

LAKELAND

INSTRUCTION BOOKLET

SEVEN-CUP ELECTRIC YOGHURT MAKER



Model: 71068

LAKELAND SEVEN-CUP ELECTRIC YOGHURT MAKER

Thank you for choosing the Lakeland Seven-Cup Electric Yoghurt Maker.

Please take a little time to read this booklet before you use your machine and keep it in a safe place for future reference.

The Electric Yoghurt Maker makes 7 individual cups of thick and creamy home-made yoghurt. Enjoy it plain or flavour with your favourite fruit, nuts and honey.

Simple to use, just add milk and natural yoghurt, set the temperature and time and make a batch overnight.

Any type of dairy milk can be used: whole milk takes around 8 hours, semi skimmed 10 hours, and skimmed 12 hours.

Yoghurt can be stored in the refrigerator for up to 4 days in the lidded cups.

Here at Lakeland, our award-winning family-owned business still offers the same excellent quality, value for money and exceptional customer service as when we founded the company back in the 1960s.

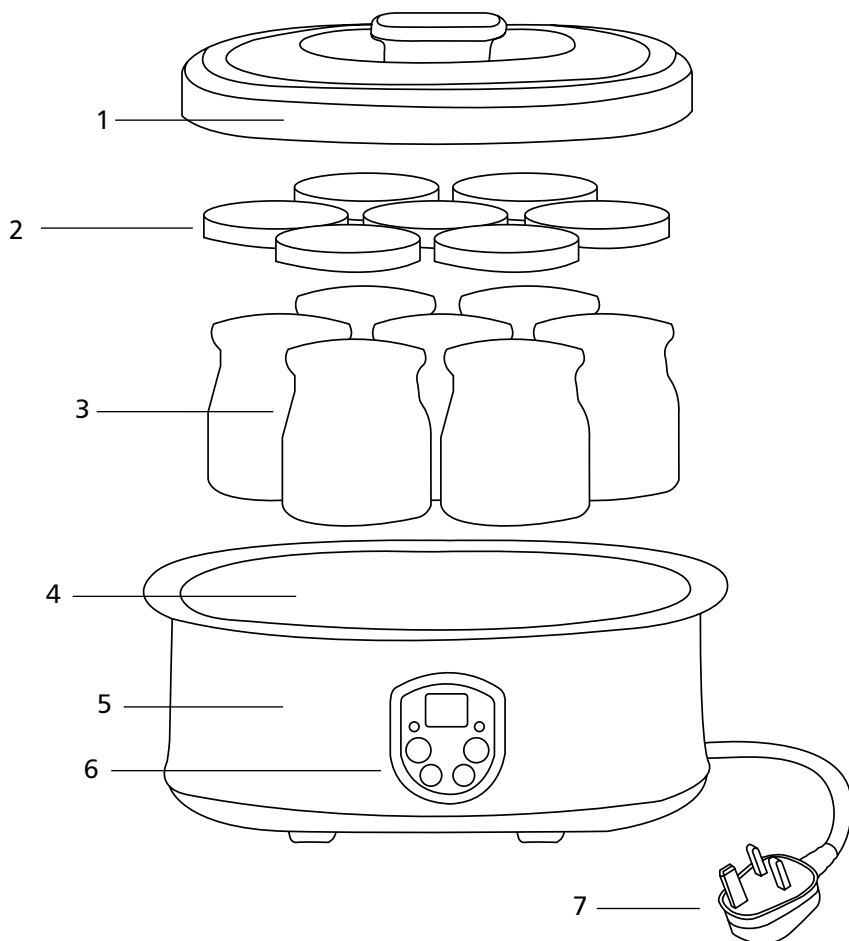
Our products are hand-picked and thoroughly tested so you can be sure that everything you purchase will be a pleasure to use for many years to come.

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PRODUCT FEATURES


1. Cover
2. Lids
3. 7 x 180ml glass cups
4. Heater
5. Base unit
6. Display panel
7. Plug and cord



SAFETY CAUTIONS

Carefully read all the instructions before using the appliance and keep in a safe place for future reference. Always follow these safety cautions when using the appliance to avoid personal injury or damage to the appliance. This appliance should be used only as described in this instruction book.

