

Luvele

Luv life. Luv health.

LUVELE PURE YOGURT MAKER



Instruction
Booklet
LPYM300WUK




Luvele . co . uk

Safety

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

- Remove all packaging before using your yogurt 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 yogurt maker without water.
- Do not place any parts of the appliance in a dishwasher or microwave oven.
- Ceramic jars and silicone lid are all are dishwasher safe.
- 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 yogurt maker.
It's time to create some delicious homemade yogurt 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.

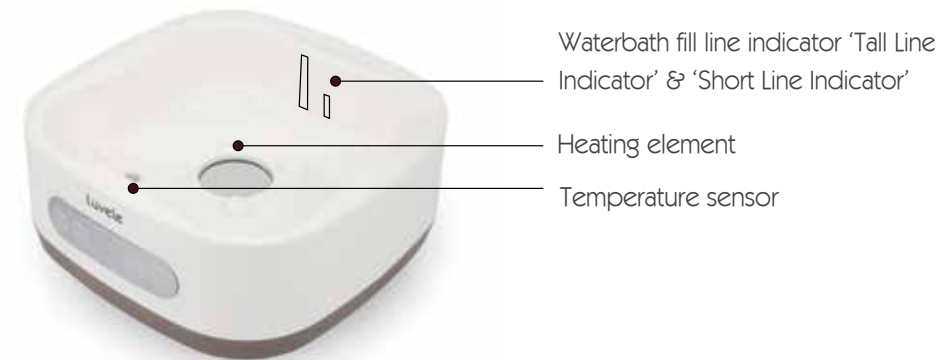
Cleaning and user maintenance should not be made by children unless they are older than 8 years old and supervised.

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 yogurt maker without water

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

Basic Features



4x 400ml | 13.5oz. jars
includes medical grade
silicone lid.

Operating



The 'Waterbath' feature allows the yogurt mix to incubate at an accurate & even temperature.

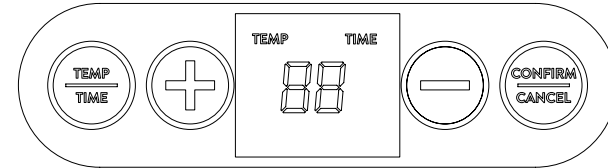
When making yogurt in the Pure Yogurt Maker, first fill the ceramic jars with yogurt mix, then before adding them to the base, fill the base with water to the 'Short line Indicator'. Then place the four ceramic jars in and this will increase the water level to exactly the

'Tall Line Indicator'. The water must not be filled over the 'Tall Line Indicator' as shown above. Now you can set your temperature & time.



WARNING
Do not operate yogurt
maker without water

Operating Cont.



TEMP button = Press the "Temp" button to select one of the temperatures from 25°C to 50°C, press "+/-" button to adjust the temperature with 1 degree increments.

TIME button = Press the "Time" button to add or remove hours from 1 hour to 36 hours, press "+/-" button to adjust the time with 1 hour increments.

IMPORTANT; Set the Time and the Temperature before pressing the confirm button. Do not just set one then press confirm as this will begin the incubation.

CONFIRM/CANCEL button= Press to begin incubation period once time and temperature have been selected. Tap this button twice to re-set control panel.

Please Note: The digital timer will count down in 1 hour intervals from 36 to 10 hours, so 36 to 35, then 35 to 34 hours and so on. From 10 hours to 0, it will count down in 30 minute intervals, so 9.5 to 9, then 8.5 to 8 hours and so on.

Operating

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

STEP 1

Before assembling the yogurt 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 yogurt 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, yogurt recipe ideas.

STEP 3

Pour the yogurt mixture into the yogurt jars. Place the silicone lids onto each jar.

STEP 4

Fill the waterbath to the 'Short Line Indicator' before adding the jars.

STEP 5

Then place the four ceramic jars into the base and this will increase the water level to exactly the 'Tall Line Indicator'.



PLEASE NOTE:

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

STEP 6

Switch the yogurt maker on by plugging the power plug into a power outlet. This will light up the digital display and 'OF' will show.

Press the 'TEMP' button to select your desired temperature, use "+/-" buttons to adjust the temperature in 1 degree increments (DO NOT press the Confirm button at this stage).

Then press the 'TIME' button to select your incubation time between 1 & 36 hours, using the "+/-" button to adjust up or down.

IMPORTANT; Set the Time and the Temperature before pressing the confirm button. Do not just set one then press confirm as this will begin the incubation.

Once you have selected the temperature and time press the 'CONFIRM/CANCEL' button once, and the incubation period will start. If you want to cancel the incubation time and temperature, tap the 'CONFIRM/CANCEL' button twice to reset.

What temperature should I use? Read more on this on page 15

Avoid moving the yogurt maker during the incubation period. Do not stir the yogurt mix during or at the end of the incubation period.

