

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Cuisinart Electronic Yogurt Maker with Automatic Cooling

CYM-100C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be adhered to, including the following:

1. **READ ALL INSTRUCTIONS.**
2. **Always unplug unit from outlet when not in use, before putting on or taking off parts and before cleaning. To unplug, grasp plug and pull from electrical outlet. Never pull cord. Allow to cool before handling.**
3. To protect against risk of electric shock, do not put motor base in water or other liquids.
4. Close supervision is necessary when any appliance is used by or near children.
5. **Do not operate any appliance with a damaged cord or plug, after the appliance malfunctions, or if appliance has been dropped or damaged in any manner. Return the appliance to the nearest authorized Cuisinart Service Facility for examination, repair, and electrical or mechanical adjustment.**
6. The use of attachments not recommended or sold by Cuisinart may cause fire, electric shock or injury.
7. Do not let cord hang over edge of table or counter, or touch hot surfaces.
8. Do not plug in or take out plug when your hands are wet.
9. Do not use outdoors.
10. Do not touch hot surfaces. Use handles or knobs.
11. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

12. Do not use the appliance for other than intended use.
13. Where applicable, always attach plug to appliance and check that the control is off before plugging cord into wall outlet. To disconnect, turn the control to OFF, then remove plug from wall outlet.
14. Do not place on or near a hot gas or electric burner, or in a heated oven.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

A short power supply cord is provided to reduce the risks of becoming entangled in or tripping over a longer cord. Extension cords may be used if care is exercised.

If an extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The longer cord should be arranged so that it will not drape over the countertop or tabletop, where it can be pulled on by children or tripped over unintentionally.

NOTICE

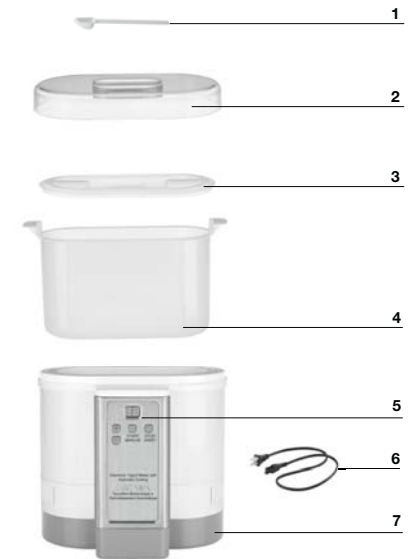
This appliance has a polarized plug (one prong is wider than the other). As a safety feature, this plug will fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

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PARTS AND ACCESSORIES

1. Scoop
2. Housing Lid
3. Yogurt Container Lid
4. Yogurt Container
5. Control Panel with LED display
6. Detachable Cord
7. Housing



BEFORE THE FIRST USE

Carefully unpack the unit and remove any packaging and promotional labels in or on the yogurt maker. Rinse all accessories thoroughly in warm soapy water, then dry completely.

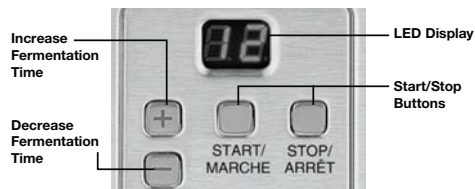
INTRODUCTION

The Cuisinart Electronic Yogurt Maker takes the guesswork out of making yogurt at home. Simply mix together ingredients and pour into the yogurt container, letting the yogurt maker do the rest. You will love the ready-to-eat chilled results.

Homemade yogurt is a healthy and more economical option to store-bought yogurt. Not only a great source of protein and calcium, yogurt also contains probiotics, or good bacteria, that are crucial for a healthy digestive system.

Either plain or flavored, yogurt is the perfect anytime food to enjoy alone, with granola or in your morning smoothie. Yogurt is also a great ingredient to have on hand in the kitchen for delicious and moist baked goods, as a secret ingredient to marinades for meat and poultry, and also the perfect vehicle for soups and sauces.

OPERATION



1. Put all of the ingredients in the yogurt container and then cover it with the yogurt container lid.



2. Place the filled container into the housing and cover with the housing lid.



3. Plug the unit in and the default* fermentation time will begin flashing on the screen. To change the fermentation time (1–24 hours) using the “+” and “-” buttons, then press the START button.



* 8 hours is the default starting point, but refer to recipes for more specific guidelines.

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Note: In the case that the yogurt maker is accidentally turned off during the cooling process, it is possible to skip fermentation and proceed directly to cooling mode. To do so, scroll down past 1 hour and the LED will display “C”. Once START is pressed, the cooling mode will begin.



4. Once desired fermentation time is flashing on the LED display, press the START button. At this point the fermentation numbers on the LED will become solid and fermentation countdown will begin.

