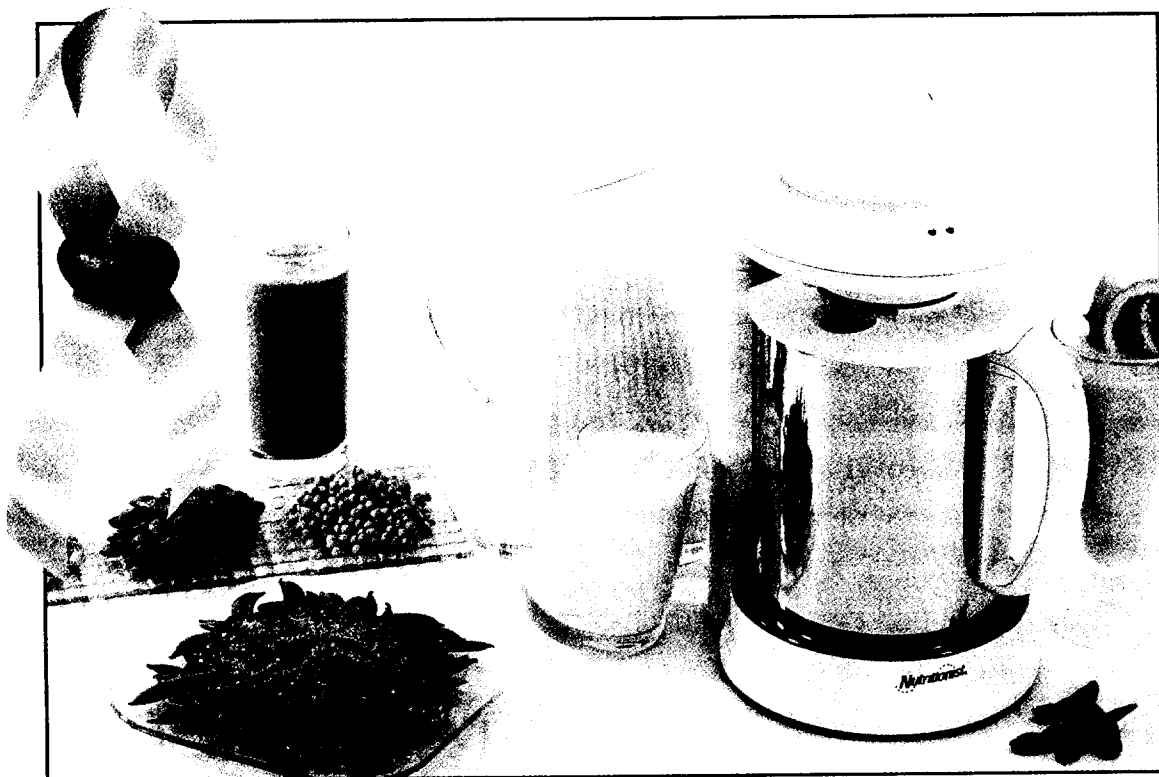


**OWNER'S MANUAL**  
**Model No. SY5A**

# ***Nutritionist***®



***Fresh Soy Food Center***

**salton**®

*innovation for a healthier today and tomorrow*

# 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 before using appliance.
2. To protect against risk of electrical shock, do not immerse cord, plug, or Base in water or other liquids.
3. Do not touch hot surfaces. Use handles or knobs.
4. This appliance is not for use by children. Close supervision is necessary when any appliance is used near children.
5. Unplug appliance from outlet when not in use. Unplug and allow to cool before putting on or taking off parts, and before cleaning.
6. Avoid contacting moving parts.
7. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or has been dropped or damaged in any manner. Contact Consumer Service.
8. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
9. Do not use outdoors or while standing in a damp area.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Do not place on or near a hot gas or electric burner, or in a heated oven.
12. Blades are sharp; handle carefully.
13. Extreme caution must be used when moving an appliance containing hot oil or other liquids.
14. To disconnect, turn the Dome Cap to "OFF" and then remove plug from wall outlet.
15. This appliance is intended for processing small quantities of soybeans (9 ounces) for immediate consumption. This appliance is not intended to prepare large quantities at one time.
16. The 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.
17. Do not use appliance for other than its intended use.

