

donvier®

ELECTRONIC YOGURT MAKER



RECIPE • INSTRUCTION BOOKLET

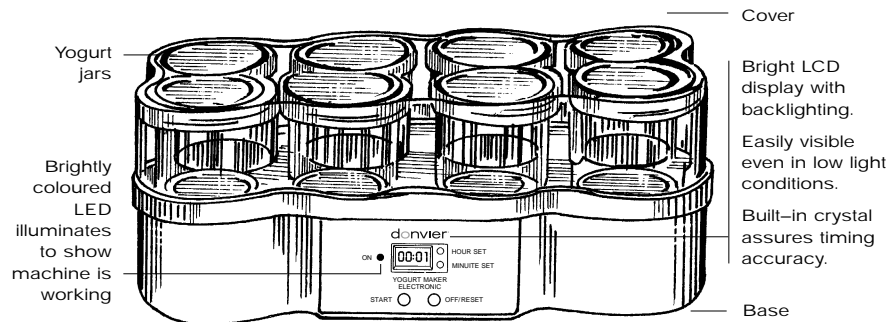
Model No. 83 7418

IMPORTANT SAFEGUARDS

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

- 1 Read all instructions.
- 2 Do not touch hot surface. Use handles or knobs.
- 3 To protect against risk of electrical shock, do not put cord, plug, or appliance in water or other liquid.
- 4 Close supervision is necessary when any appliance is used by or near children.
- 5 Unplug from outlet when not in use and before cleaning.
- 6 Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been dropped or damaged in any manner. Return appliance to DONVIER for examination, repair or adjustment.
- 7 The use of attachments not recommended or sold by us may cause fire, electric shock or injury.
- 8 Do not use outdoors.
- 9 Do not let cord hang over edge of table or counter, or touch hot surfaces.
- 10 Do not place on or near a hot gas or electric burner, or in a heated oven.
- 11 Do not use appliance for other than intended use. This appliance is for household use only.
- 12 Extreme caution must be used when moving an appliance containing hot oil or other liquids.
- 13 Always attach plug to appliance first, then plug cord into wall outlet. To disconnect, turn any control to "off" then remove wall outlet.

SAVE THESE INSTRUCTIONS



Make your own homemade yogurt with no artificial additives or preservatives with the Donvier® electronic yogurt maker. This remarkable machine is reliable and temperature controlled to make the best yogurt you've ever tasted. Using only milk and a starter, create fresh, natural yogurt at a fraction of the cost of commercial brands. Your Donvier yogurt maker is perfect for cooking low fat dishes, or enjoy it as a delicious and nutritious snack any time of day.

The incredible Donvier® Yogurt Maker is temperature controlled to make the best yogurt you've ever tasted—fresh, natural and low in fat—without artificial additives or preservatives.

Chefs throughout the Mediterranean, Eastern Europe and India have cooked with yogurt for centuries to enhance the flavour of their food and to cool down spicy dishes. Today, North Americans use yogurt in many wonderful ways, from appetizers to desserts. Use your homemade yogurt to make delicious low-fat salad dressings, dips and tangy sauces. Spoon over baked potatoes instead of sour cream. Add it to pancake or muffin batter, top fresh fruit and fruit crumbles with yogurt, or place yogurt and fresh fruit in the blender for delicious, nutritious smoothies.

The special Donvier® Thermometer Stirrer included with your Yogurt Maker takes all the guesswork out of making yogurt at home. To use, place the stirrer in the milk until the red bulb is immersed. The "Add Starter" level on the stirrer lets you know when the milk is exactly the right temperature to add the yogurt starter.

The taste of your homemade yogurt will vary depending on the milk you use, the type of starter used, how long you leave the yogurt to set and any flavouring added. Experiment with these different elements to create your own special recipe.

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electrical 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.

A short power-supply cord is provided to reduce risk resulting from becoming entangled in or tripping over a longer cord.

YOUR DONVIER® YOGURT MAKER CONTAINS:

- a heater base
- a Thermometer stirrer
- 8 jars with lids
- a unit cover

HOW TO MAKE YOGURT

INGREDIENTS

Milk

- 1 Qt/.95 L of whole or low-fat milk. If using skim milk, stir 1/4 cup (50 ml) instant skim milk powder into cold milk before heating.
- To use milk made from skim milk powder, add an additional 1/3 cup (75 ml) pf milk powder.

Starter

- 1 heaping tablespoon (15 ml) plain commercial yogurt, homemade yogurt from a previous batch or 1 package dried yogurt culture, available at natural food stores.

