

Luvele

Luv life. Luv health.

LUVELE PURE YOGHURT MAKER



Instruction
Booklet
LPYM300WUK

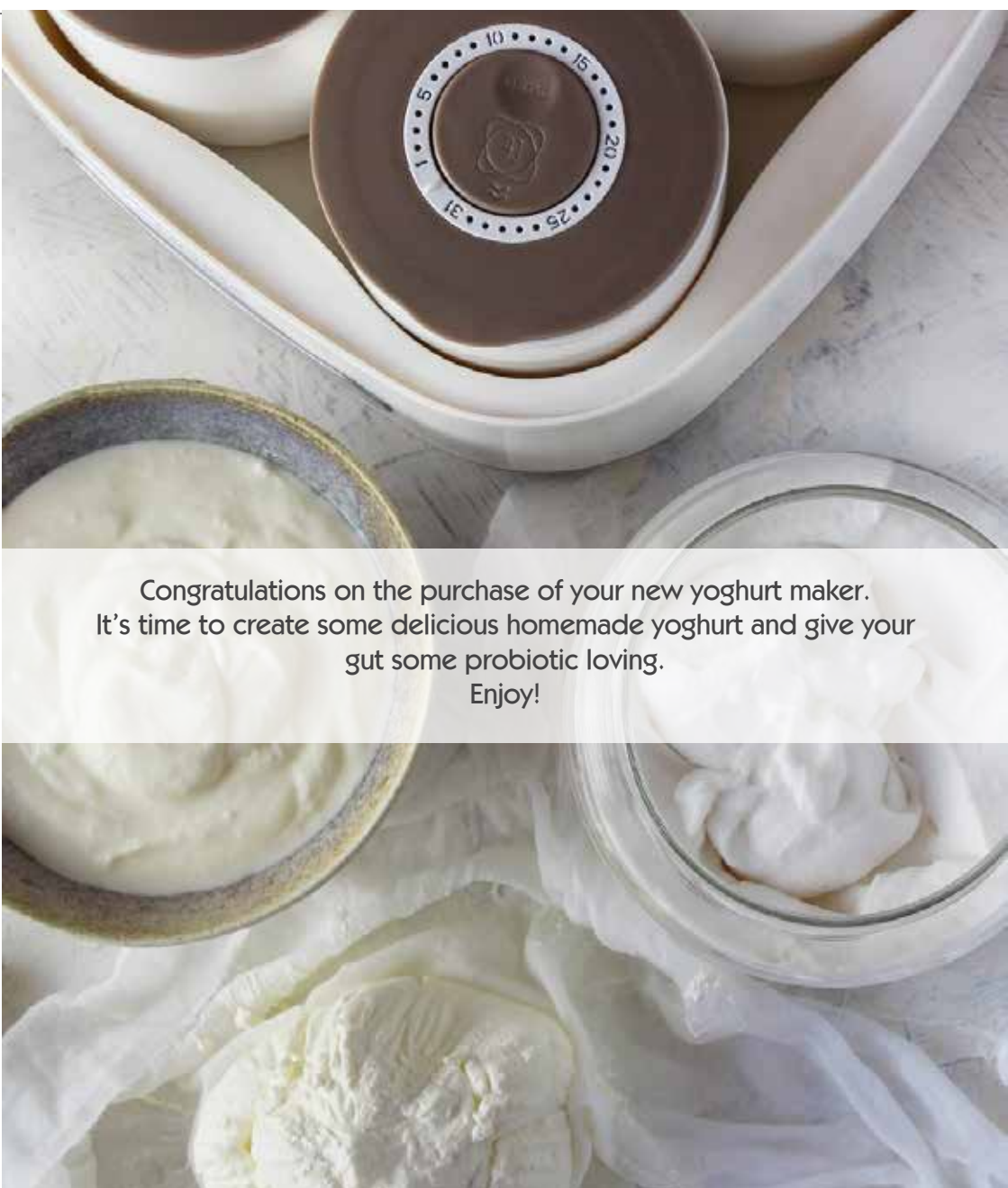


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Safety

Please read all instructions before using the Luvele Yoghurt Maker.
Keep these instructions for future reference.