NOTE: To change the fermentation time during operation, press the STOP button. The fermentation time will begin flashing again and you can adjust the time using the “+” and “-” buttons. Once adjusted time is shown flashing on the screen, press the START button again and the unit will adjust the time accordingly.



5. After the fermentation is complete, the unit will automatically switch into cooling mode and display “C” in the LED. As long as the unit is plugged in, it will stay in cooling mode until you turn

the unit off. After 8–12 hours the temperature of the yogurt will be between 43 and 52 degrees Fahrenheit (6–11 degrees Celsius).



Note: Yogurt will be at its best and should be eaten within the first three days after completion. Yogurt can be kept for up to 8 days.

6. To turn the unit off or end the cooling cycle, press and hold the STOP button for 3 seconds.



7. Once the unit is off, you can either remove the yogurt container and place it directly in the refrigerator, or use the yogurt scoop provided and divide yogurt into individual portions.

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TIPS AND HINTS

Cultures and Fermentation

The taste, texture and consistency of your yogurt will depend on the type of culture that is used. Each type of culture contains different bacteria strains with individual properties that affect the tang and taste of the yogurt as well as its texture. Some yogurts are meant to be thin and runny where others are meant to be thick.

Yogurt can be fermented from a purchased culture or from yogurt that is either store bought or homemade with a reusable culture.

Use only one type of culture per batch of yogurt. Mixing cultures may force different bacteria that are not meant to coexist to compete with one another instead of properly fermenting.

Fermenting times vary depending on the type of culture used. There are two types of yogurt cultures – direct-set and reusable. These two types of cultures also vary depending on yogurt flavour – Bulgarian, Piima, Greek, etc.

Direct set cultures can be used **only once** and take less time to ferment, about 8–12 hours.

Reusable cultures take longer the first time used, up to 16 hours. When used again as a culturing agent, the fermentation time will be shorter, about 6–8 hours.

The Cuisinart® Electronic Yogurt Maker uses thermophilic culture. Thermophilic (heat-loving) culture needs an elevated temperature to ferment as opposed to mesophilic culture, which is best suited to ferment at room temperature. If you are unaware of what type of culture you have, check the ingredient list of the culture or ask your supplier.

When fermenting with store-bought yogurt, the average fermentation time is 6 hours.

The fermenting time can always be increased or decreased while yogurt maker is in operation.

Heating and Consistency

Different cultures yield different results, with some producing thinner yogurts than others. If after making a batch of yogurt thicker results are desired, we recommend following the step for heating the milk below before adding the yogurt base to the yogurt maker.

Heating the milk breaks down its proteins, allowing yogurt to coagulate, facilitating the thickening process during fermentation.

Heat milk on the stove to 180°F (82°C) (some cultures recommend only 160°F (71°C), so follow the instructions per the particular culture).

For best results (but not essential), keep milk at this temperature for about 20 minutes.

Cool milk until a thermometer reads 110°F (43°C). Once cooled to 110°F (43°C), stir in culture and any other thickening agent into the milk so that it is fully incorporated. Transfer mixture to the yogurt maker and set the appropriate fermentation time.

If following the recommended step, subtract one to two hours from the fermentation time.

Adding dry milk powders to a culture-based yogurt will add to the thickness in the final product. For every 4 cups (1 L) of milk add ¼ to ½ cup (60 to 125 ml) powdered milk when using cow's milk, and ½ to 1 cup (125 to 250 ml) milk powder to the base when using goat's milk.

Other thickeners can also be used to thicken yogurt. Always make a slurry with the thickener and a small amount of the milk before mixing into the entire batch.

Approximate amounts for 4 cups (1L) milk:

Tapioca starch – 2 tablespoons (30 ml)

Agar-agar powder– ½ teaspoon (2 ml) [dissolve into ½ cup (125 ml) water, bring to a boil and then cool before adding to mixture]

Cornstarch – 2 tablespoons (30 ml)

Powdered gelatin – 1 teaspoon (5 ml)

Finished Yogurt and Taste

We recommend checking consistency of yogurt during the fermentation process to avoid over-culturing. Begin checking yogurt on the earlier side of the recommended time range.

Yogurt should have some body and be slightly firm when fully fermented.

Always stir yogurt before serving.

Yogurt starts to over-culture when whey begins to separate. Yogurt is over-cultured when curds and whey have completely separated.

More time can always be added to under-cultured yogurt, even if it has been through the cooling cycle. However, once over-cultured, yogurt is no longer edible.

Longer fermentation times will produce a tangier yogurt, but also aid in thickening.

Strain yogurt overnight using a strainer lined with a coffee filter, for an ultra-rich and thick treat.