PROCEDURE

- 1 Pour milk into a 2-quart (1.9 L) saucepan or 4-cup (1 L) glass measuring cup. Heat milk on medium-low, stirring occasionally, until bubbles appear around the edge and steam rises from the surface. Or microwave on HIGH until milk is steaming hot, stirring occasionally, about 8 to 10 minutes. Temperature of milk should be 185 to 190 F (85–88 C).
- 2 Remove saucepan from heat and add Thermometer stirrer. Let milk cool until it reaches the Add Starter level, 110 to 115 F (43- 46 C). If you use raw milk, boil for several minutes before you cool to the Add Starter temperature.
- 3 Add 1 to 2 heaping tablespoons (15–30 ml) starter to one of the yogurt jars. Add some of the heated milk and stir until well blended. Pour this mixture back into the saucepan and stir well.
- 4 Pour milk equally among jars, cover securely with lids and place jars into the yogurt maker.
- 5 Place the unit cover on the heat base. Plug in the electric cord; the digital display will illuminate and display "00.01".
- 6 Press the MINUTE SET button until desired minute number appears, then press the HOUR SET button until desired hour number appears. For the first batch, try setting cycle time to 10 hours. For future batches, set it to a longer cycle for a thicker consistency or to a shorter cycle for a thinner consistency. The shortest time setting is "0:01" and the longest is "19:59".
- 7 Press the START button to begin the cooking cycle. The ON indicator will illuminate to indicate unit is operating.
- 8 Ten minutes before the end of the cycle, a reminder tone will sound. Five minutes later, a second reminder tone will sound.

- 9 The Yogurt Maker will automatically shut off at the end of the cooking cycle. The ON indicator will turn off and the timer will show "0:00". A beeper will sound for one minute to remind you to remove the jars and place them in the refrigerator.
- 10 Yogurt must be chilled for 3 to 4 hours before serving. Be sure to save some yogurt to use as a starter for your next batch. Plain yogurt will keep in the refrigerator 10 to 14 days.

TIPS FOR BEST RESULTS

- 1 If yogurt is left in the machine too long, the curd and liquid whey will separate. Once this occurs, it cannot be reversed.
- 2 Yogurt made with skim milk or skim milk powder will have a soft consistency. For thicker, creamier yogurt, add 1/2 cup (50 ml) milk powder to the milk before heating.
- 3 When using commercial yogurt as a starter, buy only brands that contain bacterial culture and check the expiration date—culture becomes weaker over time. Use only plain yogurt—flavoured varieties will not work.
- 4 The longer yogurt remains in the machine, the more tart and firm it will become.
- 5 If you are using raw milk or pasteurized milk that has been in your refrigerator for several days, let it boil for a few minutes before cooling to the Add Starter level. Boiling inhibits the growth of bacteria, which may interfere with the yogurt culture.
- 6 Heating the milk for too long or at too high a temperature will produce poor quality yogurt.
- 7 Do not add starter to cold milk.
- 8 After refrigeration, a watery liquid may form on top of your yogurt. This is a natural occurrence. Simply mix it in or drain it off.

FLAVORING DONVIER® YOGURT

For best results, flavour yogurt after refrigerating for several hours or just before eating. Otherwise, your yogurt may be thin and watery. The amount of flavouring you add is a matter of personal taste. Here are some recommended suggestions to get you started:

2 tsp frozen juice concentrate, e.g., apple, orange, pineapple	10 ml
1 tbsp dietetic jam, preserves or jelly	15 ml
1 tbsp fruit nectar, e.g., pear, apricot, peach.	15 ml
1 tsp gelatin or pudding/pie filling powder	5 ml
1 tsp molasses or maple syrup	5 ml
1 tbsp applesauce plus raisins and a dash of cinnamon	15 ml
1 tbsp liqueur.	15 ml
1 tbsp sweetened coconut	15 ml
1 tsp cocoa powder or chocolate or carob syrup.	5 ml
Add nuts or sesame seeds for extra crunch	
1 tbsp whole grain cereal.	15 ml
Add fresh fruit for an extra treat	
1 tsp instant coffee or espresso powder	5 ml
1 tbsp honey	15 ml
1 tsp vanilla extract	5 ml

CLEANING AND CARE

- The yogurt containers are dishwasher safe. The thermometer stirrer should be washed by hand.
- Wash the cover of the Yogurt Maker and the jar lids by hand.
- Clean the Yogurt Maker with a mild detergent and a damp cloth—do not immerse in water.
- Do not place containers in the freezer.

SAFETY

This Yogurt Maker has been rigourously inspected. If it is accidentally left on for an extended length of time, no damage will be done. It cannot scorch tablecloths, counters or furniture. A short power-supply cord is used to reduce the risk of becoming entangled or tripping over a longer cord. Extension cords with an electrical rating of at least .5 AMPS at 120 VOLTS may be attached if used with care.

