consumption will help smooth out the texture.

If you're using your own yogurt as a starter for the next batch, you may find that the culture weakens after a few batches. If this happens, purchase fresh yogurt or a starter package to begin the cycle again. Your saved starter yogurt will last about five days in the fridge. After that, the cultures will weaken.

Always keep yogurt refrigerated until you're ready to consume it. It is a "**living**" dairy product.

There are other types of cultured milk products, such as kefir and Greek yogurt. You can explore various flavoring ideas, like apple-cinnamon and coffee. Search the internet for different ideas and ways to make your yogurt special!

TROUBLESHOOTING

There are a few common problems that may occur when making yogurt. Here are some common problems and their solutions:

Problem: The yogurt culture used was weak.

Solution: For best results, always use a fresh, live culture.

Problem: Thin yogurt or yogurt that never thickens.

Solution: This can be caused by overheating the culture.

Adding the culture to milk that is too hot can damage the bacteria responsible for turning the milk into yogurt. Always use a thermometer to ensure the milk is at the proper temperature. Another cause can be adding fruits, flavorings, or other ingredients to the milk before the culturing process is completed. Always add fruit, sweeteners, or flavorings after the yogurt-making process has finished.

Problem: Yogurt is only thick on the bottom of the cup or only in some of the cups.

Solution: This may occur if the starter was not thoroughly mixed into the milk before adding it to the cups. Other factors that can prevent yogurt from properly culturing and thickening include:

- Using unclean utensils, pots, or having dirty hands.
- Stirring the starter too vigorously.
- Preservatives in the dry milk powder damaging the starter culture.
- Using ultra-pasteurized milk.
- Placing the yogurt maker in a cold or drafty environment.

Features:

- Comes with 17 Cups Allowing to Make 17 Different Flavors of Yogurt at the same Time
- Comes with an On/Off Switch with a Light Indicator
- Easy Straight Forward Operation
- PS Plastic Jars with Lid
- Easy to Clean, Safe, and Free from Harmful Chemicals
- Secure and Airtight Lid to Keep the Yogurt Fresh During Fermentation
- Healthy and Environmental Friendly by Saving Packaging of Yogurts
- Allows you to Control Sweetness, Ingredients, Fat Content, and Thickness of Yogurt
- BPA-Free and Guaranteeing a Safe and Sanitary Yogurt-making Process

What's in the Box:

- (17) 5 Oz Yogurt Cups
- (2) Yogurt Rack

Technical Specs:

- Construction Material: PS Plastic
- Power Supply: 120Volt, 60Hz
- Maximum Capacity: 5 Oz (Each Cup) or 85 Oz (17 Cups)
- Temperature Control: 113°F
- Product Dimensions (L x W x H): 8.4" x 8.4" x 9" -inches

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Questions? Comments?

We are here to help!

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