STEP 7

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

PLEASE NOTE:

During the incubation period, condensation may appear on the inside of the outer lid/cover of the yogurt 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 Yogurt Recipe

For many more amazing yogurt recipes please scan this QR code or visit our recipe blog at www.luvele.co.uk.



INGREDIENTS:

- 1.4L | 1.6qt. full cream milk
- 90ml | 3oz. natural yogurt (Starter)
- 60g | 2oz. full cream milk powder (optional)



PLEASE NOTE:

Store bought powder starters can be used instead of yogurt

1 Heat the milk to just below boiling point 80-85°C | 175-185°F, then allow to cool to 40°C | 104°F, Use a sterilised kitchen thermometer to monitor temperature of milk when heating and cooling.

2 When milk reaches 40°C | 104°F, stir in yogurt starter and milk powder until combined. Do not aerate.

3 Pour the yogurt mixture into the yogurt jars. Place the silicone lids onto each jar. Place the yogurt jars into the yogurt maker base, then add water to base, making sure not to fill above the 'Tall Line Indicator' and then cover with outer yogurt 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 yogurt maker has completed incubation time, remove the outer lid and yogurt jars. Then remove the jar lids and check the texture of the yogurt. Do not stir the yoghurt. If set to desired thickness switch yogurt maker off at power outlet and unplug. Replace the yogurt jar lids and place into refrigerator for 8 hours or overnight.

6 Consume yogurt within 8 to 10 days, the fresher the better.

SCD Yogurt | GAPS diet friendly

It is said that SCD yogurt can assist in correcting the balance of bacteria types in the gut. There has been much written about the benefits of adding SCD yogurt to your diet. Introducing SCD yogurt 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 yogurt is also very nutritious and contains proteins, vitamins, minerals, amino acids, fats, and much more.

MAKING SCD YOGURT

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 yogurt starter until combined. Use ¼ cup of yogurt starter per litre | quart of milk, do not aerate. It is recommended not to use milk powder when making SCD yogurt.



PLEASE NOTE:

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

3 Pour yogurt mixture into the yogurt jars and place the silicone lids onto each jar. Then before adding them to the base, fill the base with water to the 'Short line Indicator'. Then place the four ceramic jars in and this will increase the water level to exactly the 'Tall Line Indicator'. The water must not be filled over the 'Tall Line Indicator'.

4 Set the digital timer to incubate for 24 hours and the temperature to 38°C | 100°F, then press confirm. Do not move yogurt maker during this time.

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

Easy Coconut Yogurt Recipe

INGREDIENTS:

- 3 cans of coconut milk (Max 1.5L)
- 1 teaspoon of sugar
- Yogurt starter culture

(follow packet instructions)



PLEASE NOTE:

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

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

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

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

4 Set the temperature to 38°C | 100°F, and time to 24 hours.

5 After 24 hours the fermentation is complete. Switch the yogurt maker off and remove the yogurt jars. Straight from the warm maker, the yogurt 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 jars in the fridge for at least 6 hours to chill and set.

7 Thoroughly stir the yogurt to incorporate the cream and coconut water before serving. For extra thick coconut yogurt, 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.

Recipe Tips

TIPS:

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

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 yogurt 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 yogurt.

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 yogurt maker's outer lid from the top of the housing. Remove the yogurt 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 yogurt maker in the dishwasher. Ceramic jars and the silicone lids are dishwasher safe.

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

Hints & Tips

Temperature & Time Settings:

> We have designed the Luvele yogurt maker with temperature settings of between 25°C to 50°C degrees.

> The reason we designed our Yogurt Maker to encompass this wide range of temperature settings, is to provide more control over the end result of your homemade yogurt. Basically, incubating yogurt at different temperatures can change the taste and texture of the yogurt. It is also to enable the incubation of some more experimental cultures like L Gasseri and Bacillus coagulan. The wide temperature range allows for other non-yogurt fermentations as well.

When making yogurt with traditional yogurt strains, we strongly recommend an incubation temperature of between 96 and 106 degrees F.

This is because the probiotics or the good bacteria that turns milk into yogurt, thrive and multiply at the same temperature as our gut or our body temperature. This is approx. 39 degrees C or 100 Degrees F. For homemade

yogurt to have the maximum probiotic and gut health benefits, it is important to incubate it at the correct temperature. We recommend starting with the 38°C | 100°F setting when making your first batch of yogurt. Once you are comfortable with the process, you can then start to experiment with different temperatures.

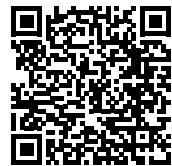
For more information on L Reuteri yogurt please visit this link:



Hints & Tips Cont.

- > 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 yogurt maker during the incubation period.
- > Do not use the yogurt maker near a heat source, outdoors or in sunlight, as exposure to excessive heat may make the yogurt separate and have a curdled appearance.
- > Refrigerate yogurt for 8 hours before using. The texture and flavour will improve with longer refrigeration.

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



LUVELE PURE YOGURT MAKER

Instruction booklet
LPYM300W

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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 fault 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

