

Nutritionist[®]

INSTRUCTION MANUAL



SOY MILK MAKER
MODEL NO. SY5



IMPORTANT SAFEGUARDS

CAUTION: We strongly advise consulting your personal physician prior to implementing a new nutritional program.

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 submerge cord, plug, or product base in water or other liquids.
3. Do not touch hot surfaces. Use handles or knobs.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug appliance from outlet when not in use, before putting on or taking off parts, and before cleaning.
6. Avoid contacting moving parts.
7. Do not operate appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
8. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
9. Do not use outdoors.
10. Do not let the cord hang over the edge of a table or counter or touch hot surfaces, including the stove.
11. Blades are sharp; handle carefully.
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. To disconnect, turn Dome Cap to "OFF" and then remove plug from wall outlet.
14. This appliance is intended for processing small quantities of soybeans (about 4-5 ounces) for immediate consumption. This appliance is not intended to prepare large quantities at one time.
15. Stainless Steel Pitcher must be properly in place before operating appliance. Do not attempt to use any other type of pitcher or container with this appliance.
16. Do not use appliance for other than its intended use.

**SAVE THESE
INSTRUCTIONS
FOR HOUSEHOLD USE
ONLY**



ADDITIONAL IMPORTANT SAFEGUARDS

CAUTION: This appliance generates heat and steam during use. Proper precautions must be taken to prevent the risk of burns, fires, or other damage to persons or property.

1. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. The cord to this appliance should be plugged into a 120V AC electrical outlet only.
3. When using this appliance, provide adequate air space above and on all sides for circulation. Do not allow this appliance to touch curtains, wall coverings, clothing, dish towels or other flammable materials during use.
4. Do not leave this appliance unattended during use.
5. If this appliance begins to malfunction during use, immediately turn the Dome Cap to "OFF" and unplug the cord. Do not use or attempt to repair the malfunctioning appliance! Do not use the Stainless Steel Pitcher if it is damaged.
6. Do not use Soy Milk Maker to reheat soy milk or other foods.
7. Use the Soy Milk Maker on a hard, flat surface. Do not place it near a flame or heat or on a soft surface (such as carpet). Avoid placing it where it may tip over during use. Dropping the Soy Milk Maker could cause it to malfunction.
8. To avoid burns, allow heat and steam to escape before completely removing Lid. Also, wait for the Soy Milk Maker to cool down completely before touching or cleaning the Pitcher.
9. Never use the Pitcher on a gas or electric cooktop, on an open flame, or in a microwave oven.

SHORT CORD INSTRUCTIONS

A short power-supply cord is provided to reduce risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords are available and may be used if care is exercised in their use.

If an extension cord is used: (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug and try again. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.



ABOUT SOYBEANS AND SOY MILK

Soybeans are a natural, nutritional food product which is widely grown in the United States, Brazil, and China. The soybean grows on flowering plants and is considered a legume. Legumes are beans (or "seeds") which grow inside a pod (a casing which encloses the bean/seed). When the soybean is fresh, the pod is a rich green color and the seed is generally light green or yellow and is firm to the touch. Fresh soybeans are available in natural food stores, Asian food stores, and some supermarkets. You may also purchase canned or dehydrated soybeans in most supermarkets.

The soybean is an extremely healthy legume which contains a very high amount of protein. Since the soybean is so rich in protein, it can contain an even higher protein content than meats and is a vast source of other vitamins and iron. As well as being nutritional, this remarkable and powerful food product is cholesterol-free and is reported to contain five known classes of anti-cancer agents (including a phytoestrogen called "isoflavones" which is unique to soy).

Besides being good for you, the soybean has many nutritional uses. The soybean is the primary ingredient in what we commonly refer to as "vegetable oil." Soybeans are also used as a low-fat meat alternative and is used in many Asian foods (Japanese, Thai, Chinese). The soybean can also be used to create a natural, healthy milk alternative.

Soy milk is a rich, naturally sweet milk which is high in protein, vitamin B and iron. Since it is lactose-free, it is also a wonderful milk alternative for the lactose intolerant and older children or adults who are allergic to cow milk. Soy milk is created by cooking and grinding soaked soybeans, then pressing the bean to extract its natural milk by-product. With your Salton Nutritionist Soy Milk Maker, the soy milk is also pasteurized to eliminate harmful microorganisms which can cause disease or undesired fermentation. In addition, Salton fresh soy milk has a lighter taste and texture than purchased products—it is a pure product with no additional ingredients.

Soy milk contains a unique nutty flavor which gives your Salton fresh soy milk an appealing taste. With a consistency



ABOUT SOYBEANS AND SOY MILK (CONT.)

much like skim milk, you can also add sweeteners (sugar, honey, chocolate and other flavored syrups, etc.); fruits (strawberries, bananas, blueberries, raspberries, etc.); or other ingredients (salt, herbs, spices, and other extracts like almond, vanilla, or orange, etc.) to create a variety of delicious hot or cold drinks. Used as directed, your Salton Nutritionist Soy Milk Maker will make about 5 cups of fresh soy milk per batch.