Do not consume any yogurt that smells, looks or tastes displeasing.

We recommend using whole milk for making yogurt, and avoiding ultra-pasteurized milk. Fuller-fat milks produce thicker yogurts.

When adding a flavour to yogurt, we recommend waiting until 6 hours after the cooling process has begun. Flavours can also be added to individual portions as needed instead of to the entire batch.

Certain flavours may shorten the shelf life of yogurt. Fruit mix-in flavours last longer and are better added to the entire batch, while sweeter syrups are best added to individual portions.

TROUBLESHOOTING

Q: What kind of milk can I use for my yogurt?

A: You can use any kind of milk, including whole milk, 2%, 1%, nonfat, pasteurized, homogenized, organic, raw, cow, goat, soybean, and more. Fuller-fat milks produce thicker yogurts.

Q: What kind of culture should I use for my yogurt?

A: Yogurt can be fermented from a purchased culture or from yogurt that is either store bought or homemade with a reusable culture.

Q: Where can I purchase yogurt cultures?

A: Different cultures can be found in health stores or specialty food stores. They can also be purchased from different sources online.

Q: Why is the consistency of my yogurt so thin?

A: Different cultures yield different results, with some producing thinner yogurts than others. To thicken the consistency of your yogurt see the question below or refer to the Tips and Hints section for more information.

A: Fermentation may not have been long enough. More time can always be added to an under-cultured yogurt.

A: Culture was damaged.

Q: How do I make my yogurt thicker?

A: Increase the fat content of the milk used in the recipe.

A: Strain the finished yogurt using cheese cloth until desired consistency is achieved.

A: Heat the milk prior to adding to the yogurt maker. See the Tips and Hints section for more information.

A: Adding dry milk powder or other thickening agents such as gelatin or cornstarch can help thicken the yogurt. Refer to Tips and Hints section for more information.

Q: Why did my yogurt curdle?

A: Yogurt has been over-fermented. Reduce fermentation time and begin checking yogurt on the earlier side of the recommended time range.

A: Culture was damaged.

Q: Why is my yogurt separated into two layers? (Solid on top and liquid underneath)

A: Separation is a sign that your culture has died. Exposure to temperatures over 100°F (40°C) can cause this.

A: Contamination can also cause the culture to die. Be sure that when you clean your yogurt container that no food particles or soap are left behind.

Q: My yogurt appears to be set, but there is a small amount of thin liquid on top. Is this OK?

A: Yes, this is whey. Some separation is fine and is a natural occurrence within the culture process.

Q: How do I add a flavor to my yogurt?

A: We recommend waiting until 6 hours after the cooling process has begun before adding flavours. Flavours can also be added to individual portions as needed instead of to the entire batch.

CLEANING AND MAINTENANCE

Always make sure the appliance is unplugged before you start cleaning it.

Cleaning Accessories and Housing/Base:

Rinse the yogurt container, yogurt container lid and housing lid immediately after each use so food doesn't dry on them. All can be washed with warm soapy water or on the top rack of the dishwasher.

Wipe the housing/base clean with a damp sponge or cloth. Dry it immediately. Never submerge the base or the plug in water or other liquids.

Storage

The Cuisinart Electronic Yogurt Maker stores neatly on the countertop in a minimum of space. When it is not in use, store the unit assembled to prevent loss of parts.

The Cuisinart Electronic Yogurt Maker is intended for HOUSEHOLD USE ONLY. Any service other than cleaning and normal user maintenance should be performed by an authorized Cuisinart Service Representative.

Recipe Booklet



Introduction

As we stress yogurt making results vary, we encourage you to experiment with different cultures and fermenting times to create yogurt that suits your taste. We recommend heating and cooling the milk as a tip for thicker and more consistent yogurt. Note that if using a culture that includes milk powder in the list of ingredients, this step is not necessary or recommended.

Heat milk on the stove to 180°F (82°C) [some cultures recommend only heating to 160°F (71°C), so follow the instructions per the particular culture]. For best results (but not essential), keep milk at this temperature for about 20 minutes.

Cool milk until a thermometer reads 110°F (43°C). Once cooled to 110°F (43°C), stir culture and any other thickening agents into the milk well so that it is fully incorporated. Transfer mixture to the yogurt maker and set the appropriate fermentation time.

If following this heat and cooling step (when adding the base to the unit at 110°F (43°C) subtract an hour or two from the fermentation time.

Note that if using a culture that includes milk powder in the list of ingredients, this step is not necessary or recommended.

Please refer to the Tips and Hints section of this instruction booklet for more information.