**SAVE THESE INSTRUCTIONS**  
**THIS APPLIANCE IS 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 the Fresh Soy Food Center to reheat soy milk or other foods.
7. Use the Fresh Soy Food Center 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 Fresh Soy Food Center could cause it to malfunction.
8. To avoid burns, allow heat and steam to escape before completely removing Lid. Also, wait for the Fresh Soy Food Center 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.

## ***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.

## ***Short Cord Instructions***

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

If a longer detachable power-supply cord or 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 table top where it can be pulled on by children or tripped over unintentionally.

**CAUTION:** To prevent Plasticizers to migrate from the finish of the counter top or table top or other furniture, place **NON-PLASTIC** coasters or place-mats between the appliance and the finish of the counter top or table top.

**Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.**

# About Soybeans and Soy Milk



**S**oybeans 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 phytoestrogens such as isoflavones.

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. In addition, Maxim® 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 Maxim® fresh soy milk an appealing taste. With a consistency 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.

## About Soybeans and Soy Milk (Con't.)

*Used as directed, your Maxim® Nutritionist® Fresh Soy Food Center will make about 5 cups of fresh soy milk per batch.*

*An 8 ounce serving of milk from the Nutritionist®'s Fresh Soy Food Center contains 5.6 grams of soy protein.*

*After making each batch of soy milk with the Nutritionist's Fresh Soy Food Center, you'll have a basket of ground, cooked soybeans. Ground soy is a valuable source of protein and fiber and can be used in a variety of tasty ways. A serving of ground soy from the Nutritionist's Fresh Soy Food Center, which is 4.59 ounces, contains 6.89 grams of soy protein.*

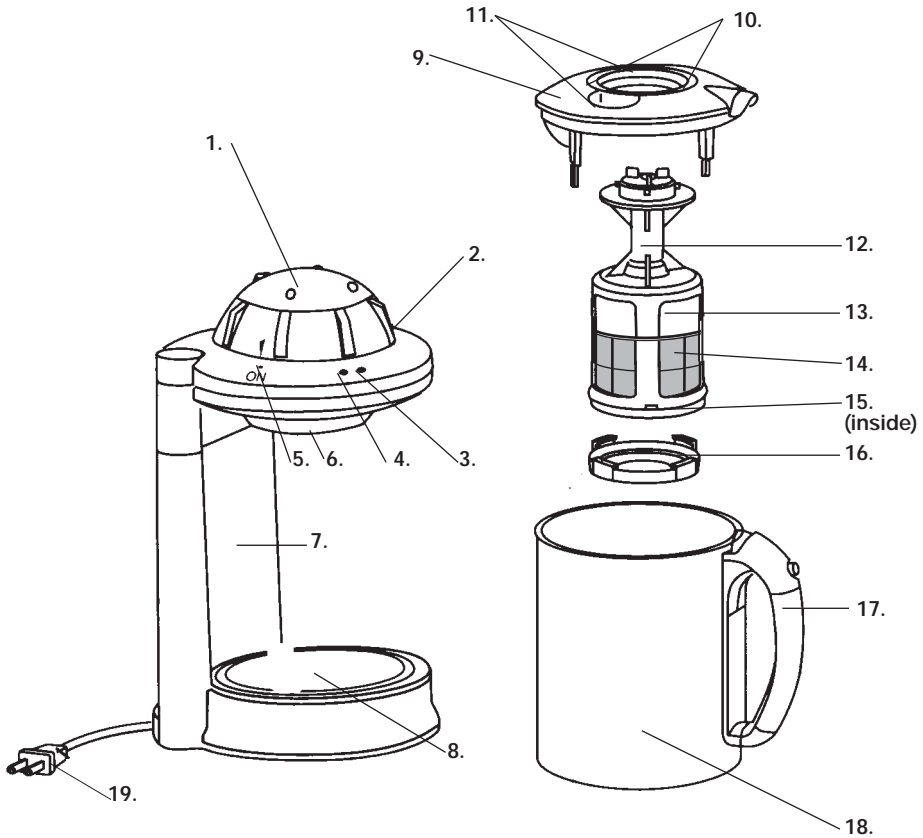
*As well as being a delicious drink, your Maxim® fresh soy milk makes a wonderful addition to many other foods (see "Recipes" at the end of this manual). For a creative way to use your Maxim® fresh soy milk and ground soy:*

