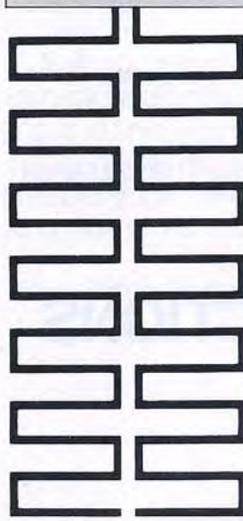


OWNER'S MANUAL

MODEL No. GM-7W.

Yogurt Maker



It's handsome, strong, reliable and temperature controlled to make the best yogurt—fresh, natural and nourishing—without artificial additives. You'll like it and you'll like saving 70% of the cost of commercial yogurt.

If you're looking for an exciting gourmet ingredient for your cooking, if you're watching your weight or feel you need a nutritious pick-me-up, Salton homemade yogurt is for you.

salton[®]

Get a taste of the good life with Salton.

IMPORTANT SAFEGUARDS

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

1. Read all instructions.
2. To protect against risk of electrical shock, do not put cord, plug, or appliance in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use and before cleaning.
5. 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 Salton, Inc. for examination, repair or adjustment.
6. The use of attachments not recommended or sold by us may cause fire, electric shock or injury.
7. Do not use outdoors.
8. Do not let cord hang over edge of table or counter, or touch hot surfaces.
9. Do not place on or near a hot gas or electric burner, or in a heated oven.
10. Do not use appliance for other than intended use. This appliance is for household use only.

SAVE THESE INSTRUCTIONS

It's handsome, strong, reliable and temperature controlled to make the best yogurt—fresh, natural and nourishing—without artificial additives. You'll like it and you'll like saving 70% of the cost of commercial yogurt.

If you're looking for an exciting gourmet ingredient for your cooking, if you're watching your weight or feel you need a nutritious pick-me-up, Salton homemade yogurt is for you. Eastern Chefs have been using yogurt in their cooking for centuries, because it actually improves the flavor of food. Yogurt enhances cereals—rice, wheat, corn dishes—makes excellent dressings for salads, vegetables and fruits, makes tangy sauces and delicious meals. You'll be surprised and delighted by the recipes we've included for everything from appetizers to desserts. Yogurt is not fattening, and, it is an excellent supplement to a diet. You'll find it an especially marvelous substitute for sour cream (485 calories per cup) for those dips, dressings and spreads you can't resist. As a snack, yogurt with fresh fruits is a light, nourishing and filling treat.

The specially made Salton Spoon Thermometer included with your Yogurt Maker takes all the guesswork out of making yogurt. It's important that the milk being used not be too hot or the yogurt culture will be destroyed. If it is too cold the culture will not grow. The "Add Starter" level on the Spoon Thermometer lets you know when the milk is exactly the right temperature for the yogurt "starter" to be added. Immerse the Spoon Thermometer bowl-end down until the red bulb is in the milk. The Salton Spoon Thermometer measures exactly one tablespoon so you can also use it to measure your yogurt "starter".

Salton's taken all the guesswork out of making yogurt, but you can still be adventuresome. Try varying the yogurt culture, milk, flavoring and time you set for your yogurt. Borrow a family-secret culture handed down for years, buy health store culture or your favorite commercial yogurt and use them as a "starter". The results will all vary, and you're sure to find your very own favorite yogurt recipe.

Your Salton Yogurt Maker Contains:

A heater base, a Spoon Thermometer, 7 jars with lids, and a unit cover.

HOW TO MAKE YOGURT - THE BASICS

It's simple, sure and easy with the Salton Yogurt Maker. All you need are two ingredients—milk and starter. The only utensils—a pot to heat the milk and the Salton Spoon Thermometer.

INGREDIENTS

One litre of milk—whole, skimmed or fat free, or skimmed milk made from non-fat dry milk (follow instructions but use $\frac{1}{3}$ cup more dried powdered milk than directed per litre)

Yogurt starter—1 heaping tablespoon (Use the handy Spoon Thermometer) of plain, unpasteurized yogurt, available at food stores, or yogurt you've previously made or 1 package of dried yogurt culture available at most health food stores.