Plain Yogurt Variation #1

This yogurt recipe uses a purchased culture to produce a delicious yogurt. Remember yogurt cultures differ depending on variety, so the end results in taste and consistency can also vary.

Makes about 1 quart (0.95 L) yogurt

4 cups (1 L) whole milk
½ cup (125 ml) dry milk powder
1 packet yogurt culture

1. Whisk ingredients together well in a medium stainless bowl. (Whisking well ensures ingredients are completely incorporated.)
2. Pour ingredients into the yogurt container of the Cuisinart Electronic Yogurt Maker. Press the "+" and "-" button to select the time for fermentation. The time ranges from 8 to 16 hours.* Press START to begin fermentation.
3. Yogurt has switched from ferment to cool when the time has counted down and "C" is visible on the display panel. Let yogurt stay on cool mode for a minimum of 12 hours before removing from unit.
4. Stir well and serve immediately or store in refrigerator until ready to eat.
*Use 8 hours as a starting point. You can always add more time if needed.

*Nutritional information per ½ cup (125 ml) serving:
Calories 102 (35% from fat) • carb. 10g • pro. 7g
• fat 4g • sat. fat 3g • chol. 19mg • sod. 103mg
• calc. 244mg • fiber 0g*

Plain Yogurt Variation #2

Use this recipe when fermenting with a store-bought yogurt or a homemade yogurt from a reusable-culture batch.

Makes about 1 quart (0.95 L) yogurt

4 cups (1 L) whole milk

6 ounces (175 ml) plain whole milk yogurt (use only plain, homogeneous yogurt)

1. Whisk ingredients together well in a medium stainless bowl. (Whisking well ensures ingredients are completely incorporated.)
2. Pour ingredients into the yogurt container of the Cuisinart Electronic Yogurt Maker. Press the "+" and "-" button to select 6 hours for fermentation. Press START to begin fermentation.
3. Yogurt has switched from ferment to cool when the time has counted down and "C" is visible on the display panel. Let yogurt stay on cool mode for a minimum of 12 hours before removing from unit.
4. Stir well and serve immediately or store in refrigerator until ready to use.

*Nutritional information per serving:
Calories 89 (48% from fat) • carb. 7g • pro. 5g
• fat 5g • sat. fat 3g • chol. 14mg • sod. 64mg
• calc. 166mg • fiber 0g*

Goat Milk Yogurt

If you are sensitive to cow's milk, goat's milk can be a great alternative.

Makes about 1 quart (0.95 L) yogurt

4 cups (1 L) goat milk
6 ounces (175 ml) goat milk yogurt

1. Whisk ingredients together well in a medium stainless bowl. (Whisking well ensures ingredients are completely incorporated.)
2. Pour ingredients into the yogurt container of the Cuisinart Electronic Yogurt Maker. Press the "+" and "-" button to select to 8 hours for fermentation. Press START to begin fermentation.
3. Yogurt has switched from ferment to cool when the time has counted down and "C" is visible on the display panel. Let yogurt stay on cool mode for a minimum of 12 hours before removing from unit.
4. Stir well and serve immediately or store in refrigerator until ready to eat.

*Nutritional information per serving:
Calories 99 (54% from fat) • carb. 6g • pro. 5g
• fat 6g • sat. fat 4g • chol. 16mg • sod. 72mg
• calc. 192mg • fiber 0g*

Soy Yogurt

With this recipe you can still enjoy yogurt even if you do not eat dairy or are on a vegan diet.

Makes about 1 quart (0.95 L) yogurt

4 cups (1 L) unsweetened soy milk, divided
2 tablespoons (30 ml) cornstarch
1 tablespoon (15 ml) liquid pectin
1 packet vegan yogurt culture

1. Make a slurry with ½ cup (125 ml) of the soy milk and the cornstarch. Reserve.
2. Heat 1½ cups (375 ml) of the milk in small to medium saucepan set over medium-low heat. Once the milk is steaming (NOT boiling) whisk in the slurry. Remove from heat and stir in the remaining milk and the pectin. Cool to 110°F (43°C), then stir in the vegan culture until completely incorporated.
3. Pour ingredients into the yogurt container of the Cuisinart Electronic Yogurt Maker. Press the "+" and "-" button to select 8 hours for fermentation. Press START to begin fermentation.
4. Yogurt has switched from ferment to cool when the time has counted down and "C" is visible on the display panel. Let yogurt stay on chill mode for a minimum of 12 hours before removing from unit. Yogurt may look broken after cooling, so whisk together until smooth.
5. Serve immediately or store in refrigerator until ready to eat.