- *Try adding ground soy (from your Maxim® Fresh Soy Food Center) to enhance thick drinks, vegetable patés, stir fry, or add to mashed potatoes for an added boost of fiber and nutrition!*

- *You may store the cooked, ground soybeans until needed: up to 3 days in the refrigerator or 3 months in the freezer.*
- *Defrost ground soybeans at room temperature or in the microwave before using.*
- *Ground cooked soybeans are used in numerous recipes that follow. They may also be skillet-toasted to create Soy Crumbs or interesting condiments, such as the Garlicky Soy Sprinkle (see page 15).*
- *Combine Maxim® fresh soy milk with your favorite breakfast cereal.*
- *Froth soy milk for lattes and cappuccinos.*
- *Create rich, thick shakes — add ice cream (or tofu) and fruit to your Maxim® 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!*

# Getting to Know Your Maxim® SY5A Fresh Soy Food Center



- |                      |  |
|----------------------|--|
| 1. Dome Cap          | 11. Rubber Grips                       |
| 2. "OFF" Marking     | 12. Grinding Basket Stem               |
| 3. Red "READY" Light | 13. Grinding Basket Assembly P/N 70600 |
| 4. Green "ON" Light  | 14. Removable Mesh Filters P/N 70601   |
| 5. "ON" Marking      | 15. Removable Grinding Blade P/N 70602 |
| 6. Sensor Pins       | 16. Basket Cap P/N 70603               |
| 7. Base              | 17. Pitcher Handle                     |
| 8. Heating Plate     | 18. Stainless Steel Pitcher P/N 70483  |
| 9. Lid P/N 70482     | 19. Cord and Plug                      |
| 10. 2 Sensor Plates  |  |

# Preparing For Use

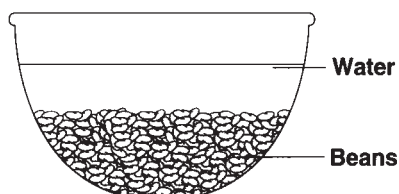
## Preparing Soybeans

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

Dehydrated soybeans require pre-soaking. This step reduces the cooking time required. Soak soybeans for 5-8 hours. **Do not oversoak soybeans.** This can cause the unit to overflow during operation.

To soak dehydrated soybeans:

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



Soak soybeans for 5-8 hours

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 soybeans for making milk. Green soybeans have a natural 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 Maxim® Fresh Soy Food Center for the first time, carefully wash Lid, Grinding Basket, Basket Cap and Stainless Steel Pitcher in warm, soapy water. Rinse and 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.

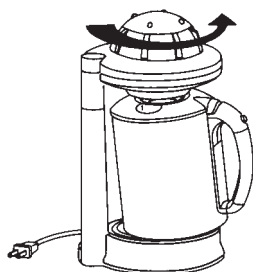


Figure 2

2. While holding Pitcher by the Handle, lift out Lid by grasping Rubber Grips. See Figure 3. Remove Lid (with Grinding Basket attached) and place upside down on a flat surface.

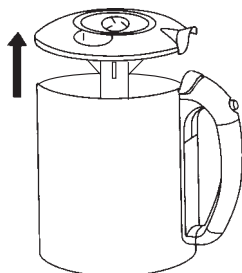


Figure 3

3. Grasp Grinding Basket Stem and turn Basket counterclockwise. See Figure 4. Lift and remove Grinding Basket from Lid. See Figure 5.

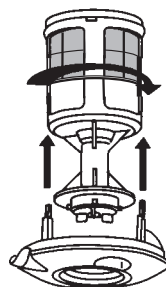


Figure 4

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



Figure 5

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

## Operating Instructions (Con't.)

5. Fill Grinding Basket with 9 ounces of whole drained, hydrated or soaked soybeans. Always soak dehydrated soybeans before use. See "Preparing for Use."

When filling the soaked soybeans into the Grinding Basket, be sure it's not packed too tight. Fill Soybeans to about 1/2 an inch below the blades inside the Grinding Basket.

