

QUICK REFERENCE GUIDE

Cuisinart

Electronic Yogurt Maker with Automatic Cooling

OPERATION

Different cultures yield different results, with some producing thinner yogurts than others. If after making a batch of yogurt thicker results are desired, we recommend following the step for heating the milk below before adding the yogurt base to the yogurt maker.

Heat milk on the stove to 180°F (some cultures recommend only 160°F, so follow the instructions per the particular culture).

For best results (but not essential), keep milk at this temperature for about 20 minutes.

Cool milk until a thermometer reads 110°F. Once cooled to 110°F, stir in culture and any other thickening agent into the milk so that it is fully incorporated. Transfer mixture to the yogurt maker and set the appropriate fermentation time.

If following the recommended step, subtract one to two hours from the fermentation time.

1. Put all of the ingredients in the yogurt container and then cover it with the yogurt container lid.



2. Place the filled container into the housing and cover with the housing lid.



3. Plug the unit in, then set the fermentation time (1–24 hours*) using the “+” and “-” buttons.



* Use 8 hours as a starting point but refer to recipes for more specific guidelines.

OPERATION (CONTINUED)

- 4.** Once desired fermentation time is flashing on the LED display, press the START button. At this point the fermentation numbers on the LED will become solid and fermentation countdown will begin.



NOTE: To change the fermentation time during operation, press the STOP button. The fermentation time will begin flashing again and you can adjust the time using the “+” and “-” buttons. Once adjusted time is shown flashing on the screen, press the START button again and the unit will adjust the time accordingly.

- 5.** After fermentation is complete, the unit will automatically switch into cooling mode and display “C” in the LED. As long as the unit is plugged in, it will stay in cooling mode until you turn the unit off. After 8–12 hours the temperature of the yogurt will be between 43 and 52 degrees Fahrenheit (6–11 degrees Celsius).



NOTE: Yogurt will be at its best and should be eaten within the first three days after completion. Yogurt can be kept for up to 8 days.

- 6.** To turn the unit off or end the cooling cycle, press and hold the STOP button for 3 seconds. Once the unit is off, you can either remove the container and place it directly in the refrigerator, or use the yogurt scoop provided and divide yogurt into individual portions.



RECIPES

Plain Yogurt Variation #1

This yogurt recipe uses a purchased culture to produce a delicious yogurt. Remember yogurt cultures differ depending on variety, so the end results in taste and consistency can also vary.

Makes about 1 quart yogurt

- 4 cups whole milk**
- ½ cup dry milk powder**
- 1 packet yogurt culture**

1. Whisk ingredients together well in a medium stainless bowl. (Whisking well ensures ingredients are completely incorporated.)
2. Pour ingredients into the yogurt container of the Cuisinart Electronic Yogurt Maker. Plug in and press the "+" and "-" buttons to select the time for fermentation. The time ranges from 8 to 16 hours.* Press START to begin fermentation.
3. Yogurt has switched from ferment to cool when the time has counted down and "C" is visible on the display panel. Let yogurt stay on cool mode for a minimum of 12 hours before removing from unit.
4. Stir well and serve immediately or store in refrigerator until ready to eat.

*Use 8 hours as a starting point. You can always add more time if needed.

Plain Yogurt Variation #2

Use this recipe when fermenting with a store-bought yogurt or a homemade yogurt from a reusable-culture batch.

Makes about 1 quart yogurt

- 4 cups whole milk**
- 6 ounces plain whole milk yogurt (use only plain, homogeneous yogurt)**

1. Whisk ingredients together well in a medium stainless bowl. (Whisking well ensures ingredients are completely incorporated.)
2. Pour ingredients into the yogurt container of the Cuisinart Electronic Yogurt Maker. Plug in and press the "+" and "-" buttons to select the time for fermentation. Press START to begin fermentation.
3. Yogurt has switched from ferment to cool when the time has counted down and "C" is visible on the display panel. Let yogurt stay on cool mode for a minimum of 12 hours before removing from unit.
4. Stir well and serve immediately or store in refrigerator until ready to use.

Greek Yogurt

Makes about 2 cups

- 4 cups whole milk**
- 6 ounces plain yogurt (use only plain, homogenous yogurt)**

1. Whisk ingredients together well in a medium mixing bowl (whisking well ensures ingredients are completely incorporated).
2. Pour the ingredients into the yogurt container of the Cuisinart Electronic Yogurt Maker. Plug in and press the "+" and "-" buttons to select 6 hours. Press START to begin fermentation.
3. Yogurt has switched from ferment to cool when time has counted down and "C" is visible on the display panel. Let the yogurt stay on cool mode for a minimum of 12 hours before removing from unit.
4. Stir the finished yogurt and line a fine mesh strainer with 1 to 2 paper coffee filters and place over a bowl. Fill the paper-lined strainer with the yogurt and drain in the refrigerator overnight.
5. Serve immediately or store in refrigerator until ready to use.

TIPS AND HINTS

Cultures and Fermentation

The taste, texture and consistency of your yogurt will depend on the type of culture that is used. Each type of culture contains different bacteria strains with individual properties that affect the tang and taste of the yogurt as well as its texture. Some yogurts are meant to be thin and runny, where others are meant to be thick.

Use only one type of culture per batch of yogurt. Mixing cultures may force different bacteria that are not meant to coexist to compete with one another instead of properly fermenting.

Fermenting times vary depending on the type of culture used. There are two types of yogurt cultures – direct-set and reusable. These two types of cultures also vary depending on yogurt flavor – Bulgarian, Piima, Greek, etc.

Direct-set cultures can be used **only once** and take less time to ferment, about 8–12 hours.

Reusable cultures take longer the first time used, up to 16 hours. When used again as a culturing agent the fermentation time will be shorter, about 6–8 hours.

Finished Yogurt and Taste

We recommend checking consistency of yogurt during the fermentation process to avoid over-culturing. Begin checking yogurt on the earlier side of the recommended time range.

Always stir yogurt before serving.

Longer fermentation times will produce a tangier yogurt, but also aid in thickening.

Do not consume any yogurt that smells, looks or tastes displeasing.

When adding a flavor to yogurt, we recommend waiting until 6 hours after the cooling process has begun. Flavors can also be added to individual portions as needed, instead of to the entire batch.

Certain flavors may shorten the shelf life of yogurt. Fruit mix-in flavors last longer and are better added to the entire batch, while sweeter syrups are best added to individual portions.

IMPORTANT

**Do not throw away. Read before operating your new Yogurt Maker.
Keep for future reference.**

These helpful hints are intended to be a supplement to the Instruction Booklet. In order to ensure safe operation and optimum performance, please read the entire Instruction Booklet.

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