As well as being a delicious drink, your Salton fresh soy milk makes a wonderful addition to many other foods (see "RECIPES" at the end of this manual). For a creative way to use your Salton fresh soy milk:

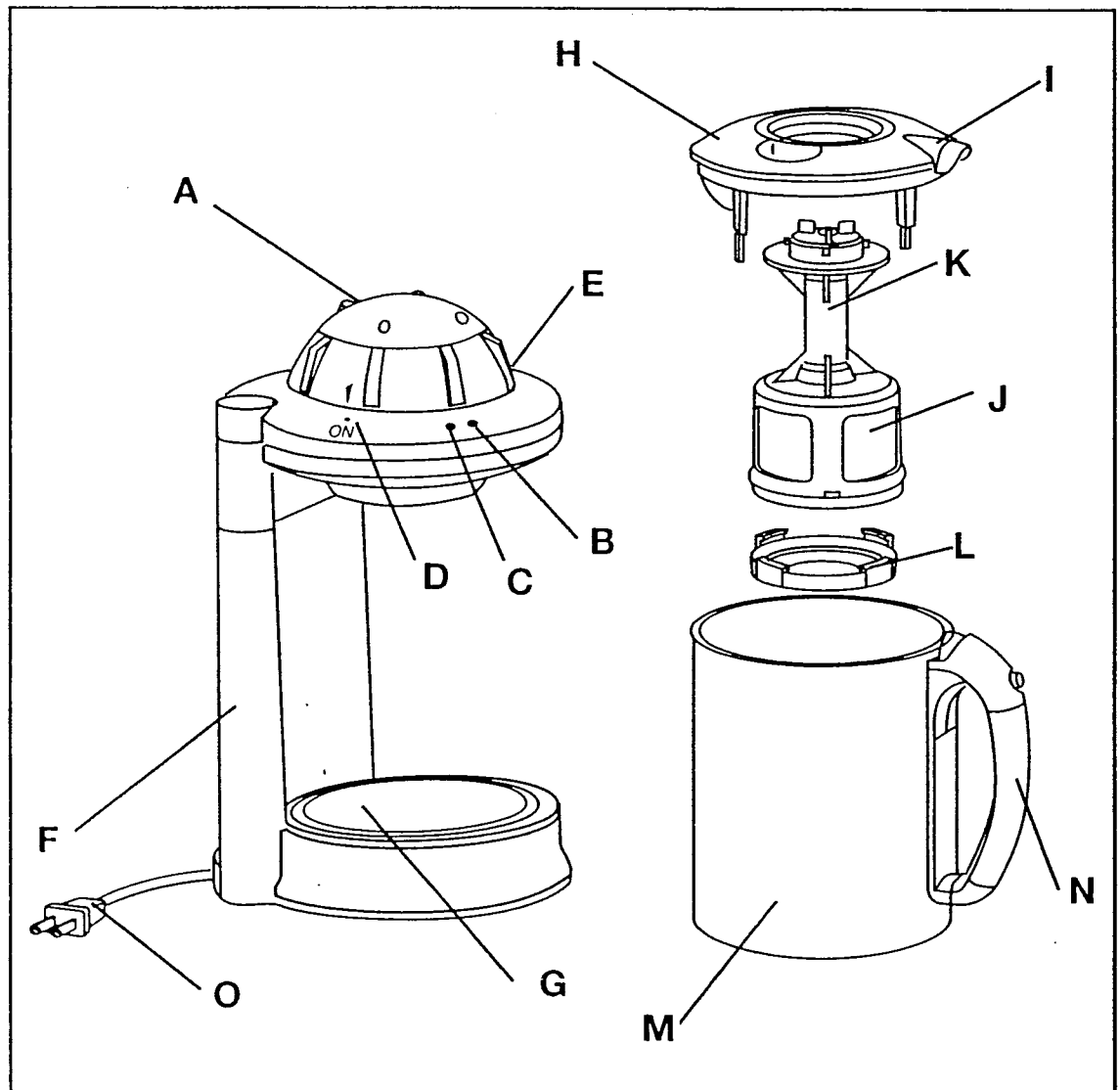
- Try adding ground, cooked soybeans (from your Salton Nutritionist Soy Milk Maker) to enhance thick drinks, vegetable pates, stir fry, or add to mashed potatoes for an added boost of fiber and nutrition!*
- Combine Salton fresh soy milk with your favorite breakfast cereal*
- Froth soymilk for lattes and cappuccinos*

- Create rich, thick shakes—add ice cream (or tofu) and fruit to your Salton fresh soy milk*
- Make cream-based vegetables, sauces, soups, or dressings which are low in saturated fat and cholesterol-free*
- Make pancakes, waffles, muffins, puddings, and many other delicious foods!*

It is beneficial to incorporate the whole soybean into any healthy diet. So, besides enjoying the milk, we encourage you to enjoy the cooked soy, too!