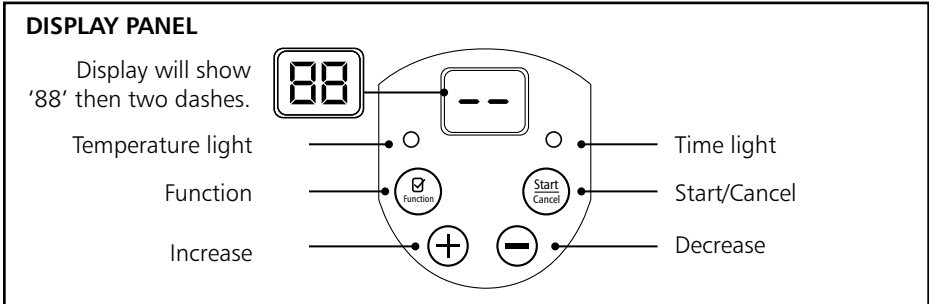
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be done by children unless they are older than 8 and supervised.
- Make sure your electricity supply matches the voltage shown on the appliance.
- Ensure all packaging materials and any promotional labels or stickers are removed from the appliance before the first use.
- Always inspect the appliance before use for noticeable signs of damage. Do not use if damaged or has been dropped. In the event of damage, or if the appliance develops a fault contact the Lakeland customer care team on 015394 88100.
- Do not use this appliance if the lead is damaged. Contact the Lakeland customer care team on 015394 88100.
- Always use the appliance on a dry, level, heat resistant surface.
- Unplug from the mains when not in use and before cleaning. To disconnect, turn the socket to "off" and remove the plug from the mains socket.
- Do not use any accessories or attachments with this appliance other than those recommended by Lakeland.
- To protect against fire, electric shock or personal injury, do not immerse cord, plug or lid in water or other liquids.
- Do not leave the lead hanging over the edge of a kitchen table or worktop. Avoid contact between the lead and hot surfaces.
- For indoor use only.
- For domestic use only.
- This appliance should be used for preparation of food as described within the instructions for use that accompany it.
- Always ensure that your hands are dry before removing the plug from the mains socket. Never pull the plug out of the mains socket by its lead.

- To avoid injury or possible fire, do not cover the appliance when in use.
- Do not connect this appliance to an external timer or remote control system.
- An extension cable may be used with care. The electrical rating of the cable should be at least as great as the appliance. Do not allow the cable to hang over the edge of the worktop or touch any hot surfaces.
- This appliance complies with the basic requirements of Directives 2014/30/EU (Electromagnetic Compatibility) and 2014/35/EU (Low Voltage Directive).
- **WARNING:** A cut off plug inserted into a 13amp socket is a serious safety (shock) hazard. Ensure the cut off plug is disposed of safely.
-  **CAUTION:** The plastic bags used to wrap this appliance or the packaging may be dangerous. To avoid risk of suffocation, keep these bags out of reach of babies and children. These bags are not toys.
- Do not move the Yoghurt Maker once it is switched on. Use it away from any sources of vibration such as washing machines or fridges.
- Only use yoghurt making ingredients i.e. milk and plain yoghurt with this product, other food may damage the appliance.
- Do not put your hands or objects other than the glass jars into the Yoghurt Maker whilst it is on. If yoghurt becomes spilt on the heater make sure the Yoghurt Maker is turned off and cooled down before wiping with a clean damp cloth.
- Do not use the Yoghurt Maker without the cover or glass cups in place.
- The Yoghurt Maker will become hot whilst in use. Turn off, unplug, and let it cool down before moving or handling.
- **WARNING:** Do not keep yoghurt in the refrigerator for more than 4 days after you have made it. Do not use expired milk or expired yoghurt in the Yoghurt Maker, only use fresh ingredients.

USING THE YOGHURT MAKER FOR THE FIRST TIME

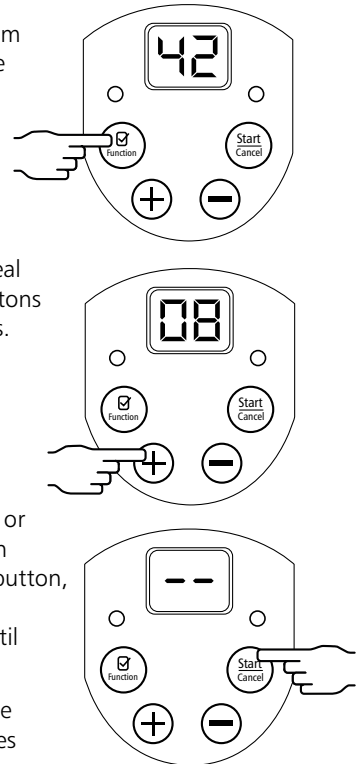
Unpack the Yoghurt Maker, remove all packaging materials. Before first use, wipe the base unit with a clean, damp cloth. Wash the glass cups, lids and cover in hot, soapy water, rinse and dry thoroughly. Make sure that all parts are clean and dry before assembling the product.