PROCEDURE

1. Pour the milk in a pot and place on the stove. Heat milk on a low-medium heat stirring it occasionally until it just boils, then, cool it down to the "Add Starter" level on the Spoon Thermometer. If you use "raw" milk, boil for several minutes before you cool to the "Add Starter" temperature.
2. Add 1 to 2 heaping tablespoons of starter to one of the yogurt jars. To this, add some of the heated milk and stir until well blended.
3. Pour this mixture into the pot of heated milk and stir well.
4. Pour the milk into the 7 serving jars, put the lids on securely, and place the jars into the Yogurt Maker.
5. Put the unit cover on the heater base.
6. Plug in the electric cord.
7. Set the "Time-Out" dial for 10 hours later, to *remind* you what time the yogurt will be ready.
8. After 10 hours remove the jars and place them in your refrigerator. Allow the yogurt to cool for 3-4 hours BEFORE serving. Be sure to save some yogurt to use as a starter for your next batch.
9. Plain yogurt may be stored in most refrigerators for approximately 10-14 days.

TIPS FOR BEST RESULTS

1. Over-incubation (left in the machine for too long a time) will produce yogurt with curd and whey separation. A layer of watery substance (whey) will appear after long periods of time, along with a thick, solid layer (curds). Once this occurs, you cannot reverse the process.
2. If you are using *skimmed milk, skimmed milk products, 99% fat-free milk, or non-fat dry milk*, your yogurt will be soft in consistency. If your yogurt is too soft, add 1/3-1/2 cup of non-fat dry milk, in powder form, directly to your quart of milk before using it. This will make your yogurt not only thicker but creamier. Keep in mind that the longer the yogurt remains in the machine, the more tart and firm it will become.
3. If you are using a commercial yogurt as your starter: All yogurts contain pasteurized milk as an ingredient. However, if the entire product has been pasteurized to prolong the shelf life, it no longer contains "active" yogurt culture. This will not produce yogurt. Only UNPASTEURIZED, unflavored yogurt will make yogurt. Only unpasteurized yogurt contains live culture. (Make sure your yogurt has not passed the expiration date on the container. As time passes, the culture becomes weaker.) If you are using your homemade yogurt as a starter, and the quality of the yogurt is not the same, simply buy plain yogurt or dried yogurt culture and start again.
4. If you are using *raw milk or milk which has been in your refrigerator* for several days, the best results will come from milk that has been boiled for a few minutes and then cooled to the "Add Starter" level. Boiling inhibits the growth of bacteria which may interfere with the yogurt culture.
5. Heating the milk for too long a period of time or at too high a temperature will produce a poor quality yogurt.
6. We do not recommend adding starter to cold milk.
7. It is best to flavor yogurt after refrigeration for several hours or right before eating. If you add flavoring before refrigerating or add too much flavoring, your yogurt will become very soupy.
8. Flavoring yogurt is *dependent upon individual tastes*. We have found that flavoring in the following ways satisfies most persons. You may find that you prefer your yogurt with more or less flavoring. The following flavoring suggestions may satisfy you:

- 2 teaspoons of frozen juice concentrate—apple, orange, pineapple, etc.
 - 1 Tablespoon of dietetic jam, preserves, or jelly
 - 1 Tablespoon of juice nectar—pear, apricot, peach, etc.
 - 1 teaspoon of your favorite gelatin or pudding/pie dessert (powder form)
 - 1 teaspoon of molasses or maple syrup
 - 1 Tablespoon of applesauce with a dash of cinnamon with some raisins
 - 1 Tablespoon of your favorite liqueur
 - 1 Tablespoon of sweetened coconut
 - 1 teaspoon of cocoa, chocolate or carob syrup, add some nuts or sesame seeds for an extra crunch
 - 1 Tablespoon of any natural cereal, add some fresh fruit for an extra treat
 - 1 teaspoon of instant coffee
 - 1 Tablespoon of honey with a teaspoon of vanilla
9. After refrigeration, should a watery substance form on the top of your yogurt, simply mix it in, or pour it off into your sink. This is a regular occurrence with homemade and commercial yogurts.
10. It is not necessary to make 7 jars of yogurt. You can make 2 or 3. This will not harm your machine.

CLEANING AND CARE

Wash the Jars, Jar Covers, Spoon Thermometer and Yogurt Maker Cover in warm soapy water. Rinse and dry. **DO NOT IMMERSE THE BASE OF THE YOGURT MAKER.** Use a mild detergent and damp cloth to wipe the base. Do not place the jars in the freezer.

SAFETY

This product has been rigidly inspected. If you should accidentally leave the Yogurt Maker on for any extended period of time, no damage will be done because of its construction, design and thermostatic control. The Yogurt Maker cannot scorch tablecloth, counter or furniture. The Yogurt Maker comes with a short power supply cord in order to reduce the hazards resulting from becoming entangled in or tripping over a longer cord. Extension cords are commercially available and may be used if care is exercised in their use. If an extension cord is used the marked electrical rating of the extension cord should be at least .5 AMPS at 120 VOLTS.