Store unused soybeans in the 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 cutouts 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!

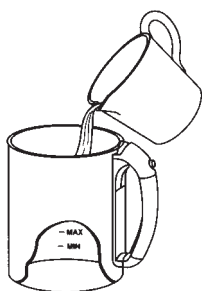


Figure 6

9. Place Lid (with Grinding Basket Assembly attached) into Stainless Steel Pitcher. Align Lid 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.

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

12. Turn Dome Cap clockwise to the "ON" marking on Base. This will lock the Stainless Steel Pitcher into place. The Green "ON" Light will turn on.

After a few minutes, the Fresh Soy Food Center will begin grinding the soybeans. Grinding will last about 20 seconds. The machine will then wait another 10 seconds before grinding again. The machine will go through several grinding sessions. The machine will continue the soy milk making process by heating, boiling, and filtering the water through the ground soy. This process will last about 12 minutes.

## *Operating Instructions (Con't.)*

To ensure that the soy milk is thoroughly stirred, the Motor will cycle on and off during the last 4 minutes. During these last minutes, the machine will boil the soy milk to ensure pasteurization.

The soy milk making process takes about 27 minutes.

13. When the milk is ready, the Red "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 the "OFF" position. The Green "ON" Light will turn off.
15. Grasp the plug and unplug unit from the wall outlet.
16. Use Handle to remove Stainless Steel Pitcher from Base.
17. Carefully lift out Lid by grasping Rubber Grips. **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, Grinding 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 Fresh Soy Food Center to cool for approximately 30 minutes before making another batch. After making two consecutive batches, it is necessary for the Fresh Soy Food Center to cool for at least 4 hrs before making another batch. For best results, empty the Grinding Basket, and clean the four Removable Mesh Filters and two Sensor Plates on the Lid after each operation.

**Do not re-use ground soybeans to make another batch of soy milk.** However, you can directly use them in various recipes. See "Recipes."

# User Maintenance Instructions

Your Maxim® Fresh Soy Food Center requires little maintenance. It contains no user-serviceable parts inside the Base. Do not remove the Base Cover. Any servicing requiring disassembly other than cleaning, must be performed by a qualified electrician. Contact qualified personnel if the product requires servicing.

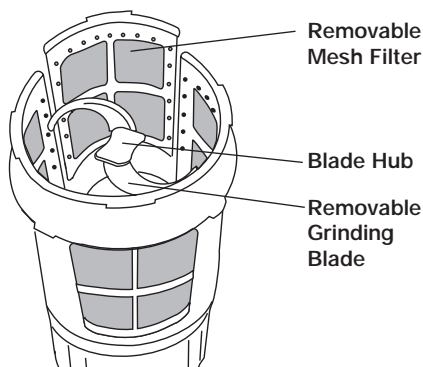
## Cleaning

**CAUTION: Unplug Fresh Soy Food Center and allow to cool thoroughly before cleaning.**

1. Be sure your Fresh Soy Food Center is unplugged and has cooled completely.
2. Remove the Grinding Basket from the Pitcher Lid. Then remove Basket Cap from Grinding Basket.
3. The Grinding Blade may be carefully removed for cleaning. Always use a cloth to protect your fingers when removing or attaching the Grinding Blade. To remove the Blade, with fingers protected, very carefully pull on the plastic Blade Hub in the center of the Grinding Blade. Never struggle with the Grinding Blade, it should easily snap on and snap off. For safety reasons, it is highly recommended that you use a soft bristled brush (or a toothbrush) when cleaning the Blade.

4. To empty Basket, carefully slide the four Mesh Filters out to remove them from the Grinding Basket.

**CAUTION: Remove four Mesh Filters carefully! Avoid touching Grinding Blade!**



5. If desired, ground, cooked soybeans can be used to add fiber to some recipes. See "Recipes" at the end of this manual.
6. Wash Lid, Stainless Steel Pitcher, Grinding Basket, Mesh Filters and Basket Cap in warm, soapy water. Rinse and dry thoroughly. Take care not to scratch the two Sensor Plates on the top of the Lid. If necessary, use a soft bristled brush (or a toothbrush) to clean the Removable Mesh Filters, Grinding Basket and Basket Cap. Be sure not to tear or cut the mesh while cleaning.
7. The Stainless Steel Pitcher is dishwasher safe.