- Remove all packaging before using your yoghurt maker for the first time.
- Do not place appliance near the edge of a bench or table during operation.
- Ensure the surface is level, free of liquids or other substances.
- Do not place your appliance on or near a hot stove or oven.
- Unplug from power outlet when not in use, before putting on or taking off attachments, and before cleaning.
- All attachments should be removed with care before cleaning.
- Only use the accessories provided and recommended by Luvele.
- Do not use the yoghurt maker without water.
- Do not place any parts of the appliance in a dishwasher or microwave oven.
- Ceramic jars are dishwasher friendly however the lids are not. Please don't put the lids in the dishwasher.
- Do not immerse the body of the appliance in water or other liquids.
- Never operate damaged appliance (incl. Mains cable).
- Operate appliance only through a professionally installed socket supplying the correct voltage and do not use extension cables.
- Never remove main cable with wet hands, or lay cable on hot surface, or let cable come into contact with oil.
- Unplug the appliance after each use, when the appliance is not in use and before changing accessories or cleaning appliance.
- Do not try and perform any maintenance, other than cleaning. For any maintenance issues please contact Luvele at support@luvele.co.uk
- Do not operate outdoors.
- This appliance is not intended for use by young children or infirm persons without supervision.
- Use a fire blanket only to extinguish fires on appliance.
- The appliance is not designed for commercial or industrial use; it is for household use only.



Congratulations on the purchase of your new yoghurt maker.
It's time to create some delicious homemade yoghurt and give your gut some probiotic loving.
Enjoy!

Safety

This appliance is intended to be used in household and similar applications such as:

- Staff kitchen areas in shops, offices and other working environments;
- Farm houses;
- By clients in hotels, motels and other residential type environments;
- Bed and breakfast type environments

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children 8 years and above can use this appliance, however, they should be supervised to ensure that they do not play with the appliance. Children should not play with the appliance.

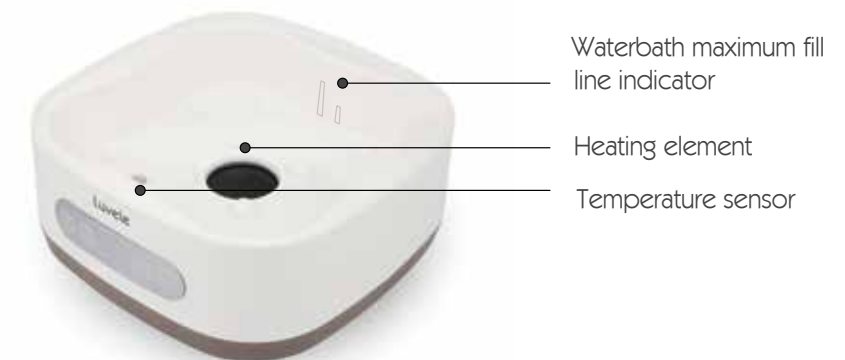
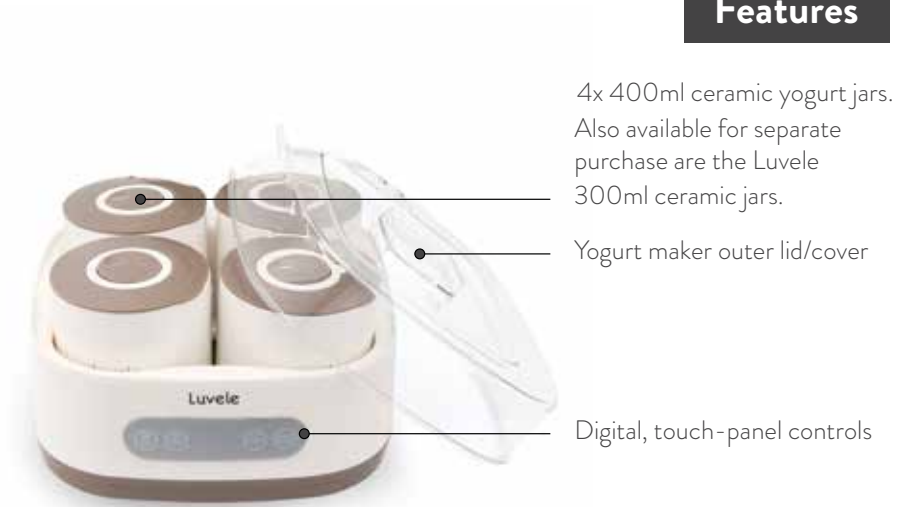
Cleaning and user maintenance should not be made by children unless they are older than 8 years old and supervised.