YOU'LL LOVE YOGURT RECIPES

YOGURT DRESSINGS

1/2 cup yogurt
1 avocado

1/2 clove garlic, mashed fine
1 teaspoon lemon juice, or to taste

Mash avocado in small bowl, add other ingredients, and beat until thick consistency. Serve over crisp lettuce.

1 cup yogurt
Juice 1 lemon
Sugar or artificial sweetener to taste

1/2 cup yogurt
1/2 cup mayonnaise
Juice of 1/2 lemon or a little vinegar
Sugar or artificial sweetener to taste

1/2 cup yogurt
1/2 cup mayonnaise
Lemon juice, to taste (or vinegar)
Sugar to taste
1 Tablespoon ketchup or chili sauce

FINE FOR FRUITS

Whip equal amounts of yogurt and mayonnaise, add powdered sugar (granulated sugar thins out consistency) and a little vanilla. Fold into salads or use as topping.

RICE PILAF NO. 1

Yogurt
1 cup rice
3 Tablespoons butter

1 small onion, diced
2 cups stock, chicken, beef
Salt and pepper to taste

Braise rice in 2 tablespoons of melted butter, stirring frequently until butter bubbles and rice is light brown. Fry onion (in remaining butter) in separate pan until brown, add to rice, add stock. Blend well, bake 375 °F, for 30 minutes, stir, bake for about 10 minutes longer. Top with yogurt.

BULGARIA

In Bulgaria a dish called "Moussaka" is popular: Sprinkle 1 teaspoon salt over slices of 2 large eggplants, 1/4 inch thick. In a large skillet, fry 2 finely chopped onions, 1 green pepper, chopped, 3 minced garlic cloves in oil; add 1-1/2 pounds of ground lamb (or beef), separating into particles with fork. Season with salt, pepper, paprika and brown well. Remove from skillet and set aside.

Dip eggplant slices in flour and brown on both sides in same pan. In a casserole arrange alternate layers of eggplant slices and meat mixture; bake at 375 °F. for about 1 hour.

In a bowl, mix 2 cups yogurt, 3 egg yolks and 1/2 cup sifted flour; spoon over contents of the casserole; pass it briefly under the flames of the broiler for a custard-like topping.

FRUIT SHERBET NO. 1

2 cups yogurt	2 teaspoons vanilla
1 small can frozen concentrated fruit juice	

Combine all ingredients, mix well and place in freezer tray to freeze.

Note: Fruit juices may be grape juice, orange juice or any of the concentrated fruit juices.

The above recipes are from *The Yogurt Cookbook*,
by Olga Smetinoff, Frederick Fell, Inc., N.Y.C.

SUNDAY BRUNCH PANCAKES

6 eggs, separated	1 cup flour
5 Tablespoons raw sugar	1/2 cup corn starch
1 cup yogurt	4 teaspoons baking powder
1 cup milk	1/2 teaspoon salt

Whip together egg yolks and sugar. Add milk and yogurt and blend until smooth. Sift flour, measure; sift again with cornstarch, baking powder and salt. Combine with yogurt mixture. Mix well, beat egg whites until stiff and fold in. Bake on a medium hot griddle. Serve with melted butter and yogurt topping, or your favorite syrup.

Serves 6.

Yogurt topping: Mix 1 to 2 tablespoons honey to 1 cup blueberry or boysenberry flavored yogurt. Other fruit flavors may be used.

COOL TROPICAL SALAD

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|--|---------------------------|
| 1 small fresh pineapple | 2 cups yogurt |
| 1 cup mango chunks or melon balls | 2 Tablespoons honey |
| 1 cup diced papaya or
fresh peaches | 1 cup sliced strawberries |
| | 4 sprigs fresh mint |

Cut pineapple in quarters, lengthwise. Remove core; slice pineapple from shell and cut in cubes. Refrigerate empty shell to chill until serving time. Toss 1 cup of cubed pineapple with mango and papaya. Chill. To serve, put 1/3 cup yogurt on each pineapple shell and cover with mixed fruit. Top with layer of remaining yogurt, which has been sweetened with honey and cover with sliced strawberries. Garnish each serving with whole strawberry and a sprig of fresh mint.

Makes 4 servings.