CREAMY BASIL DRESSING

1 cup low-fat plain yogurt	250 ml
1/2 cup mayonaise.	125 ml
1/4 cup firmly packed fresh basil	50 ml
3 green onions, chopped	3
1 clove garlic, minced.	1
3 tbsp white wine vinegar.	45 ml
2 tbsp chopped tarragon	30 ml
2 tbsp chopped chives.	30 ml
1 tsp Worcestershire sauce.	5 ml
1/2 tsp dry mustard	2 ml
freshly ground black pepper	

Combine all ingredients in a blender or food processor until smooth.
Chill until ready to serve.

YOGURT-DILL SAUCE

1 cup low-fat plain yogurt	250 ml
1 tsp minced garlic.	5 ml
2 tbsp minced red onion	30 ml
1 1/2 tbsp chopped capers	22 ml
1 1/2 tbsp fresh lemon juice	22 ml
1 tbsp chopped fresh dill	15 ml

Mix all ingredients.

CHOCOLATE FROZEN YOGURT

1 1/2 cups low-fat milk	375 ml
1/4 cup unsweetened cocoa powder	50 ml
3 ounces bittersweet chocolate.	100 g
1 egg, lightly beaten	1
* 3/4 cup fruit sugar.	175 ml
1 tbsp cornstarch	15 ml
1 1/2 cups low-fat plain yogurt	375 ml

In a heavy saucepan, combine sugar and cornstarch. Stir in milk and beaten eggs. Cook, stirring constantly, over medium heat until mixture is thickened and coats a metal spoon. Stir in both chocolates and cool. Stir in vanilla and yogurt and freeze in your ice cream maker or by freezer method.

6-8 Servings

* or process granulated sugar in a food processor for 1 minute or until fine.

SPINICH SALAD

Dressing:

2 cups low-fat plain yogurt	500 ml
1 tsp olive oil	5 ml
1 clove of garlic, minced	1
1 tbsp curry powder	15 ml
1 tbsp frozen apple juice concentrate	30 ml
1/2 tsp ground cardamom	2 ml
1/4 tsp cayenne pepper	1 ml
1/2 tsp freshly ground pepper	2 ml

Salad:

8 cups torn spinach leaves	2 L
1 small red onion, sliced (rings separated)	1
1 orange or one tin of mandarin orange sections	1
1/4 cup sliced almonds, toasted	50 ml

Mix or blend dressing; refrigerate. With a sharp knife remove skin and white pith of orange. Cut orange into slices between membrane.

Toss salad with dressing just before serving.

Serves 6.

MARINATED LAMB KEBOBS

2 lbs lean lamb leg	450 g
1 cup low-fat plain yogurt	250 ml
2 tbsp grated fresh ginger	30 ml
1 tsp salt	5 ml
1/2 tsp hot pepper sauce	2 ml
2 tsp curry powder	10 ml
8 cloves of garlic, sliced thinly	8

Cut lamb into 1 1/2" (3.5 cm) cubes; place lamb cubes in shallow glass container. Mix ginger, salt, pepper sauce, curry and yogurt. Pour mixture over lamb cubes and marinate for 24 hours, stirring occasionally. Skewer lamb cubes alternately with garlic, pressing tightly together. Grill, turning frequently until browned but still pink in the centre (about 8 minutes).

Serves 4

May be served over rice.

DILL BREAD

2 cups low-fat plain yogurt	500 ml
1/2 cup warm water	125 ml
2 tsp sugar.	10 ml
2 packages dry yeast (0.6oz /16 g).....	2
1/4 cup olive oil	50 ml
1/4 cup finely chopped onion	50 ml
2 tsp salt	10 ml
2 eggs lightly beaten.....	10 ml
3 tbsp fresh dill weed or 1 tsp/5 ml dried	45 ml
6 cups all-purpose flour, approximately.....	1.5 L
1 egg white	1
1 tbsp water.....	15 ml
2 tbsp dill seed	30 ml

Preheat oven to 350° F (200° C). Measure 1/2 cup (125 ml) water into large mixing bowl. Add sugar and stir until dissolved. Sprinkle yeast over and let stand 10 minutes. Stir well. Heat olive oil in a skillet and add onion. Cook gently 5 minutes, stirring. Remove from the heat. Add yogurt, onion mixture, salt, eggs, dill weed and half of flour to yeast. Beat hard with a wooden spoon until mixture sheets from the spoon. Add remaining flour and mix, first with spoon then with hand, until well blended. Adjust flour, if necessary, by adding more at this time. Turn out on floured board and knead until smooth and elastic. Round up dough. Oil a large bowl and put dough in it, turning once so it is oil on the top. Cover with a damp cloth and let rise in a warm place until it doubles in size, about 1 1/2 hours. Punch dough down. Divide into 2 equal pieces. Oil two 9"x 5"x 3" (23 cm x 13 cm x 8 cm) loaf pans. Shape the dough into 2 loaves. Put them in the pans. Beat egg white. and 1 tbsp (15 ml) water together and brush over tops of loaves. Sprinkle dill seed evenly over tops of loaves. Let loaves rise

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