Keep the appliance and its cord out of reach of children less than 8 years.

Check the power supply cord for damage from time to time. If the power supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Use only designated accessories enclosed. This appliance is not intended to be operated by means of external timer or separated remote-control system.

Basic Features



! **WARNING**
Do not operate yoghurt maker without water

! **IMPORTANT**
After each use, dry 'heating element' with paper towel or soft clean cloth



Basic Features



4x 400ml ceramic jars are included. The BPA free lid features a date recorder. Use this to record the day of the month the yogurt was made

When placing the lid on the ceramic jar push the vacuum button shut to keep the yoghurt fresh.

Pack of 4x 300ml ceramic jars are available for separate purchase at www.luvele.co.uk



Ceramic jars are dishwasher friendly however the lids are not. Please don't put the lids in the dishwasher.

Operating

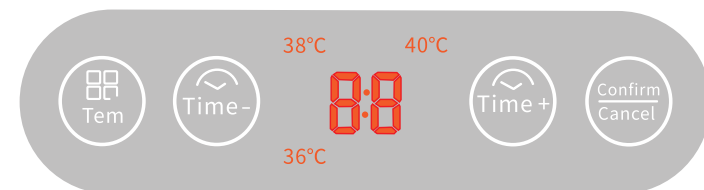


The 'Waterbath' feature allows the yogurt mix to incubate at an accurate & even temperature. This is important when making SCD or GAPS diet yogurt.

When making yogurt in the Pure Yogurt Maker, first fill the ceramic jars with yogurt mix and then place them into the base of the yogurt maker before adding water.

When all four ceramic jars have been added, then add water slowly to the base of the yogurt maker. The water must not be filled over the 'Tall Line Indicator' shown here. Now you can set your temperature & time.

WARNING
Do not operate yoghurt maker without water



The digital control panel is used to set the temperature and time when making yogurt.

Tem button = Press the 'Tem' button to select one of three temperatures

Time button = Press the 'Time' button to add or remove hours.

Confirm/Cancel button = Press to begin incubation period once time and temperature has been selected. Tap this button twice to re-set control panel.

Operating

Before using the Luvele Pure Yoghurt Maker remove all packaging material. Then remove the outer yoghurt maker lid and the ceramic jars with lids. Wash them in warm, soapy water, then rinse under water and dry thoroughly. Wipe the yoghurt maker housing with a damp cloth and dry thoroughly. Ensure that all parts are completely dry before use.

STEP 1

Before assembling the yoghurt maker, make sure the power is switched off at the power outlet and the power plug is removed from the power outlet.

STEP 2

Prepare the yoghurt mixture following the desired recipe instructions. Refer to recipe on page 10 or visit our recipe blog at www.luvele.co.uk for lots of gut loving, yoghurt recipe ideas.

STEP 3

Pour the yoghurt mixture into the yoghurt container. Place the lids onto the ceramic jars and secure into place. When placing the lid on the jars, push the vacuum button shut to keep the yoghurt fresh.

STEP 4

Insert the four yoghurt jars into the base of the yoghurt maker (before adding water).

STEP 5

Once all four jars have been placed into the base, cold water can now be added. Pour water into the base of the yoghurt maker slowly until it reaches the 'tall maximum fill line indicator' as shown on page 5. **Do not overfill.**



PLEASE NOTE:

Do not operate your Luvele Pure Yoghurt Maker without the supplied jars or without water.