YOUR SALTON SY5 SOY MILK MAKER



- A. Dome Cap
- B. Amber "On" Light
- C. Green "Ready" Light
- D. "ON" marking
- E. "OFF" marking
- F. Base
- G. Heating Plate
- H. Lid

- I. Lid Thumb Tab
- J. Grinding Basket
- K. Grinding Basket Stem
- L. Basket Cap
- M. Stainless Steel Pitcher
- N. Pitcher Handle
- O. Cord and Plug



PREPARING FOR USE

Preparing Soybeans

You should use canned or dehydrated soybeans in your Soy Milk Maker. For best results, use organic soybeans. **Do not use roasted soynuts.**

Soybeans require presoaking. This step reduces the cooking time required. Soak soybeans for 5-8 hours. **Do not oversock soybeans.** This can cause the unit to overflow during operation.

To soak dehydrated soybeans:

1. Rinse soybeans with water.
3. Cover rinsed beans with cool water, allowing room in the bowl for beans to double in size. See Figure 1.

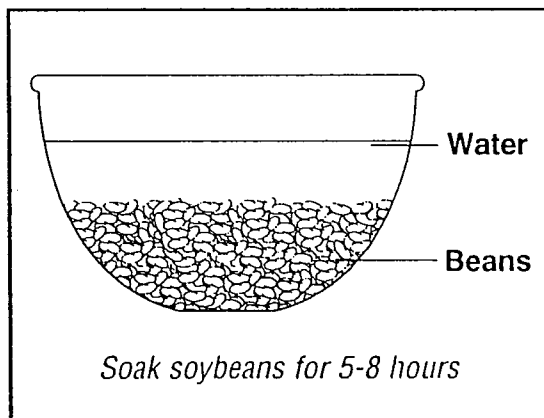


Figure 1

When using canned soybeans, they are generally packed in water. If soybeans are packed in water, they do not require soaking. Rinse

gelatin-like substance from soybeans before grinding.

If you so desire, you may use defrosted Edamame or fresh picked soy beans for making milk. Green soy beans have a naturally sweet characteristic with a pleasant "green" flavor. As with any fresh food, it will have a more pronounced taste than the canned or dehydrated/reconstituted version. Please keep this in mind when trying fresh or Edamame beans for making soy milk.

Preparing Product

Before using your Salton® Soy Milk Maker for the first time, carefully wash Lid, Grinding Basket, Basket Cap and Stainless Steel Pitcher in warm, soapy water. Dry all parts thoroughly.

If necessary, wipe the exterior of the Base with a damp cloth. Dry thoroughly.

CAUTION: Do not immerse or rinse cord, plug, or Base in water or any other liquid.



OPERATING INSTRUCTIONS

CAUTION: *This appliance generates heat and steam during use. Proper precautions must be taken to prevent the risk of burns, fires, or other damage to persons or property.*

1. Turn Dome Cap counterclockwise until marking on side aligns with "OFF" marking on Base. This releases the Stainless Steel Pitcher from the Base. Remove Stainless Steel Pitcher from Base. See Figure 2.

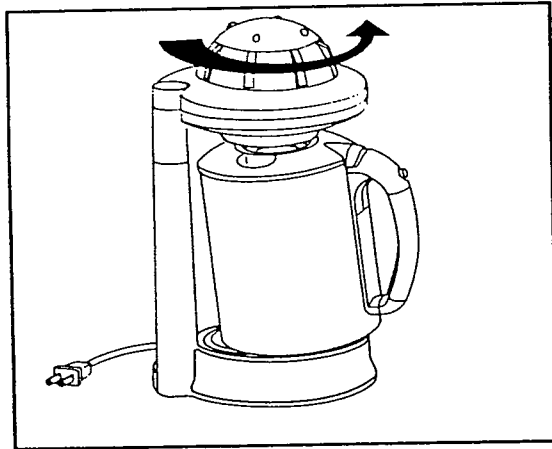


Figure 2

2. While holding Pitcher by Handle, use thumb to press in and up on Lid Thumb Tab. See Figure 3. Remove Lid (with Grinding Basket attached) and place upside down on a flat surface.