STUFFED GRAPE LEAVES

- | | |
|------------------------------|------------------------|
| 3/4 lb. minced lamb or beef | Dash cinnamon |
| 1 onion finely chopped | 1 lb. grape leaves |
| 3 Tablespoons olive oil | 1/2 cup white wine |
| 6 Tablespoons rice, uncooked | 1-1/2 cups meat stock |
| 1/4 cup pine nuts | 1 cup yogurt |
| 2 Tablespoons chopped dill | 1 clove garlic, minced |
| Pinch mint | |

Clean and wash grape leaves; drop into boiling salted water and cook 3 minutes; drain well pressing out all water. Cut large leaves in half down the center vein. Saute onions in oil until limp; add rice and cook until golden. Add pine nuts and toast for 1 minute; remove from heat and add meat, mint, dill, cinnamon, salt and pepper. Put 1. tablespoon of mixture on each leaf half and roll into finger shape, tucking in the edges. Put the rolls in a casserole, cover with meat stock and wine. Cook for 45 minutes over medium heat. Add more stock if needed. Serve on hot platter, topped with blend of yogurt, mint and minced garlic.

Serves 4.

ARMENIAN HASH

- | | |
|--------------------------------------|----------------------|
| 1 lb. ground meat | 1 egg, beaten |
| 3 medium potatoes, boiled in jackets | 1 teaspoon cumin oil |
| 1 onion, finely chopped | 1/2 cup yogurt |

Peel boiled potatoes and chop in small cubes. Mix meat, potatoes, onion and cumin. Blend together yogurt and egg; add to meat mixture. Toss lightly until well mixed. Shape into patties and saute in oil until done.

Serves 4.

CLAM DIP

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|--|--------------------------|
| 1 cup minced clams (drained) | 1 teaspoon onion powder |
| 1/2 cup cottage cheese
(whipped in blender) | 1/2 teaspoon salt |
| 1 cup yogurt | 1/4 teaspoon pepper |
| | 1 Tablespoon lemon juice |

Mix all ingredients well. Chill.

REFRESHING COLD FRUIT SOUP

- | | |
|---------------------------------------|------------------------------|
| 1 cup sour pitted cherries with juice | 2 teaspoons lemon juice |
| 16 apricot halves | 6 drops artificial sweetener |
| 1/2 cup apricot liquid | 1 cup yogurt |

Blend on puree setting all ingredients except yogurt. When mixture is smooth, fold in yogurt and chill. Serve with a dollop of yogurt.

Serves 4.

CURRENT WALNUT DESSERT FOR TWO

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|-------------------------|-------------------------------|
| 1 cup yogurt | 1 teaspoon vanilla |
| 1/4 cup currants | 1 pinch cinnamon |
| 1/4 cup chopped walnuts | 2 drops artificial sweeteners |

Mix all ingredients. Chill.

The above recipes were prepared especially for Salton, Inc.
by Ms. Celeste Burg, Queens, N.Y.

FRESH CUCUMBERS IN YOGURT

- | | |
|---------------------------|-------------------------------------|
| 6 medium-sized cucumbers | salt and pepper |
| 1 Tablespoon cooking salt | 1 Tablespoon chives, finely chopped |
| 1-1/2 cups yogurt | |

Peel cucumbers, split lengthwise, scoop out seeds with small spoon, slice as thin as possible. Place in chilled bowl, sprinkle with salt, and blend well. Stand in refrigerator 1 hour. Place cucumbers between dry towels and press firmly until free of water. Return to chilled bowl; add yogurt along with salt and pepper to taste. Blend well. Sprinkle with chives.

Serves 6

YOGURTAISE DRESSING

1 egg yellow
3/4 cup yogurt
1/2 teaspoon dry mustard
1/4 teaspoon salt

pinch cayenne pepper
pinch paprika
1 Tablespoon vinegar
1 drop artificial sweetener

Beat egg yellow well. Combine with other ingredients and mix well. Chill before using. Keep in refrigerator.

Makes almost one cup.

- The above recipes are from *The Complete Book of Low Calorie Cooking* by Leonard Lewis Levinson ©1964, 1965 by L.L. Levinson.
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LIMITED WARRANTY

If, within one year from date of purchase, this SALTON product fails to function because of defects in materials or workmanship, SALTON will, at its option, repair or replace the unit without charge, provided the owner does the following: —

- (1) return the product (securely packaged) prepaid to: —
SALTON CANADA
81A Brunswick
Dollard-des-Ormeaux
Québec H9B 2J5
- (2) sends with the returned product the proof of purchase and the reason for return.

This warranty does not cover damage to the product from accident, misuse, use on frequency or voltage other than that marked on the product, abuse, including tampering, damage in transit, or use for commercial purposes.

To insure prompt service under warranty, be sure to include a proof of purchase. We recommend you take the necessary precaution of insuring parcel.



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