STEP 6

Switch the yoghurt maker on by plugging the power plug into a power outlet. This will light up the digital display.

Press the 'TEM' button to select one of the three temperature settings. Then press the '+' or '-' (TIME) button to select your incubation time between 1 & 24 hours. Once you have selected the temperature and time press the 'CONFIRM/CANCEL' button. The incubation period will start. If you want to cancel the incubation time and temperature, tap the 'CONFIRM/CANCEL' button twice to re-set.

What temperature should I use? Read more on this on page 14

Avoid moving the yoghurt maker during the incubation period. Do not stir the yoghurt mix during or at the end of the incubation period to avoid the yoghurt curdling.

STEP 7

At the end of the selected incubation time, remove the lids and check that the yoghurt has thickened and set. If the yoghurt requires more thickening, replace the lids and set the digital timer to required additional incubation time. When the yoghurt has thickened sufficiently, switch the power off at the outlet and unplug the power cord. Remove the yoghurt jars from the base and place into the refrigerator overnight to achieve firmly set yoghurt.

PLEASE NOTE:

During the incubation period, condensation may appear on the inside of the outer lid/cover of the yoghurt maker.

This is normal due to the waterbath feature. If this occurs, be careful when lifting the outer lid/cover off the base that water does not spill or drip.

Some separation of the liquid whey may occur. This is normal.

Basic Yoghurt Recipe

For many more amazing yoghurt recipes please visit our recipe blog at www.luvele.co.uk. We also have recipe eBooks available for download. You can email us at support@luvele.co.uk for more recipe info.

INGREDIENTS:

- 1.4 litres full cream milk
- 100ml natural yoghurt (Starter)
- 50g full cream milk powder (optional)



PLEASE NOTE:

Store bought powder starters can be used instead of yoghurt

1 Heat the milk to just below boiling point 80-85°C | 175-185°F, then allow to cool to 40°C. Use a sterilised kitchen thermometer to monitor temperature of milk when heating and cooling.

2 When milk reaches 40°C | 100°F, stir in yoghurt starter and milk powder until combined. Do not aerate.

3 Pour yoghurt mixture into the yoghurt jars and press down firmly on the jar lids. Also press the vacuum button shut on all lids to create an airtight seal. Place the yoghurt jars into the yoghurt maker base, then add water to base, making sure not to fill above the 'Tall Line Indicator' and then cover with outer yoghurt maker lid.

4 Select the desired temperature and time using the digital control panel. You can experiment with incubation time to get the consistency you desire. However, you should not have to go over an 8-10 hour incubation time.

5 When the yoghurt maker has completed incubation time, remove the outer lid and yoghurt jars. Then remove the jar lids and check the texture of the yoghurt. Do not stir the yoghurt. If set to desired thickness switch yoghurt maker off at power outlet and unplug. Replace the yoghurt jar lids and place into refrigerator for 8 hours or overnight.

6 Leave enough of the yoghurt you have made to use as a starter when making your next yoghurt mix. Consume yoghurt within 4-5 days.

SCD Yoghurt | GAPS diet friendly

It is said that SCD yoghurt can assist in correcting the balance of bacteria types in the gut. There has been much written about the benefits of adding SCD yoghurt to your diet. Introducing SCD yoghurt to your diet can aid in correcting the balance of bacteria types in the gut by eliminating the food supply of the undesirable types of bacteria and so starves them out. This process then repopulates the gut with beneficial bacteria which further displaces the harmful bacteria. SCD yoghurt is also very nutritious and contains proteins, vitamins, minerals, amino acids, fats, and much more.

MAKING SCD YOGHURT

1 Heat the milk to just below boiling point 80-85°C | 175-185°F, then cool to 40°C. Use a sterilised kitchen thermometer to monitor temperature.