*Nutritional information per serving:
Calories 68 (19% from fat) • carb. 11g • pro. 4g
• fat 2g • sat. fat 0g • chol. 0mg • sod. 45mg
• calc. 20mg • fiber 0g*

Maple Vanilla Yogurt

A simple and delicious flavour made with ingredients you probably have on hand.

Makes about 1 quart (0.95 L) yogurt

- 3 tablespoons (45 ml) pure maple syrup**
- 1 tablespoon (15 ml) pure vanilla extract**
- 1 quart plain (0.95 L) yogurt**

1. Stir ingredients together and serve.

Note: Syrup and vanilla may be added to the yogurt during the cooling phase of the yogurt-making process. Simply add ingredients once yogurt has been cooling for at least 6 hours.

Nutritional information per serving:
Calories 127 (29% from fat) • carb. 15g • pro. 7g
• fat 4g • sat. fat 3g • chol. 19mg • sod. 105mg
• calc. 244mg • fiber 0g

Blueberry Yogurt

A great way to use fresh blueberries. The sweet fruit and tangy yogurt pair well together.

Makes about 1 quart (0.95 L) yogurt

- 2 tablespoons (30 ml) honey**
- 2 pints (946 ml) fresh blueberries**
- ½ teaspoon (2 ml) pure vanilla extract**
- ¼ teaspoon (1 ml) orange zest**
- 1 quart (0.95 L) plain yogurt**

1. Put honey in small sauté pan over medium heat. Once honey begins to bubble add the blueberries, vanilla and zest and stir over medium heat until blueberries begin to break down and thicken, about 20 minutes.

2. Cool mixture in the refrigerator and then stir into pre-made yogurt, or into yogurt during the cooling phase of the yogurt-making process after it has been cooling for at least 6 hours.

Nutritional information per serving:
Calories 159 (23% from fat) • carb. 25g • pro. 7g
• fat 4g • sat. fat 3g • chol. 19mg • sod. 103mg
• calc. 249mg • fiber 2g

Cherry-Almond Yogurt

Nutty and sweet, this yogurt is also delicious as a frozen yogurt or a popsicle.

Makes about 1 quart (0.95 L) yogurt

- 2 cups (500 ml) sweet red cherries, pitted and halved**
- 2 tablespoons (30 ml) granulated sugar**
- pinch kosher salt**
- ¾ teaspoon (3.75 ml) pure almond extract**
- 1 quart (0.95 L) plain yogurt**

1. Stir together the cherries, sugar and salt into a medium saucepan set over medium heat; bring to a boil.
2. Reduce heat to medium-low and allow to simmer until cherries have softened and liquid has reduced and thickened, about 30 to 40 minutes. During the last minute of cooking, stir in the almond extract.
3. Remove from heat and let cool completely.
4. Stir mixture into pre-made yogurt, or into yogurt during the cooling phase of the yogurt-making process after it has been cooling for at least 6 hours.

* (To make yogurt pops, just pour into ice pop mold and freeze overnight.)

Nutritional information per serving:
Calories 140 (26% from fat) • carb. 19g • pro. 7g
• fat 4g • sat. fat 3g • chol. 19mg • sod. 115mg
• calc. 249mg • fiber 1g

Coffee Syrup

Be sure to save some of your morning brew for this recipe.

Makes ½ cup (75 ml) syrup

- 1 cup (250ml) strong brewed coffee**
- ½ cup (125 ml) granulated sugar**

1. Stir coffee and sugar together in a small saucepan and bring to a boil over medium-high heat. Cook until the mixture has reduced by about ½ and is thick and syrupy, about 35 minutes. Cool completely.
2. Stir into yogurt to taste and serve immediately. It is best to stir about 1 tablespoon (15 ml) per individual serving as opposed to adding to a full batch.

Nutritional information [1 tablespoon (15 ml) syrup]
Calories 78 (0% from fat) • carb. 20g • pro. 0g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 1mg • fiber 0g

Mango Lassi

The ripeness of the mango and your personal preference will determine how much sugar is needed. Taste your fruit prior to adding it to the blender and use the amount of sugar listed below as a starting point.

Makes six ½-cup (125 ml) servings

- 1½ cups (375 ml) plain yogurt**
- 1 ripe mango, peeled and cut into ½-inch (1.25 cm) pieces**
- ½ teaspoon (2 ml) ground cardamom**
- ½ teaspoon (2 ml) ground cinnamon**
- pinch kosher salt**
- 4 ice cubes**
- 1 tablespoon (15 ml) granulated sugar**
- 1 tablespoon (15 ml) chopped pistachios, unsalted (for finishing)**

1. Put the yogurt, mango, spices and ice cubes into a blender. Blend for 1 minute on High until smooth. Taste and add sugar, ½ tablespoon (7 ml) at a time, blending in between additions until desired sweetness is reached.