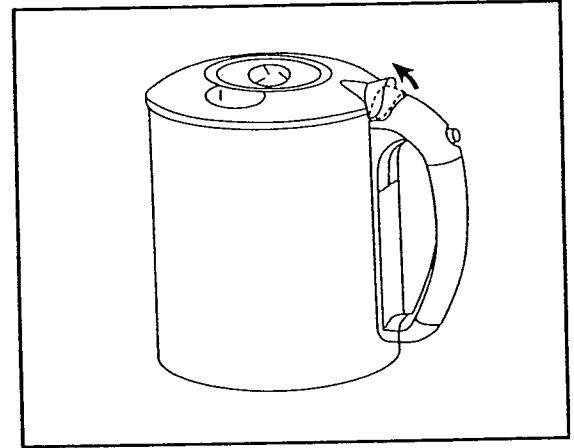


Figure 3

3. Grasp Grinding Basket Stem and turn Basket counterclockwise. See Figure 4. Lift and remove Grinding Basket from Lid.

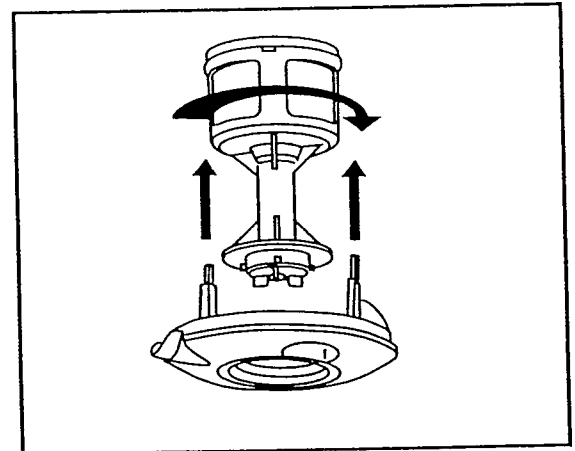


Figure 4

4. Grasp outer edge of Basket Cap and turn counterclockwise. Remove Basket Cap from Grinding Basket. See Figure 5.



OPERATING INSTRUCTIONS (CONT.)

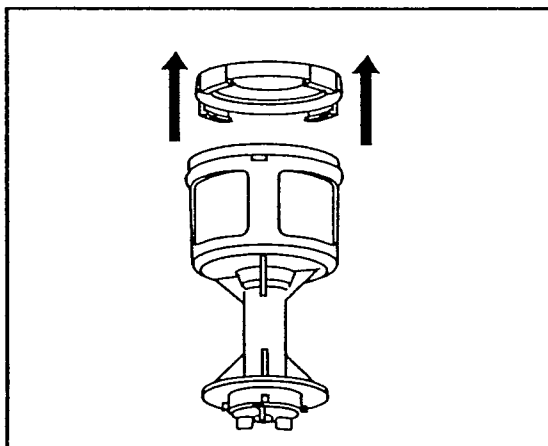


Figure 5

CAUTION: *The Grinding Basket contains very sharp blades. Use care to avoid injury when Basket Cap is removed.*

5. Fill Grinding Basket with whole soybeans. Always soak fresh soybeans before use. See "Preparing for Use."

Fill soybeans to just below the blades inside the Grinding Basket (about 4-5 ounces). Store unused soybeans in refrigerator for future use.

6. Re-attach Basket Cap to Grinding Basket by turning Cap clockwise. The Cap will lock into position.
7. Re-attach Grinding Basket to Lid by aligning tabs on side of Grinding Basket Stem with cut-outs in Lid. Turn Grinding

Basket Stem clockwise to lock into position.

8. Fill Stainless Steel Pitcher with about a quart of fresh, filtered water ("MIN" water level mark). See Figure 6. Be sure not to exceed about 1-1/4 quarts of water ("MAX" water level mark). **DO NOT use water from soaked soybeans to fill Pitcher!**

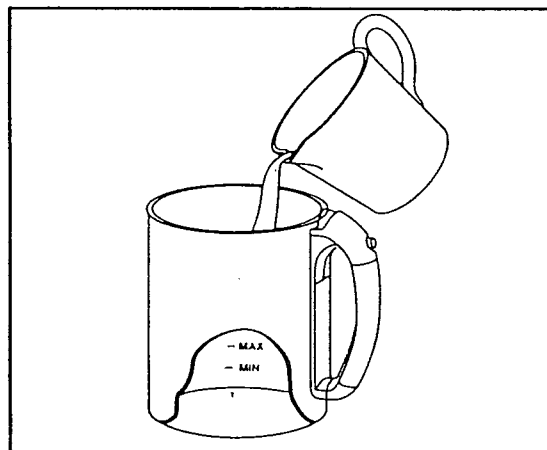


Figure 6

9. Place Lid (with Grinding Basket assembly attached) into Stainless Steel Pitcher. Align Lid Thumb Tab with Handle and press Lid down **firmly**.
10. Place Stainless Steel Pitcher onto Heating Plate on Base. Be sure Pitcher is centered on Heating Plate.
11. Plug Cord into a standard 120V AC electrical outlet.



OPERATING INSTRUCTIONS (CONT.)

CAUTION: During use, the Stainless Steel Pitcher and its contents become very hot! To avoid burns, do not touch Soy Milk Maker parts during operation.

12. Turn Dome Cap clockwise to the "ON" marking on Base. This will lock the Stainless Steel Pitcher into place. The Amber "On" Light will turn on and a beep will sound.