INSTRUCTIONS FOR USE



SETTING THE TEMPERATURE AND TIME

1. Place the Yoghurt Maker on a level, dry surface, away from draughts, heat sources and appliances which may vibrate e.g. washing machines and fridges.
2. Plug in and switch on the Yoghurt Maker at the socket. The Yoghurt Maker will beep, the number '88' will appear, then turn to two dashes.
3. Press the 'Function' button, the temperature light will flash and the display will show 42°C, which is the ideal temperature for making yoghurt. Press the '+' or '-' buttons to increase or decrease the temperature in single degrees. You can experiment with making yoghurt between 39°C to 45°C.
4. Press the 'Start/Cancel' button. The time light will flash, and the display will show '08', which is the length of time it takes to make yoghurt with whole milk. Press the '+' or '-' buttons, to increase or decrease the time in hours. You can set the time between 8h to 48h. Once the time is set, press the 'Start/Cancel' button, both lights will turn solid red, the Yoghurt Maker is now on and heating. The display will count down in hours until your yoghurt is ready.
5. If you want to stop the Yoghurt Maker, press and hold the 'Start/Cancel' button until there is a beep, and two dashes appear on the display.



MAKING HOME-MADE YOGHURT

Yoghurt makes yoghurt! Yoghurt is a live milk product, which can reproduce itself in warm conditions. Easy and inexpensive to make at home, all you need is some natural live yoghurt and milk to get started.

GUIDE TO TIMINGS

Different types of milk take different amounts of time to turn into yoghurt. You will need to set the time on the Yoghurt Maker according to the milk you use.

Whole milk = 8 hours

Semi skimmed milk = 10 hours

Skimmed milk = 12 hours

Non-dairy milks will require more time.

- Turn your Yoghurt Maker on so that it has time to preheat, do this by setting the temperature and time at 42°C for one hour. Make sure the cups are removed and the cover is on the Yoghurt Maker.
- Take the starter yoghurt (natural plain live yoghurt) from the fridge so it has time to warm up closer to room temperature while you are preparing the milk.
- Start with 1,250ml of milk. Add this to a saucepan and bring to the boil use a whisk to mix the milk occasionally, this helps make a thicker yoghurt. Then leave to cool down to 32°C to 43°C, check it with a cooking thermometer to make sure it has cooled to the correct temperature.
- Add 125ml of your starter yoghurt to the cooled milk and whisk to mix. The fresher the better, so check the 'Use By' date. Take care not to whip or beat the mixture too vigorously, the consistency should be smooth with no lumps of yoghurt.
- Pour the mixture into the glass cups so that they are filled just underneath the rim, leaving space for you to add your flavourings. Place the glass cups inside the Yoghurt Maker **WITHOUT** the lids on. Place the cover on the Yoghurt Maker, make sure it is properly fitted on top.
- Press and hold the 'Start/Cancel' button to stop the Yoghurt Maker and reset the temperature to 42°C and the time depending on the milk you have used (see 'Guide to Timings' above).
- Leave the Yoghurt Maker undisturbed until the end of the cycle. Many people find it convenient to make yoghurt overnight, switching on the machine before they go to bed. When the Yoghurt Maker has finished, it will beep 5 times, both lights will flash and the display will show '00' (flashing).

- At the end of the cycle, switch off and unplug the Yoghurt Maker. Do not leave yoghurt in the Yoghurt Maker after the timer has finished. Remove the cover slowly as condensation forms during heating. Take care, the heater base and the glass cups will be hot. Use an oven glove or cloth when removing the glass cups from the heater.
- There may be a small amount of liquid (whey) on top of the yoghurt in the glass cups. This is normal. Stir the yoghurt in each glass cup add the lids. Put the glass cups in the refrigerator for at least 3 hours.
- Enjoy as a plain yoghurt or flavour with our serving suggestions.
- **WARNING:** Do not keep yoghurt in the refrigerator for more than 4 days after you have made it. Do not use expired milk or expired yoghurt in the Yoghurt Maker, only use fresh ingredients.