## *User Maintenance Instructions (Con't.)*

8. If the bottom of the Stainless Steel Pitcher needs additional cleaning, sprinkle a moderate amount of Barkeepers' Friend® onto the surface, then add a little water and let sit 1/2 hour. Then use a fairly tough scouring pad or toothbrush to complete the job.

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

9. 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.
10. Be sure the 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 counter-clockwise to "OFF" position.

### ***Storage***

Unplug and clean unit. Store in original box or in a clean, dry place. Never store Fresh Soy Food Center 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.

# Recipes

When cooking with your Maxim® 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.

## ***Toasted Soy Crumbs***

(Substitute Toasted Soy Crumbs in recipes that call for unseasoned bread crumbs.)

***To prepare:*** Spread the ground, cooked soybeans (left over from making soy milk) out in a thin layer in a large, nonstick skillet set over high heat. Cook until the liquid evaporates and the mixture begins to stick, 2 to 4 minutes. Then use a plastic spatula to scrape up the crusty browned bits of soybean stuck to the bottom of the skillet.

Continue cooking and scraping until the soybeans resemble dried breadcrumbs and are nicely browned, 5 to 8 minutes longer. (If mixture begins to smoke, transfer out of skillet immediately to avoid scorching.) Cool. Store in a tightly sealed storage container and refrigerate for up to 5 days or freeze for up to 3 months.

***NOTE:*** *1 cup of ground, cooked soybeans yields about 2/3 cup crumbs*

## ***Garlicky Soy Sprinkle***

This flavorful sprinkle makes a nice garnish for soups, salads, or casseroles and a tasty addition to Soyamole (page 15). Substitute it in recipes calling for seasoned breadcrumbs.

1 cup ground, cooked soybeans (left over from making soy milk)  
1 tablespoon olive or other vegetable oil  
1 large clove garlic, peeled

Spread the soybeans out in a thin layer in a large, nonstick skillet set over high heat and proceed as for making Toasted Soy Crumbs on previous page. When crumbs are browned, transfer to a plate.

Heat the oil in the skillet. Push the garlic through a press into the oil. Cook, stirring constantly, until the garlic turns golden, 5 to 10 seconds. Immediately turn off the heat and stir the Toasted Soy Crumbs into the garlic-flavored oil.

Use immediately or cool and refrigerate in a tightly sealed storage container for up to 1 week, or freeze up to 3 months.

Makes 2/3 cup

### ***VARIATIONS:***

**Salty soy sprinkle:** Stir in 1/4 to 1/2 teaspoon salt.

**Herbed soy sprinkle:** Stir in 1/4 to 1/2 teaspoon dried herbs after browning.

**Parmesan soy sprinkle:** Stir in grated parmesan to taste after browning.

**NOTE:** *Any of these additional ingredients should be stirred in after the mixture has cooled.*

## ***Lemony-Herb Dressing***

1/3 cup Maxim® 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

## ***Soyamole***

2 ripe Hass (small, bumpy-skinned) avocados  
3 to 4 tablespoons Garlicky Soy Sprinkle (page 15), according to taste  
2 tablespoons freshly squeezed lime juice  
Sea salt  
Tabasco sauce  
2 tablespoons chopped cilantro, for garnish (optional)

With a fork, mash together the avocado flesh, Soy Sprinkle, lime juice, salt, and Tabasco to taste. Garnish with cilantro, if you wish. Use as a dip for tortillas or roll up into a wrap with shredded lettuce or sprouts.



## ***Soy and Chickpea Hummus***

1 large clove garlic, peeled  
1 can (15 ounces) chickpeas, drained (reserve liquid if organic)  
1 cup ground, cooked soybeans (left over from making soy milk)  
1/4 cup sesame tahini  
3 tablespoons freshly squeezed lemon juice  
3/4 teaspoon ground cumin  
1 teaspoon sea salt, or to taste  
1 tablespoon olive oil, for garnish (optional)  
Sweet paprika and olives, for garnish (optional)

With the motor of the food processor running, pop the garlic into the feed tube and mince. Add the chickpeas, soybeans, tahini, lemon juice, cumin, and salt, and process into a thick purée. Add a bit of the reserved chickpea liquid or water if the mixture is too thick. Adjust seasonings.

