

WHOLESOME

Yoghurt Maker



YOGHURT MAKER - MODEL: GAPS101



Congratulations with your purchase in selecting the finest homemade yoghurt making kit on the market. You can be assured that we have thought of everything in the making of this kit from design to functionality with GAPS & SCD cooking requirements in mind. We wish to assure you that this appliance does ferment for 24 hours and maintains the correct temperature to produce the healthiest yoghurt full of live probiotic bacteria to help you improve your digestive health. We have also been mindful with size so that you can reduce your time in the kitchen and make larger batches up to 3 Litres at a time. And for families who need to keep up with production, we also have spare jars for purchase so that you can prepare your second batch before the family runs out. Making yoghurt at home has never been easier with the WHOMESOME Yoghurt Maker. Enjoy 😊

FEATURES

- 24 Hour Fermentation Capacity
- Self Setting Timer with Digital Control up to 24hrs
- Automatic Shut-Off when fermenting is complete
- Lead Light Display
- 12 Glass Jars with BPA free screw top lids
- Automatic Temperature Control that maintains the temperature between 38 and 45°C.
- Even heating circulation
- Extra-large capacity, makes up to 3 Litres of yoghurt (approximately holds between 2.8 to 3 Litres, depending on how much each jar is filled or whether you use a large Pyrex dish.
- Bonus safety carry basket included to safely carry and store jars in the fridge after fermentation. The jars will sit quite snug in the basket compared to the positioning of jars in the yoghurt maker. Removing one jar will loosen them up.

PREPARATION

Sterilize the glass jars and lids in hot water (80°C) for 1 minute. This will ensure they are free from other living bacteria. Never submerge the yoghurt maker machine in water. The yoghurt maker should only be wiped clean with a damp cloth. The basket is removable and can be submersed in water. Make sure that the rated voltage is the same voltage that you use in your country.

YOU WILL NEED THE FOLLOWING INGREDIENTS AND SUPPLIES TO MAKE YOUR YOGHURT

- 3 L Fresh milk or cream (use milk for yoghurt and cream for sour cream/cream fraiche)
- Powdered yoghurt starter or commercial yoghurt as a starter. *You may purchase yoghurt starter at gapsdietaustralia.com.au*
- Thermometer to heat milk
- Saucepan and whisk
- **WHOLESOME** Yoghurt Maker

OPERATION & INSTRUCTIONS

STEP 1. If the milk is pasteurised, bring 2.8 - 3 litres of milk close to boiling (approximately 80°C) in a stainless steel saucepan & stir occasionally. By bringing the milk close to boiling point (no higher than 80°C) you destroy any bacteria which may be lingering in the milk that can interfere with the fermentation process. It is important not to boil the milk as it will change its taste. (Boiling point is set at 100°C). Please refer to the GAPS Book Recipes for instructions if you are skipping this stage to make 'GAPS Yoghurt' with 'GAPS Milk'.

STEP 2. Take the saucepan off the stove and set aside to cool down. You can cool it down faster by filling your sink with cold water and ice and submerging the base of the saucepan in the cold water. Keep an eye on the thermometer until it reaches between 38-45°C.

STEP 3. After the milk has cooled to 38-45°C, you may add your yoghurt starter. You have two options

to inoculate your yoghurt. You may use commercial yoghurt or a powdered yoghurt starter culture.

OPTION 1: If using commercial yoghurt, add 2/3 of a cup to one cup of yoghurt into 3L of milk and gently whisk to ensure it is mixed in well.

OPTION 2: If you are using a powdered yoghurt starter culture, you will need to first dissolve the powder in a little milk before adding it to the remaining milk and then this should be whisked gently to ensure it has all mixed in well. (The amount of yoghurt starter should be contained on the label).

IMPORTANT: Make sure you add the yoghurt or starter after it has cooled down between 38 – 45°C and not any hotter or it will kill the beneficial bacteria. Stir the mixture well and pour the mixture into the individual jars or your own large Pyrex glass dish if you prefer. Remove the basket from the yoghurt maker and screw on the lids to the jars and place each jar into the yoghurt maker with the cover closed.

STEP 4. Plug the yoghurt maker into power and the LED display will light up.

STEP 5. Set the timer for the desired incubation period by selecting the right timer button. (Although yoghurt can be made within 6 - 8 hrs, 24 hour fermentation will allow the yoghurt to be virtually lactose and casein free and make proteins more digestible). The timer will set up to 24 hours. The longer the ferment, the stronger and more tart the taste will become but the more beneficial it will be. Refer to troubleshooting for other time settings.