2 Once cooled to 40°C | 100°F, stir in your yoghurt starter until combined. Use ¼ cup of yoghurt starter per litre of milk, do not aerate. It is recommended not to use milk powder when making SCD yoghurt.



PLEASE NOTE:

If store bought yoghurt is used as a starter, the yoghurt can contain *Lactobacillus Acidophilus*, *Streptococcus Thermophilus*, and *Lactobacillus Bulgaricus*. It should not contain gums, sugars, additives, or flavours of any kind. The yoghurt must contain active live culture. Read More on Page 13.

3 Pour yoghurt mixture into the yoghurt jars and press down firmly on the jar lids, also press the vacuum button shut on all lids to create an airtight seal. Place the yoghurt jars into the yoghurt maker base, then add water to base, making sure not to fill above the 'Tall Line Indicator' and then cover with outer yoghurt maker lid.

4 Set the digital timer to incubate for 24 hours and the temperature to 38°C, then press confirm. Do not move yoghurt maker during this time.

5 Unplug the yoghurt maker and remove the jars. Place the yoghurt jars into the refrigerator and chill for 8 hours. The SCD yoghurt is ready to consume after 8 hours of refrigeration.

Easy Coconut Yoghurt Recipe

INGREDIENTS:

- 4 cans of coconut cream, refer to note!
- 1 teaspoon of sugar
- Yoghurt starter culture

(follow packet instructions)

1 Open the cans and spoon the coconut cream directly into your yoghurt making bowl. Note: Depending on the temperature of your home the coconut cream will vary in consistency. On a hot day, the coconut cream will be runny while in cool weather you will need to spoon it out.

2 Add the sugar and your preferred starter culture and gently whisk it in.

3 Put the lid on and place into your yoghurt maker. The coconut cream is now ready to begin fermentation.

4 Set the temperature to 38° C. and time to 24 hours.

5 After 24 hours the fermentation is complete. Switch the yoghurt maker off and remove the yoghurt bowl. Straight from the warm maker, the yoghurt will be runny and the coconut cream will have separated with coconut water at the bottom. This is normal. In the fridge, the coconut cream will set firm.

6 Place the tub in the fridge for at least 6 hours to chill and set.

7 Thoroughly stir the yoghurt to incorporate the cream and coconut water before serving. For extra thick coconut yoghurt, pour out some of the coconut water before stirring. Don't throw it away though - fermented coconut water is perfect added to smoothies or may be used as a probiotic milk alternative.



PLEASE NOTE:

Coconut cream should be preservative free, additive free and gluten free. Also the cans should have BPA free lining.

Recipe Tips

TIPS:

24-hour yoghurt, even when made perfectly, will be thinner and runnier than other yoghurt you've had. This is because it doesn't have added thickeners and because it hasn't been 'dripped.' If you want thicker yoghurt, the first option is to drip it. Dripping is what turns plain yoghurt into 'Greek yoghurt.' It's the process of removing the whey, which is liquid. Dripped yoghurt is also higher in protein per serving than regular yoghurt. Dripping yoghurt is easy to do, just strain the yoghurt through a cheesecloth. The excess whey (liquid) will drain away, leaving you with a thicker yoghurt.

Another option is to add a thickener like gelatin to the milk before fermenting it. Since gelatin is beneficial for gut health, adding gelatin to 24-hour yoghurt is a win-win. To thicken your milk with gelatin, add 1 tablespoon of gelatin per 4 cups of milk before heating the milk.

OTHER COCONUT CREAM BRANDS

Feel free to experiment with other additive-free brands of coconut cream to make this recipe. Cans with a large percentage of 'coconut pulp' and a small portion of coconut water make better yoghurt.