If you wish, transfer to a bowl and garnish with a drizzle of olive oil and a sprinkle of paprika. Surround with olives and serve with pita triangles and/or raw vegetables. Also makes a good sandwich filling.

Makes about 2-1/2 cups

### ***VARIATION:***

Add reserved chickpea liquid, water, or soy milk, as needed, to thin the mixture for a salad dressing. Adjust seasonings.

## ***Currant-Studded Pancakes***

1 cup Maxim® 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 Maxim® 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 in a few tablespoons of Maxim® fresh soy milk.*

*This recipe may be doubled or tripled.*

## ***Pancakes (Con't.)***

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 waffles.

## ***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 Maxim® 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 Maxim® 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 Maxim® 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

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 Maxim® 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 Poonijajee & Sons, sold in gourmet shops and many supermarkets.*

## ***Mushroom Barley Pilaf***

3 cups Maxim® 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 Maxim® 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

## ***Polenta with Olives***

2 cups Maxim® 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.***

## ***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 Maxim® 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 Maxim® fresh soy milk, salt and chopped spinach. Bring to a boil and cook at a rapid boil, stirring frequently, until the spinach is quite soft and soy milk has evaporated somewhat, about 4 minutes. Give the cornstarch solution a stir and then stir it into the spinach. Continue cooking over medium-high heat, stirring constantly, 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 consistency, purée the cooked spinach and sauce in a blender or food processor. Reheat, if necessary.

## ***Broccoli Quiche***

This quiche is quick and easy to assemble since it has no crust.

1 tablespoon butter or vegetable oil, plus 1 teaspoon for greasing a 10-inch pie plate

3/4 cup chopped shallots or onions

1/3 cup water

10-ounce package (3 to 4 cups) frozen chopped broccoli

4 large eggs

1-1/2 cups Maxim® fresh soy milk

1 tablespoon Garlicky Soy Sprinkle (optional; see page 15)

1 teaspoon salt

1/4 teaspoon dried thyme or oregano leaves

1 cup tightly packed shredded cheddar cheese

Freshly ground black or white pepper

Grease the bottom and sides of a 10-inch glass pie plate and set aside. Set the oven rack in the center and preheat to 375 degrees.

Heat the butter in a large skillet. Add the shallots and cook over medium-high heat, stirring occasionally, until they begin to soften, about 2 minutes.

Add the water and frozen broccoli. Cover and cook until the broccoli is defrosted, 1 to 2 minutes. With a slotted spoon, transfer the broccoli and shallots to the prepared pie plate. In a large bowl, lightly beat the eggs. Blend in the soy milk, Garlicky Soy Sprinkle (if using), salt, thyme, and cheese. Pour the mixture over the broccoli. Bake until set in the center and lightly browned around the edges, 35 to 45 minutes. Season the top with pepper. Let cool for 5 minutes before slicing into wedges. If liquid condenses on the surface, blot it up with a paper towel.

Serves 4 to 6



## ***Double Soy Stir-Fry with Maple-Mustard Sauce***

2 tablespoons Japanese soy sauce (tamari or shoyu)  
2 tablespoons Dijon mustard  
1-1/2 tablespoons water  
1-1/2 tablespoons toasted (Asian) sesame oil  
1 tablespoon maple syrup  
1 tablespoon grated fresh ginger (optional)  
1 large clove garlic, pushed through a press  
1 cup ground, cooked soybeans (left over from making soy milk)  
1/4 cup water  
1 pound frozen stir-fry vegetables  
1 cup frozen green soybeans (edamame)

First prepare the sauce: In a small bowl, combine the soy sauce, mustard, water, oil, maple syrup, ginger (if using) and garlic.

Spread out the soybeans in a thin layer in a large nonstick skillet and set over high heat. Cook until the liquid evaporates and the mixture begins to stick, 2 to 4 minutes. Then use a plastic spatula to scrape up the crusty browned bits of soybean stuck to the bottom of the skillet. Continue cooking and scraping until the crumbs are dried out and nicely browned, about 5 to 8 minutes longer.