A GUIDE TO INGREDIENTS AND HINTS AND TIPS

THE STARTER

- Use unflavoured plain natural yoghurt, the freshest available with a long 'Use By' date. The probiotics in the starter yoghurt are what helps turn the milk into yoghurt.
- If you make yoghurt regularly, save 125ml of unflavoured yoghurt from your last batch to start your next. If you do this, ensure you don't save it too long or the probiotics can weaken and the yoghurt won't set. We only recommend doing this for 2-3 batches in a row. Then use a fresh starter.
- Yoghurt with flavouring or fruit in it, or a liquid yoghurt will not work as a starter.

THE MILK

- After boiling your milk, check with a cooking thermometer to make sure it has cooled to the correct temperature.
- To make thicker yoghurt you can try adding 2 tablespoons of powdered milk to the milk before boiling. Add more if you would like your yoghurt thicker.
- Yoghurt made with semi skimmed or skimmed milk will have a thinner consistency.
- Yoghurt can be made with other types of milk. You can experiment with evaporated, goat's, ewe's, soya, almond or coconut milk instead of pasteurised dairy milk. These milks will take a longer time to make into yoghurt. Calories, fat content and flavour will vary with the type of milk chosen.
 - If experimenting with untreated, goat's or ewe's milk, bring to the boil and simmer for 7 minutes before cooling.
 - Long-life UHT, evaporated and powdered milk have already been treated and do not need boiling. Use at room temperature, not straight from the fridge.

THE LOCATION

- Yoghurt will take longer to make in a cool, draughty room. If possible, choose a draught-free position.
- Movement will cause separation and uneven texture so avoid moving the Yoghurt Maker when in use and do not place it on top of a source of vibration e.g. fridge or washing machine.
- Keep the Yoghurt Maker away from heat sources such as ovens and stovetops. Do not place it on a shelf above a radiator.
- Tempting as it may be, do not lift the cover or disturb the Yoghurt Maker until it has finished, this will disturb the yoghurt making process.

BAKING WITH YOGHURT

You can experiment using yoghurt as a healthy substitute when baking. Low-fat yoghurt (made with semi skimmed or skimmed milk) can be used to reduce or replace shortening, oil, butter or sour cream. It adds a creamy texture to your recipes.

When a recipe calls for butter, replace $\frac{1}{2}$ the butter with half as much yoghurt. For instance, instead of 1 cup of butter, use $\frac{1}{2}$ cup of butter and $\frac{1}{4}$ cup of yoghurt.

Substitute yoghurt cup for cup for sour cream in recipes.

Yoghurt can even replace some of the water or milk in a recipe. Start by substituting $\frac{1}{4}$ of the liquid with yoghurt. The result will be creamier.

SERVING SUGGESTIONS

PLEASE NOTE that all spoon measurements are standard metric, so 1 tsp is 5ml and 1 tbsp is 15ml. We recommend using measuring spoons for accurate results.

Flavourings should be added after the yoghurt is made, never before. For the freshest flavours add the fruit or flavouring just before you eat the yoghurt. Flavoured yoghurt will keep in the fridge for up to 4 days.

The recipes below are for a single cup of yoghurt.

Sweeten your yoghurt as required using honey, maple syrup or sugar.

Yoghurt	Ingredients
Apple	¼ small apple
Blueberry	1 tbsp blueberry preserve
Chocolate	2 tbsp chocolate syrup or 1 tbsp chocolate milk powder. 1 tsp shaved chocolate (optional)
Honey	1 tbsp honey
Lemon	2 tsp fresh lemon juice
Lime	2 tsp fresh lime juice
Maple-Nut	1 tsp maple syrup 2-4 tbsp finely chopped nuts
Orange	2 tbsp orange marmalade or chopped orange
Prune	2 prunes, chopped
Raspberry	1 tbsp raspberry jam
Strawberry	1 tbsp strawberry jam or 2 tbsp strawberries, sliced
Vanilla	1 tsp vanilla extract
Almond	1 tbsp almonds chopped, 8 drops almond extract
Apricot	3 dried apricots, chopped
Banana	1½ tbsp honey, ⅓ cup banana, peeled and chopped
Cherry	1 tbsp cherry jam, 6 cherries, chopped and stones removed
Coffee	1 tsp instant coffee, dissolved in ½ tsp water
Peach	1 tbsp peach jam or 5 slices of peeled peach
Pear	5 thin slices of pear, chopped
Plum	2 small fresh plums, sliced

USING YOGHURT IN OTHER RECIPES

- Spoon over muesli and drizzle with runny honey.
- Try flavourings such as puréed tinned fruit, chopped nuts, maple syrup or vanilla extract. Liquid flavourings will dilute the yoghurt.
- Yoghurt makes a cool, creamy accompaniment to savoury dishes like curries and chilli con carne. Add fresh chopped herbs, garlic, chilli or ground spices such as cumin, turmeric or coriander.
- Fresh yoghurt makes a smooth base for salad dressings, dips, seafood sauce, cucumber raita and toppings for jacket potatoes.