After about 20 seconds, the Soy Milk Maker will begin grinding the soy beans. Grinding will last about 20 seconds. The machine will then wait another 20 seconds before grinding again. The machine will go through about five grinding sessions.

For about the next 10 minutes, the machine will continue the soy milk making process by heating, boiling, and filtering the water through the ground soy.

For the last three minutes, the machine will boil the soy milk to ensure pasteurization.

The soy milk making process takes about 18 minutes.

13. When the milk is ready, the green "READY" light will turn on and a beep will sound for about 18 seconds. This lets you know the milk is ready.
14. Turn Dome Cap counterclockwise to "OFF" position. The

Amber "On" Light will turn off.

15. Grasp the Plug and unplug unit from wall outlet.
16. Use Handle to remove Stainless Steel Pitcher from Base.
17. Carefully raise Lid by pressing in and up on Lid Thumb Tab.
Use care to avoid escaping steam when raising Lid.

18. Remove Lid (with Filter Basket attached) from Stainless Steel Pitcher and set aside. Do not touch any of the interior parts of the Lid, Filter Basket, or Pitcher as they are hot. Allow parts to cool thoroughly.

19. Add sugar or salt directly to soy milk inside Stainless Steel Pitcher. Stir carefully and serve soy milk hot or cold.

Store soy milk in the refrigerator in a tightly sealed container.

20. Allow Soy Milk Maker to cool for approximately 15 minutes before making another batch. For best results, empty the Grinding Basket, and clean the filter net and two sensor plates on the Lid after each operation.
Do not re-use ground soy-beans to make another batch of soy milk. However, you can directly use them in various recipes. See "Recipes."



USER MAINTENANCE INSTRUCTIONS

Your Salton Soy Milk Maker requires little maintenance. It contains no user-serviceable parts inside the Base. Do not remove the base cover. Contact qualified personnel if the product requires servicing.

Cleaning

CAUTION: *Unplug Soy Milk Maker and allow to cool thoroughly before cleaning.*

1. Be sure your Soy Milk Maker is unplugged and has cooled completely.
2. Remove Basket Cap and empty Basket. If desired, ground, cooked soybeans can be used to add fiber to some recipes. See "Recipes" at the end of this manual.
3. Remove the Grinding Basket from the Lid.
4. Wash Lid, Stainless Steel Pitcher, Grinding Basket, and Basket Cap in warm, soapy water. Take care not to scratch the two metal contact plates on the top of the Lid. If necessary, use a soft-bristled brush to clean the mesh on the Grinding Basket and Basket Cap. Be careful not to tear or cut the mesh while cleaning.

CAUTION: *Do not immerse the Base in water or any other liquid. This could damage the product.*

5. Wipe all parts of Base with a soft cloth dampened with water and a mild detergent. Dry all parts thoroughly. DO NOT use abrasive cleansers or sharp instruments to clean these parts as this could damage the surface.

Be sure locking mechanism for Pitcher (on underside of Base top) is thoroughly cleaned.

WHILE UNIT IS UNPLUGGED, turn Dome Cap clockwise to "ON" position. This will lower the mechanism from the top of the Base. Carefully wipe clean the two sensor pins on the side of the locking mechanism. **Use a soft cloth to dry pins thoroughly** and turn Dome Cap counterclockwise to "OFF" position.

Storage

Unplug and clean unit. Store in original box or in a clean, dry place. Never store Soy Milk Maker while it is hot or plugged in. **Never wrap cord tightly around the appliance.** Never place any stress on cord, especially where the cord enters the unit as this could cause the cord to fray and break.



TROUBLESHOOTING

Problem	Symptom	Remedy
Stainless Steel Pitcher does not fit into Base.		Press down on Lid to be sure it is seated properly on Pitcher. Check Dome Cap to be sure it is in the "OFF" position.
Unit does not function or stops during operation.	Amber LED not lit	Unit not receiving power. Check cord and plug. Possible power outage. Turn Dome Cap to "OFF" position. Check cord and plug. Check and replace fuses, if necessary. For extended power outages, allow unit to cool and discard contents.
	Amber LED lit; unit sounding a long beep	Unit has been turned on without Stainless Steel Pitcher in place. Stainless Steel Pitcher not centered on Heating Plate properly. Turn Dome Cap to "OFF" and re-align Pitcher. Sensor pins on Base or contact plates on Lid dirty. Clean unit thoroughly. See "User Maintenance Instructions." Too much water in Pitcher. Empty water to between "MIN" and "MAX" markings inside Pitcher. Soybeans are under- or over-soaked. Replace with new, properly soaked soybeans. See "Preparing for Use."



RECIPES

When cooking with your Salton fresh soy milk, it is important to note that when heated, soy milk foams and can easily boil over. Also, when cooked, soy milk will often curdle—this is normal and often unavoidable.