Add the water, frozen stir-fry vegetables, and green soybeans. Cover and cook over high heat until the vegetables are defrosted, about 2 minutes. (Add a bit more water during this time if the mixture becomes dry.) Stir in the sauce and cook uncovered over high heat, stirring frequently, until the vegetables are tender, about 3 minutes longer. Adjust seasonings. Serve over brown or white rice.

Serves 4

## ***Bean and Vegetable Chili***

1 tablespoon olive oil  
1-1/2 cup coarsely chopped onion  
1 green pepper, seeded and diced  
2 large cloves garlic, minced  
1 can (15 ounces) black beans (use liquid if organic; otherwise drain)  
1 cup ground, cooked soybeans (left over from making soy milk)  
1 can (14.5 ounces) diced tomatoes with green chiles  
1 medium zucchini, diced  
1/3 cup pimento-stuffed olives, sliced  
1/2 teaspoon dried oregano leaves  
1/4 to 1/2 teaspoon ground cumin  
Salt to taste  
1-1/2 cups fresh or frozen corn kernels (no need to defrost)  
1 tablespoon freshly squeezed lime juice  
1/3 cup chopped cilantro

Heat the oil in a large saucepan. Cook the onion, pepper, and garlic over medium-high heat, stirring frequently, until the onions begin to brown, about 3 minutes. Add the black beans with canning liquid (or 1/3 cup water), soybeans, tomatoes (with liquid), zucchini, olives, oregano, cumin, and salt.

Bring to a boil, then cover and cook over medium heat, stirring occasionally, until the flavors have mingled and the zucchini is almost tender, 4 to 5 minutes. Stir in the corn and simmer until the corn is tender, another minute or two.

Stir in the lime juice and cilantro, and adjust seasonings. Serve in large bowls on its own or over rice or quinoa.

Serves 4

### ***VARIATION:***

Use canned organic black soybeans (available in healthfood stores) instead of black turtle beans.

## ***Collard "Spaghetti" with Garlicky Soy Sprinkle***

3/4 pound collard greens

1/2 cup water

2 to 3 tablespoons Garlicky Soy Sprinkle (page 15)

1 tablespoon olive oil

Salt

Holding the collards in a bunch, trim off and discard the bottom inch of the stems; thinly slice the remaining stems. Stack the leaves and roll them into a cigar. Thinly slice to create spaghetti-like strands. Rinse well and drain.

In a large saucepan, bring the water to a boil. Add the collards and cook covered over medium-high heat until tender, 5 to 10 minutes. Add more water during this time, if needed.

Toss collards with Garlicky Soy Sprinkles, oil and salt to taste.

Serves 4

### ***VARIATION:***

Substitute kale or broccoli rabe for the collards

## ***Maple Walnut Soyola***

Sprinkle Soyola on top of cooked cereal or combine it with your favorite breakfast cereal. Or try it as a topping for ice cream, fruit crisps, pies, or compotes.

2 cups ground, cooked soybeans (left over from making soy milk)  
5 tablespoons maple syrup  
2 teaspoons vanilla extract  
1/4 teaspoon cinnamon  
1/2 cup walnuts, chopped

In a large nonstick skillet, combine the soybeans, maple syrup, vanilla, and cinnamon. Set over high heat. When most of the liquid has evaporated and the mixture begins to stick, use a plastic spatula to scrape up any browned bits sticking to the bottom.

Continue cooking and scraping until the mixture turns to fine crumbs and is lightly browned, 6 to 8 minutes. Stir in walnuts for the final few minutes. Lower the heat, if necessary, to avoid scorching. Cool, then transfer to a tightly sealed storage container and refrigerate for up to 1 week or freeze up to 3 months.

Makes about 2 cups

### ***VARIATIONS:***

Add 1/4 cup dried, unsweetened, shredded coconut when you add the walnuts.

Use sunflower seeds instead of walnuts.

After cooking, stir in chopped dried fruit.

## ***Cranberry-Pecan Drop Scones***

Butter or oil for greasing baking sheet

1 cup Maxim® fresh soy milk

1 tablespoon freshly squeezed lemon juice or apple cider vinegar

1 cup unbleached white flour

1 cup wholewheat pastry flour (NOT bread flour!)