FREQUENTLY ASK QUESTIONS

Question: The lights on the display panel are not working.

Answer: Make sure the Yoghurt Maker is plugged into the wall socket and turned on.

Question: Why is my yoghurt not the correct consistency?

Answer: The starter yoghurt may have been added to the milk before it had properly cooled, which has killed the probiotics.

Question: The yoghurt has a peculiar smell and is very thick.

Answer: The temperature could be too high or the time set for too long.

The ingredients used could be past their 'Use By' date, if in doubt, do not eat the yoghurt.

The milk may not have been brought to a full boil before mixing the starter in.

The yoghurt mixture may have been 'over mixed' before being put in the Yoghurt Maker.

The Yogurt Maker may not have been turned on or set for the correct amount of time. Try setting it for longer.

If you used yoghurt from a previous batch as a starter, you might have saved it for too long. After a few days the probiotics in the previous batch can weaken and could make a yoghurt with too liquid of a consistency. We recommend only using the previous batch as a starter for 2-3 more batches. You can freeze your home-made starter to make it last longer.

The yoghurt used as a starter may not be fresh enough and the probiotics could have weakened too much to turn the milk to yoghurt.

The yoghurt starter needs to sit at room temperature before mixing it with the milk.

The temperature in the room may be too low.

Question: Why does my yoghurt taste strange?

Answer: The starter yoghurt or milk may have expired.

Flavoured yoghurt may have been used as a starter instead of plain yoghurt.

The yoghurt may have been left in the Yoghurt Maker too long and overheated.

Question: Why is a liquid (whey) collecting on the surface of the yoghurt?

Answer: A little liquid is normal, you can mix it into the yoghurt or pour it off.

The milk may have been overheated causing it to separate.

The yoghurt may have been left in the Yoghurt Maker too long and overheated. If there is a lot of liquid you can pour it off.

The Yoghurt Maker may have been mixed, moved or bumped during heating.

CARE AND CLEANING

- Unplug the Yoghurt Maker and let it cool completely before cleaning.
- Clean thoroughly before using for the first time and after every use.
- Check the parts for wear and damage after every few uses.
- Do not use abrasive cleaners or steel wool.
- Always use plastic, wooden or silicone spatulas.
- Never immerse the base in water or any other liquid.
- To clean the outer surfaces, wipe with a clean damp cloth, then dry thoroughly before storing.
- Do not put your hands or objects other than the glass jars into the Yoghurt Maker whilst it is on. If yoghurt becomes spilt on the heater make sure the Yoghurt Maker is turned off and cooled down before wiping with a clean damp cloth.
- The glass cups and lids can be washed in hot soapy water. Rinse and dry thoroughly before storing.
- No parts are dishwasher safe.
- Store the Yoghurt Maker with the power cord loosely coiled. Never wrap it tightly around the product.

ELECTRICAL CONNECTIONS

The appliance is fitted with a fused three-pin plug to BS1363 which is suitable for use in all homes fitted with sockets to current specifications.

CHANGING THE 3 AMP FUSE

Use a 3 amp BS1362 fuse. Only BSI or ASTA approved fuses should be used. If you are unsure which plug or fuse to use, always refer to a qualified electrician.

Note: After replacing or changing a fuse on a moulded plug which has a fuse cover, the cover must be refitted to the plug; the appliance must not be used without a fuse cover. If lost, replacement fuse covers can be obtained from an electrical shop. This appliance complies with the following EU Directives: 2014/35/EU (Low Voltage Directive) and 2014/30/EU (EMC Directive).

RECYCLING YOUR ELECTRICALS

Along with many other high street retailers, Lakeland has joined a scheme whereby customers can take their unwanted electricals to recycling points set up around the country.

Visit www.recycle-more.co.uk to find your nearest recycling point.



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