Leek and Vegetable Chowder

1 tablespoon butter or oil
2 1/2 cups chopped leeks (white and light green parts; see note)
1 cup diced celery
1 cup diced carrots
4 1/2 cups Salton fresh soy milk
2 tablespoons tomato paste
1 teaspoon salt, or to taste
Freshly ground black pepper
1/4 teaspoon dried thyme leaves
1 large russet (baking) potato (about 1/2 pound), peeled and diced
1 cup fresh or frozen corn kernels
2 tablespoons minced parsley, for garnish

In a large, heavy soup pot, heat the butter. Add the leeks, celery, and carrots and cook over medium heat, stirring frequently, until the leeks soften slightly, about 4 minutes.

Add 3 cups of Salton fresh soy milk and blend in the tomato paste. Add the salt, a few twists of black pepper, thyme, and potato. Bring to

a boil. Then lower the heat, cover, and cook at a gentle boil, stirring occasionally, until the vegetables are soft, about 20 minutes.

Stir in the corn and remaining soy milk and cook uncovered until the corn is tender and the soup is good and hot, 1 to 2 minutes. Adjust seasonings. Serve in large soup bowls, garnished with parsley.

Makes 4 servings

NOTES: Rinse the chopped leeks thoroughly to remove all sand. This chowder thickens upon standing. Thin chowder, as needed, with additional soy milk.

Curried Squash Soup

1/2 tablespoon butter or oil
1/2 cup finely chopped onion
1 tablespoon minced fresh ginger
2 teaspoons mild (Madras) curry powder (see note)
2 1/2 to 3 cups Salton fresh soy milk
1 teaspoon salt, or to taste
2 packages (12 ounces each) frozen cooked winter squash (make sure squash is unseasoned)
1 tablespoon freshly squeezed lemon or lime juice (optional)
2 tablespoons minced fresh cilantro, for garnish



RECIPES (CONT.)

Heat the butter in a large, heavy soup pot. Add the onion and ginger and cook over medium heat, stirring frequently, for 1 minute. Stir in the curry powder and cook an additional 10 seconds. Stir in 1 1/2 cups of Salton fresh soy milk and salt and bring to a boil. Add the two frozen blocks of squash. Reduce the heat to medium, cover and cook for 5 minutes.

Turn the blocks of squash over, cover, and cook for a few more minutes. Break up the squash with a fork and continue cooking, stirring occasionally, until the squash is completely defrosted and the onions are very soft, about 10 minutes more. Stir in enough of the remaining soy milk to thin the soup to the desired consistency. Heat the soup thoroughly, but do not boil. Just before serving, stir in lemon juice, if you wish, to brighten up the flavors. Garnish individual portions with cilantro.

Makes 3 to 4 servings

NOTE: An excellent Madras curry powder is made by Merwanjee Poonjiajee & Sons, sold in gourmet shops and many supermarkets.

Mushroom Barley Pilaf

3 cups Salton fresh soy milk
1 cup pearl barley, rinsed and drained
1 1/2 cups diced celery
8 ounces cremini or small button mushrooms, trimmed and quartered
1 teaspoon salt, or to taste
1/8 teaspoon freshly ground black pepper
3 tablespoons chopped fresh dill

Pour the Salton fresh soy milk into a heavy 3- or 4-quart saucepan and set over high heat. Add the barley, celery, mushrooms, salt, and pepper. Bring to a boil. (Take care as boiling soy milk foams and can quickly boil over). Reduce heat immediately, cover, and simmer over low heat, stirring occasionally, until the barley is tender and most of the soy milk has been absorbed, 30 to 35 minutes. (Add a few tablespoons of water during this time if the mixture becomes dry before the barley becomes tender.) Allow the mixture to sit off heat, covered, for 5 minutes. Stir in the dill, adjust seasonings, and serve.

Makes 4 servings



RECIPES (CONT.)

Lemony-Herb Dressing

1/3 cup Salton fresh soy milk
3 tablespoons freshly squeezed
lemon juice
2 tablespoons olive oil
3/4 teaspoon salt, or to taste
2/3 cup ground, cooked soybeans
(left over from making soy milk)
3 tablespoons minced fresh dill or
parsley, plus more to taste
1 small clove garlic, minced
2 teaspoons minced lemon zest
(optional)

In a blender or food processor, combine all of the ingredients and process until smooth, about 1 minute. Taste and adjust seasonings. Use immediately or refrigerate in a tightly sealed container for up to 5 days. Shake well before each use. Great on green and grain salads.