STEP 6. When the time is set, select the left heating button and the warming light will illuminate indicating that the fermentation process will begin. If you want to stop the yoghurt maker, turn it off and on again and it will return to “00” hours.

STEP 7. The timer counter will count backwards to zero where a gentle beeping sound will alert upon completion and then the yoghurt maker will shut off.

STEP 8. The temperature will generally maintain between a range of 38-45°C.

Although the thermostat is designed to reach 45°C, the temperature will be influenced by the room temperature and can therefore fluctuate slightly in hotter or colder seasons. This is normal and slight temperature adjustments are not a cause for alarm. (Please see troubleshooting suggestions to if required)

STEP 9. When the fermentation is complete, each glass jar can be transferred to the carry basket and safely and conveniently carried to the fridge to set for 6 hours before consuming. The jars will sit quite snug in the basket compared to the positioning in the yoghurt maker.

STEP 10. FLAVOUR: Fruit and honey are good natural sweetener options to add flavour.

TIPS & TROUBLESHOOTING

- GAPS YOGHURT: If you are making yoghurt with “GAPS MILK” using the ‘GAPS PROCEDURE’ outlined in the GAPS BOOK it produces a different consistency compared to commercial milk and it will appear to retain more liquid (whey) and unpredictable lumps. Most people are used to the smooth textured yoghurt produces with store bought yoghurt and if this is the result you prefer, then you should heat the milk close to boiling point first so that the bacteria content is better controlled. Gentle heating at home is not as drastic as commercial pasteurisation practices and the long fermentation process will restore a good deal of its vital nutrients.

GAPS Yoghurt will also produce a lovely creamy layer on top. This is easily mixed into the yoghurt or you can scoop it off and enjoy it as is.

Make sure all ingredients are within the date of expiry for best results.

- TEMPERATURE: The incubation period should be longer if the room temperature or the milk temperature is lower than 10°C, hence, it will take longer for fermentation.

In cases of very low temperatures within the immediate environment or where refrigerated milk is used, it is suggested to pour water at 40 – 45°C temperature into the yoghurt maker basin in order to have even heating. Important: Be careful not to let the water overflow the sides of the yoghurt maker.

- TASTE: The manufacturer suggests refrigerating the yoghurt for 24 hours before eating to improve the taste.
- REFRIGERATION PERIOD: The suggested refrigeration period is 10 days, however the yoghurt can be stored for longer but it will become more sour and tart as time goes on.

In cases where the yoghurt propels a strong bad off- odour after incubation, it is advised to throw

it away. This may indicate that not enough yoghurt starter was used or that the milk had gone off.

- WHEY: Longer fermentation may produce some liquid whey and this is normal. If you don't like the whey, simply mop up the liquid with a paper towel before refrigeration.
- LED LIGHT: The LED light indicates when the yoghurt maker is working and heating up. If they do not light up, check to see if the power cord is connected to power and check to see if the power is switched on and press the timer button a few times to check.
- HEATING AND COOLING: Remember to cool the milk down after heating it before you add the starter or you will kill the culture.
- NEW JARS: Additional jars can be purchased at www.gapsaustralia.com.au

WARRANTY

This model: GAPS101 has a 12 month electrical functioning warranty from the point of purchase and your receipt must be provided. Warranty enquiries can be sent to Sales at GAPS Diet Australia at the following email contact with your product receipt attached.

Warranty Contact:

contact@gapsaustralia.com.au

MANUFACTURER SUGGESTIONS

- The appliance is not to be used 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.
- Children being supervised not to play with the appliance.
- This appliance is intended to be used in household and similar applications such as:
 - Staff kitchen areas in shops, offices and other working environments
 - By clients in hotels, motels and other residential type environments
 - Bed and Breakfast type environments
- The appliance must not be immersed in water.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

CAUTION: To prevent damage to the appliance, do not use alkaline cleaning agents when cleaning.

THE WHOLESOME YOGHURT MAKER IS
PROUDLY DESIGNED & DISTRIBUTED BY



GAPSdiet
AUSTRALIA

Please contact us for any questions,
spare parts and warranties.
www.gapsaustralia.com.au
contact@gapsaustralia.com.au

Wholesome Yoghurt Maker

Model NO: GAPS101



Power: Max.48W

Voltage: AC220V---240V 50Hz

Approval No: GMA---103513---EA---001

Made in China