BIFIDUS/BIFIDUM BACTERIA

The original Specific Carbohydrate Diet (SCD), from the book 'Breaking the Vicious Cycle', calls for a yoghurt starter that does not contain Bifidus/Bifidum bacteria. Bifidobacteria is a beneficial bacteria, but in some cases it can 'take over'. Just to be on the safe side, we usually recommend avoiding it in the beginning of your healing journey. You can find more information about this here: http://www.breakingtheviciouscycle.info/knowledge_base/detail/bifidus/

When it comes to probiotics, as with other supplements, there is variation in individual tolerances. One size does not fit all. If your probiotic or yoghurt starter is GAPS compliant, or your certified GAPS or SCD health practitioner has recommended a particularly probiotic brand, we trust their judgment. At Luvele, we cannot make claims about specific strains or their interaction with your unique body.

Cleaning & Care

Before disassembling and cleaning, ensure the power is switched off at the power outlet, the power cord is unplugged from the power outlet and the appliance is cool.

Remove the yoghurt maker's outer lid from the top of the housing. Remove the yoghurt jars from inside the housing. Use a slightly damp, soft cloth to wipe the housing. Dry thoroughly.

Wash the ceramic jars and lids in warm soapy water. Rinse with water and dry thoroughly with a soft, clean cloth. Do not use abrasive cleaners or solvents as these may damage the appliance. Do not wash any part of the yoghurt maker in the dishwasher. Ceramic jars are dishwasher friendly however the lids are not. Please don't put the lids in the dishwasher.

Important - After each use, thoroughly dry the 'heating element' with paper towel or soft clean cloth.

Hints & Tips

Temperature Settings:

- > There are three temperature setting on the Luvele Pure Yoghurt Maker 36°C, 38°C, 40°C. All three temperatures can be used to make yoghurt successfully. And all three temperatures can be used to make SCD/GAPS diet yoghurt.
- > The reason we design the Pure Yoghurt Maker to have three temperature setting it to provide more control over the end result of your homemade yoghurt. Basically, incubating yoghurt at different temperatures can change the taste and texture of the yoghurt. We recommend to start with the 38°C setting when making your first batch of yoghurt. Once you are comfortable with the process, you can then start to experiment with different temperatures.

Hints & Tips Cont.

- > Ensure the yoghurt jars, lids and other utensils used in the preparation of the yoghurt are cleaned and rinsed under hot water, then dried with a clean tea towel prior to use. This will help eliminate interfering bacteria.
- > Ensure the ingredients to be used in the yoghurt mix are fresh. Using out-of-date products will impede the production of thick flavoursome yoghurt.
- > Follow suggested recipe quantities (see recipe on page 10) and methods to ensure successful yoghurt production.
- > To avoid milk sticking or burning to the base of the saucepan when heating, use a medium heat and stir continuously with a metal spoon. Do not heat milk in the microwave.
- > After heating the milk, place the saucepan in a shallow, cold water bath to speed up cooling. Use a sterilised kitchen thermometer to monitor temperature of the milk when heating and cooling.
- > Avoid moving the yoghurt maker during the incubation period.
- > Do not use the yoghurt maker near a heat source, outdoors or in sunlight, as exposure to excessive heat may make the yoghurt separate and have a curdled appearance.
- > Refrigerate yoghurt for 8 hours before using. The texture and flavour will improve with longer refrigeration.

For more amazing gut loving yoghurt recipes visit our recipe & community blog at www.luvele.co.uk today.

Warranty

The complete Luvele range of products is backed by our 1 Year Total Cover Warranty. Our warranty covers any manufacturing fault with the product and also covers damage caused during transit.

Your warranty starts from the purchase date of your Luvele product. You do not need to register your warranty as your details are automatically recorded at the time of purchase.

WARRANTY PROCESS

We want to make any warranty claim as simple as possible. Simply contact us at support@luvele.co.uk and provide information about the problem you are having with your item. Firstly, we will suggest some troubleshooting ideas to establish whether or not the issue can be fixed without a return. Photos of the fault may be requested if and where appropriate, and if it will ensure a faster resolution.

If a return is required, we will email you a prepaid return label that can be printed out and used to send the item back. The new replacement item will be shipped within 48 hours of receiving the faulty item back. A confirmation email will be sent when your faulty item is received back.

We are here to help, so please email us and the best solution to meet your needs will be offered. support@luvele.co.uk

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