Makes about 1 cup

Polenta with Olives

2 cups Salton fresh soy milk
1 teaspoon minced fresh rosemary
or 1/2 teaspoon dried rosemary,
broken into bits
1/2 cup quick-cooking polenta
1/3 cup chopped, pitted black
olives, preferably oil-cured
3 tablespoons grated Parmesan or
pecorino-romano cheese, plus
more for garnish
Salt and freshly ground pepper to
taste

In a saucepan, combine the soy milk and rosemary and bring to a boil over medium-high heat. Immediately reduce the heat to low. Sprinkle in the polenta while whisking constantly to prevent lumps. Stir in the olives and cook at a gentle boil, stirring frequently, until the polenta thickens to a porridge consistency, 2 to 3 minutes. Turn off the heat and stir in the Parmesan and salt and pepper to taste. Garnish each portion with a light dusting of Parmesan.

Makes 3 to 4 servings

NOTE: Recipe can be doubled or tripled.



RECIPES (CONT.)

Creamy Spinach

10 ounces trimmed fresh spinach,
thoroughly washed to remove all
sand

1/2 tablespoon butter or oil

1/4 cup minced shallots

2 cups Salton fresh soy milk

3/4 teaspoon salt, or to taste

1 tablespoon corn starch dissolved
in 1 tablespoon cold soy milk

Freshly grated nutmeg to taste
(optional)

Steam or microwave the spinach
until tender. Drain. When cool
enough to handle, finely chop.
Press the chopped spinach
between your palms to squeeze out
excess liquid. Set aside.

Warm the butter in a large, non-stick
skillet. Cook the shallots over low
heat, stirring frequently, until they
soften slightly, about 2 minutes.

Add the Salton fresh soy milk, salt,
and chopped spinach. Bring to a
boil and cook at a rapid boil, stir-
ring frequently, until the spinach
is quite soft and the soy milk has
evaporated somewhat, about 4
minutes. Give the cornstarch solu-
tion a stir and then stir it into the
spinach. Continue cooking over
medium-high heat, stirring con-

stantly, until the sauce thickens,
about 1 minute.

Season with nutmeg, if you wish.
Serve in small bowls.

Makes 3 servings

NOTE: For an even creamier con-
sistency, puree the cooked spinach
and sauce in a blender or food
processor. Reheat, if necessary.

Quick Banana Smoothie

1 cup Salton fresh soy milk, chilled
1 large ripe banana, broken into
chunks

1/2 to 1 tablespoon maple syrup or
honey (optional)

Optional additions:

1 tablespoon ground flax seeds or
ground, cooked soybeans (for
added body and a boost of fiber
and nutrition)

1/2 cup fresh or frozen blueberries,
raspberries, or strawberries

1/2 cup fresh or frozen mango or
pineapple chunks

2 to 3 pitted, chopped dates

1 to 2 teaspoons minced fresh
ginger



RECIPES (CONT.)

Place the basic ingredients plus any optional additions in a blender and process until very smooth. Serve immediately.

Makes about 1 1/2 cups

Banana Frosty

Peel a very ripe banana and freeze it in chunks. Substitute the frozen chunks for the ripe banana in the recipe above.

Currant-Studded Pancakes

1 cup Salton fresh soy milk
1 tablespoon freshly squeezed lemon juice
1 1/4 cups unbleached white or whole wheat pastry flour
1 1/4 teaspoons baking powder
1/4 teaspoon baking soda
1/8 teaspoon salt
1/4 cup dried currants or raisins
1 large egg
1 1/2 tablespoons melted butter or oil
1/4 teaspoon pure vanilla extract (optional)
Pan spray, butter, or oil for frying
Maple syrup or jam, for serving

In a large liquid measuring cup, combine the soy milk and lemon juice. Set aside for at least 10 minutes.

In a large bowl, whisk together the flour, baking powder, baking soda, salt, and currants.

Whisk the egg, melted butter, and vanilla (if using) into the Salton fresh soy milk. Using a rubber spatula, fold the liquid into the dry ingredients just until blended. (Avoid overworking the batter.)

Use pan spray, butter, or oil to grease a griddle or large skillet and heat until sizzling. Drop the batter from a 1/4-cup measure onto the griddle and cook over medium heat until a few bubbles appear on top and the bottoms are lightly browned. Flip and brown the second side. Transfer finished pancakes to a heat proof rack and set in a 200-degree oven to keep warm as you cook remaining pancakes. Serve immediately with maple syrup or jam.

Makes 9 to 10 4-inch pancakes

NOTES: If the batter is too thin, add a few more tablespoons of flour. If the batter is too thick, stir



RECIPES (CONT.)

in a few tablespoons of Salton fresh soy milk.

The recipe may be doubled or tripled.

Refrigerate leftover pancakes wrapped in waxed paper for 3 days or freeze in a well sealed container for 1 month. Reheat them arranged on a rack in a single layer in a conventional or toaster oven set to 375 degrees.

VARIATIONS:

Add 1/4 cup sunflower seeds in addition to or instead of the currants.

WAFFLES: Use the recipe above but pour the batter in batches onto a waffle iron and bake according to manufacturer's instructions. Makes 3 7-inch round waffles.