2. Divide into serving cups and garnish with pistachios.

Note: If a thinner drink is desired, add cold water, a tablespoon (15 ml) or two (30 ml) at a time, blending in between additions, until preferred consistency is reached.

Nutritional information per serving:
Calories 88 (27% from fat) • carb. 13g • pro. 4g
• fat 3g • sat. fat 1g • chol. 10mg • sod. 100mg
• calc. 130mg • fiber 1g

Crunchy Granola

Adapted from one of our favourite *New York Times* recipes, this accompanied by homemade yogurt is a great way to start the day.

Makes about 8½ cups (2.125 L)

- 3 cups (750 ml) old-fashioned rolled oats (not quick-cooking)**
- 1½ cups (375 ml) raw cashews**
- 1 cup (250 ml) unsweetened shredded coconut**
- ½ cup (125 ml) sunflower seeds**
- ½ cup (125 ml) hulled pumpkin seeds (pepitas)**
- ½ cup (125 ml) pure maple syrup**
- cup (75 ml) olive oil**
- 2 tablespoons (30 ml) packed dark brown sugar**
- 1 teaspoon (5 ml) kosher salt**
- ½ teaspoon (2 ml) ground cinnamon**
- ½ teaspoon (2 ml) ground cardamom (optional)**
- ½ teaspoon (0.5 ml) ground nutmeg**
- 1 cup (250 ml) dried cranberries**

1. Preheat the oven to 300°F (150°C).
2. In a large mixing bowl combine all ingredients except for the dried fruit. Evenly spread on a parchment-lined baking sheet and bake for 40 to 45 minutes, stirring halfway through, until nicely toasted.
3. Add dried cranberries and stir to combine. Allow to cool completely on baking sheet. Transfer to an airtight container to store for up to 3 weeks.

Nutritional information per ½-cup (125 ml) serving:
 Calories 290 (54% from fat) • carb. 29g • pro. 6g
 • fat 18g • sat. fat 5g • chol. 0mg • sod. 138mg
 • calc. 19mg • fiber 4g

Yogurt Blueberry Crumb Cake

Sweet and tender, this cake stays moist with the addition of yogurt. Pair with a cup of coffee or a scoop of vanilla ice cream for an after-dinner treat.

Makes one 9-inch (22.8 cm) cake (12 servings)

cooking spray

Crumb Topping:

- 1 cup (250 ml) plus 2 tablespoons (30 ml) unbleached, all-purpose flour**
- ½ cup (125 ml) packed light brown sugar**
- 1 stick [½ cup (125 ml)] unsalted butter, room temperature, cubed**
- 1¼ teaspoons (6 ml) ground cinnamon**
- ½ teaspoon (2 ml) pure vanilla extract**
- ¼ teaspoon (1 ml) kosher salt**

Yogurt Cake:

- 1¼ cup (425 ml) unbleached, all-purpose flour**
- ½ teaspoon (2 ml) baking soda**
- ½ teaspoon (2 ml) cream of tartar**
- ¼ teaspoon (1 ml) kosher salt**
- 1 stick [½ cup (125 ml)] unsalted butter, room temperature, cubed**

- 1 cup (250 ml) granulated sugar**
- 2 large eggs, room temperature**
- ½ teaspoon (2 ml) pure vanilla extract**
- ½ cup (125 ml) plain yogurt**
- 1¼ cup (300 ml) blueberries**

1. Preheat oven to 350°F (180°C). Coat a 9-inch (22.8 cm) square baking pan with cooking spray; reserve.
2. Prepare the crumb topping: Put all topping ingredients in a medium bowl and with your hands, mix, working in butter cubes until large clumps form. Reserve in refrigerator until ready to use.
3. Prepare the cake: Put the flour, baking soda, cream of tartar and salt in a medium mixing bowl; whisk to combine. Put butter and granulated sugar in a large mixing bowl. Using a hand mixer, blend on medium-low speed for about 1 minute, until the mixture is light and fluffy. Add the eggs, one at a time, and mix until smooth. Scrape down the sides of the bowl and add vanilla. Mix until incorporated.
4. Add half the dry ingredients and half the yogurt to the butter sugar mixture. Mix until blended, about 30 seconds. Scrape down the sides of the bowl and add remaining dry ingredients and yogurt. Mix about 30 seconds longer until smooth and all ingredients are blended.
5. Pour batter into prepared pan and smooth the top. In a single layer, evenly arrange blueberries over the top of the cake and lightly press into the batter. Evenly spread crumb mixture all over top of blueberries.
6. Bake for 55 to 60 minutes, or until crumb topping is evenly golden brown and tester comes out clean when inserted into the center of the pan. Remove from oven and place on a wire rack to cool. Cool completely before cutting.

Nutritional information per serving:
 Calories 353 (40% from fat) • carb. 49g • pro. 5g
 • fat 16g • sat. fat 11g • chol. 73mg • sod. 168mg
 • calc. 28mg • fiber 1g

Yogurt-Marinated Chicken Thighs

This aromatic dish highlights yogurt's versatility as a marinade.

Makes 8 servings

- 10 green cardamom pods**
- 8 whole cloves**
- 2 dried chili peppers, stems removed**
- 1 cinnamon stick, halved**
- 1 teaspoon (5 ml) whole black peppercorns**
- 1½ teaspoons (7 ml) kosher salt**
- 4 garlic cloves, peeled and crushed, divided**
- 1 one-inch (2.5 cm) piece ginger, peeled and cut into matchsticks**
- 1 cup (250 ml) plain yogurt**
- ½ cup (125 ml) coconut milk**
- 8 chicken thighs, bone-in and skin on [about 2 to 2½ pounds (1 to 1.1 Kg)]**
- 2 to 3 large onions, peeled and sliced [about 4 cups (1 L)]**
- ½ small butternut squash, peeled and cut into ¼-inch x 2-inch (0.6 cm x 5 cm) wedges [about 2 cups (500 ml)]**

1. Using the back of a knife, gently crush cardamom pods and remove seeds. Discard pods and add seeds to a small skillet along with the cloves, dried peppers and cinnamon stick. Toast the spices over low heat until fragrant, about 5 minutes.
2. Put the toasted spices, peppercorns, salt, 2 garlic cloves, ginger, yogurt and coconut milk into a large bowl. Whisk to combine and add the chicken thighs, turning to coat them evenly. Cover the bowl with plastic wrap and allow thighs to marinate for 2 hours in the refrigerator and then 1 hour at room temperature.
3. Preheat oven to 350°F (180°C).

4. In a large baking dish, evenly spread the onions. Add the remaining garlic, and, in a single layer, top with the butternut squash wedges.
5. Remove the chicken from the marinade, allowing any excess to drip back into the bowl. Arrange the chicken over the vegetables in a single layer. Bake for 45 minutes, or until an internal temperature of 165°F (74°C) is reached.
6. Turn oven to Broil to crisp and brown the chicken skin, about 3 to 5 minutes, watching closely to be sure not to burn.
7. Allow chicken to rest for 5 minutes before serving.

Note: This dish does create a bit of liquid while cooking. To serve, use a slotted spoon to lift out a piece of chicken, some onions, and a slice of squash. Discard the excess liquid.

Nutritional information per serving:
 Calories 308 (54% from fat) • carb. 16g • pro. 20g
 • fat 18g • sat. fat 7g • chol. 84mg • sod. 534mg
 • calc. 112mg • fiber 2g

Yogurt-Marinated Lamb Chops

Serve this Greek-inspired dish alongside our Tzatziki on page 9.

Makes 6 servings

- 4 garlic cloves, peeled and finely chopped**
- 1 tablespoon (15 ml) chopped fresh mint**
- 1 teaspoon (5 ml) chopped oregano**
- ¼ cup (60 ml) plain yogurt**
- 1 lemon, zested and juiced**
- ½ teaspoon (2 ml) kosher salt**
- 6 lamb loin chops, 1-inch (2.5 cm) thick [about 1¼ pounds (795 g)]**
- 1 teaspoon (5 ml) vegetable oil**

1. Combine all ingredients except oil in a large bowl, tossing lamb to make sure it is evenly coated.
2. Cover bowl with plastic wrap and allow lamb to marinate in the refrigerator for 2 hours and then 1 hour at room temperature.
3. Preheat a Cuisinart® Griddler fitted with the grill plates and in the closed position, to High. When preheated, brush plates with oil. Grill lamb until it reaches desired doneness, about 6 minutes per side for medium-rare.
4. Allow lamb to rest for 5 minutes and serve.

Nutritional information per serving:
Calories 201 (36% from fat) • carb. 3g • pro. 28g
• fat 8g • sat. fat 3g • chol. 86mg • sod. 289mg
• calc. 56mg • fiber 0g

Black Peppercorn and Herbed Yogurt Dip

This dip makes a great addition to any crudité's platter. Feel free to swap the herbs for whatever you have on hand.