Rice Pudding

2 cups water
1 cup long-grain white rice
1/2 teaspoon salt
4 cups Salton fresh soy milk
1/3 cup sugar, plus more to taste
1/2 to 3/4 cup raisins
1 teaspoon pure vanilla extract
Ground cinnamon, for garnish

In a heavy 3-quart saucepan, bring the water, rice, and salt to a boil. Cover and cook at a gentle boil until the water is absorbed, 12 to 15 minutes.

Stir in the soy milk and sugar. Bring to a boil over high heat. (Take that the soy milk doesn't boil over.) Lower the heat and cook uncovered at a gentle boil, skimming off some of the larger "clouds" of foam and stirring occasionally, for 20 minutes. Stir in the raisins and continue cooking until most of the soy milk has been absorbed and the mixture resembles a thick porridge, 5 to 15 minutes longer. (The rice pudding will thicken further as it cools.)

Stir in the vanilla and additional sugar, if you wish. Spoon into individual ramekins or a bowl. Sprinkle with cinnamon. Cover until needed to prevent a skin from forming. Serve warm, chilled, or at room temperature. Refrigerate leftovers for up to one week.

Makes 6 servings

NOTE: If refrigerated leftovers become dried out, add additional soy milk as needed and heat in the microwave or over low heat in a



RECIPES (CONT.)

heavy saucepan. Stir well to restore a creamy consistency.

VARIATIONS:

Sweeten with maple syrup instead of sugar.

Add chopped prunes, figs, dried apricots, or dried pineapple instead of raisins.

Lemon Poppyseed Muffins

1 cup Salton fresh soy milk
1 tablespoon freshly squeezed lemon juice
2 cups unbleached white flour
2 1/2 tablespoons poppy seeds
2 tablespoons minced lemon zest (see note)
1 tablespoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
2 large eggs
1/2 cup plus 1 tablespoon sugar
6 tablespoons melted butter or taste-free oil (such as canola)
1/2 teaspoon pure vanilla extract

Place the oven rack in the center and preheat the oven to 400 degrees.

In a liquid measuring cup, combine the soy milk and lemon juice and set aside for at least 10

minutes. Grease a standard muffin tin or line it with paper cups. Set aside.

In a large bowl, whisk together the flour, poppy seeds, lemon zest, baking powder, baking soda, and salt.

In another bowl, lightly beat the eggs. Whisk in the Salton fresh soy milk, sugar, butter and vanilla.

Using a rubber spatula, fold the liquid into the dry ingredients just until blended. (Do not overwork the batter.)

Spoon the batter into the muffin cups. Bake until a toothpick inserted in the center comes out clean, 12 to 15 minutes. Remove muffin pan from oven and set on a rack. After 2 or 3 minutes, run a knife around the edges, remove muffins and set on the rack. For optimum texture, eat warm.

Makes 12 muffins

NOTE: To extract maximum zest from a lemon, move an old-fashioned vegetable peeler in a gentle back-and-forth sawing motion to remove the zest (colored part only) in strips. Mince the strips by hand or in a mini-processor. 1 medium-sized lemon yields about 1 tablespoon of minced zest.

ONE-YEAR LIMITED WARRANTY

This Salton, Inc. product warranty extends to the original consumer purchaser of the product.

Warranty Duration: This product is warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

Warranty Coverage: This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished by Salton, Inc., or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

Warranty Disclaimers: This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for Salton, Inc. any other liability in connection with the sale of our products. There shall be no claims for defects or failure under any theory of tort, contract or commercial law including, but not limited to negligence, gross negligence, strict liability, breach of warranty and breach of contract.

Warranty Performance: During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at Salton, Inc. option) when the product is returned to the Salton, Inc. facility. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

Service and Repair

Should the appliance malfunction, you should first call toll-free 1-800-233-9054 **between the hours of 8:00 am and 5:00 pm Central Standard Time** and ask for **CONSUMER SERVICE** stating that you are a consumer with a problem. Please refer to Model #SY5 when you call.

In-Warranty Service (USA): For an appliance covered under the warranty period, no charge is made for service or postage. Call Consumer Service at the above number for a pre-paid return-mailing label. (U.S. Customers Only.)

In-Warranty Service (Canada): For an appliance covered under the warranty period, no charge is made for service or postage. Please return the product insured, packaged with sufficient protection and postage, and insurance prepaid to the address below. **Customs duty/brokerage fee, if any, must be paid by the consumer.**

Out-of-Warranty Service: A flat rate charge by model is made for Out-of-Warranty service. Please include \$6.00 (U.S.) for return shipping and handling.

Salton, Inc. cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem; your full name and return address and daytime phone number; a note describing your problem, a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

Return the appliance to:

ATTN: Repair Department
Salton, Inc.
550 Business Center Drive
Mt. Prospect, Illinois 60056

For more information on Salton, Inc. products visit our website:
<http://www.salton-maxim.com>, or you can E-Mail us at: salton@saltonusa.com