Makes about 1 cup (250 ml)

- 2 cups (500 ml) plain yogurt**
- 1 teaspoon (5 ml) black peppercorns**
- 1 tablespoon (15 ml) finely chopped chives**
- 1 teaspoon (5 ml) finely chopped tarragon**
- ½ teaspoon (2 ml) lemon zest**
- ½ teaspoon (2 ml) kosher salt**

1. Line a fine-mesh strainer with 1 to 2 paper coffee filters and position it over a bowl. Fill the paper-lined strainer with the yogurt and drain in the refrigerator overnight.
2. Between two pieces of wax paper, crush the black peppercorns with the bottom of a heavy skillet. Add crushed pepper and remaining ingredients, including strained yogurt, to a small bowl. Stir to combine and chill in refrigerator until ready to serve. Adjust seasoning as desired.

Nutritional information per serving [2 tablespoons (30 ml)]:
Calories 52 (35% from fat) • carb. 5g • pro. 3g
• fat 2g • sat. fat 1g • chol. 10mg • sod. 194mg
• calc. 124mg • fiber 0g

Raita

This classic Indian condiment is incredibly versatile; use as a dip for flatbreads, a cooling agent alongside spicy dishes, or as a sauce for kebabs.

Makes about 1½ cups (375 ml)

- 2 cups (500 ml) plain yogurt**
- 8 ounces (230 g) English cucumber, shredded and squeezed dry**
- 2 garlic cloves, peeled and finely chopped**
- ¼ teaspoon (0.5 ml) ground cumin**
- large pinch kosher salt**
- 1 tablespoon (15 ml) finely chopped fresh mint (about 25 mint leaves)**

1. Line a fine mesh strainer with 1 to 2 paper coffee filters and position it over a bowl. Fill the paper-lined strainer with the yogurt and drain for 1 hour.
2. Remove yogurt from liner and put in a bowl with remaining ingredients. Stir to combine and chill in refrigerator until ready to serve. Adjust seasoning as desired.

Nutritional information per serving [2 tablespoons (30 ml)]:
Calories 37 (32% from fat) • carb. 4g • pro. 3g
• fat 1g • sat. fat 1g • chol. 6mg • sod. 82mg
• calc. 83mg • fiber 0g

Tzatziki

The Greek cousin of raita, this sauce benefits from time in the refrigerator so the flavours can develop. For a thicker consistency, drain the yogurt in the refrigerator overnight.

Makes about 1¾ cups (425 ml)

- 2 cups (500 ml) plain yogurt**
- 8 ounces (230 g) English cucumber, shredded and squeezed dry**
- 2 garlic cloves, peeled and finely chopped**
- 1 tablespoon (15 ml) fresh lemon juice**
- ¼ teaspoon (1 ml) lemon zest**
- large pinch kosher salt**
- 1 tablespoon (15 ml) finely chopped fresh dill**

1. Line a fine mesh strainer with 1 to 2 paper coffee filters and position it over a bowl. Fill the paper-lined strainer with the yogurt and drain for 1 hour.
2. Remove yogurt from liner and put in a bowl with remaining ingredients. Stir to combine and chill in refrigerator until ready to serve. Adjust seasoning as desired.

Nutritional information per serving [2 tablespoons (30 ml)]:
Calories 32 (32% from fat) • carb. 3g • pro. 2g
• fat 1g • sat. fat 1g • chol. 5mg • sod. 70mg
• calc. 71mg • fiber 0g

Chocolate Pretzel Frozen Yogurt

The combination of sweet and savory is what makes this tangy dessert a real standout.

Makes 5 cups (1.25 L) [ten ½-cup (125 ml) servings]

- 4 cups (1 L) plain yogurt**
- 1 cup (250 ml) granulated sugar**
- ½ cup (75 ml) cocoa powder, sifted**

pinch kosher salt

- 1 cup (250 ml) low-fat milk**
- ½ teaspoon (2 ml) pure vanilla extract**
- 1 cup (250 ml) chopped chocolate-covered pretzels**

1. Line a fine mesh strainer with 1 to 2 paper coffee filters and position it over a bowl. Fill the paper-lined strainer with the yogurt and drain in the refrigerator overnight.
2. In a large bowl, whisk the strained yogurt, sugar, cocoa powder, salt, milk and vanilla together until the sugar has dissolved. Cover with plastic wrap and refrigerate at least 2 hours or overnight.
3. Process in a Cuisinart® Ice Cream Maker according to the model's instructions. A few minutes before the frozen yogurt is finished, add the chopped pretzels into the churning yogurt to fully mix.
4. The consistency will be soft and creamy, but if a firmer texture is desired, transfer the frozen yogurt to an airtight container and freeze for at least 2 hours. Remove from freezer 15 minutes before serving.

Nutritional information per serving:
Calories 208 (21% from fat) • carb. 36g • pro. 7g
• fat 5g • sat. fat 3g • chol. 16mg • sod. 162mg
• calc. 232mg • fiber 1g

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