1 tablespoon plus 1 teaspoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon salt

1/4 to 1/3 cup sugar (according to taste)

1 teaspoon grated orange zest

1 large egg

3 tablespoons melted butter (cooled) or vegetable oil

3/4 cup chopped dried cranberries

3/4 cup pecans, toasted and coarsely chopped

Grease a large baking sheet and set aside. Set the rack in the middle and pre-heat the oven to 400 degrees. Combine the soy milk and lemon juice and set aside to curdle.

Meanwhile, combine the flours, baking powder, baking soda, and salt and sift into a large bowl. Stir in the sugar and orange zest.

In another bowl, whisk together the egg, butter, and soy milk mixture. Pour into the dry ingredients and stir with a fork just until blended. Fold in the cranberries and pecans.

Drop by heaping tablespoons onto the prepared baking sheet, leaving about 1 inch between scones. Bake until bottoms are golden brown (tops remain pale), 15 to 18 minutes. Transfer to a cooling rack. Serve warm or cool completely and refrigerate for up to 1 week or freeze for up to 3 months. Serve warm.

Makes 12 to 14 scones

## ***Chocolate-Banana Bread Pudding***

For this recipe, you'll need a standard 2-quart Pyrex loaf pan and another ovenproof dish large enough to hold the loaf pan with some space around the edges. A shallow, rectangular Pyrex dish about 12" x 8" works well.

Butter, vegetable oil, or pan spray for preparing loaf pan  
4 large eggs  
2 cups Maxim® fresh soy milk  
1/2 cup sugar  
1/2 cup unsweetened cocoa powder  
4 cups loosely packed, day-old, 3/4-inch wholewheat or white bread cubes (no need to remove crusts)  
2 cups sliced, ripe bananas  
1/2 cup semi-sweet chocolate morsels  
3 tablespoons toasted, slivered almonds (optional, for garnish)

Liberal grease the loaf pan and set aside. Set 4 layers of paper towel in the bottom of the larger baking dish. Set aside.

In a blender or food processor, thoroughly blend the eggs, soy milk, sugar, and cocoa powder. Make a thin layer of bread cubes and bananas in the loaf pan, and sprinkle some chocolate morsels on top. Pour over enough of the chocolate soy milk to cover.

Repeat the layering process until all of the ingredients are in the loaf pan.

Set the oven rack in the center, and preheat the oven to 375 degrees. While the oven is heating up, gently press the top layer of bread cubes under the chocolate milk from time to time. Bring a kettle of water almost to a boil.

Pour about a cup of hot water into the larger towel-lined baking dish. Set the loaf pan in the center. Pull out the oven rack slightly and set the baking dish on it. Pour in enough hot water to reach about 1/3 up the sides of the loaf pan.

Bake until the pudding is puffy and the center bounces back when gently pressed, about 1-1/4 to 1-1/2 hours. Serve warm. If using slivered almonds, sprinkle them on top of the loaf or over individual portions.

Serves 6 to 8

## ***Rice Pudding***

2 cups water  
1 cup long-grain white rice  
1/2 teaspoon salt  
4 cups Maxim® 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 care 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 a microwave or over a low heat in a 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 Maxim® 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 Maxim® 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.



## ***Quick Banana Smoothie***

1 cup Maxim® 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

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 Quick Banana Smoothie recipe above.

# *Troubleshooting*

Problem	Symptom	Remedy
Stainless Steel Pitcher does not fit into Base.		<p>Press down on Lid to be sure it is seated properly on Pitcher.</p> <p>Check Dome Cap to be sure it is in the "OFF" position.</p>
Unit does not function or stops during operation	Red "READY" Light not lit	<p>Unit not receiving power. Check cord and plug.</p> <p>Possible power outage. Turn Dome Cap to "OFF" position. Check cord and plug. Check and replace household fuses, if necessary. For extended power outages, allow unit to cool and discard contents.</p>
	Red "READY" Light lit; unit sounding a long beep	<p>Turn Dome Cap to "OFF" position. Grasp the Plug and unplug unit from wall outlet. Allow approximately 9 seconds for the PCB (Printed Circuit Board) to reset before plugging the unit back in to the wall outlet.</p> <p>Unit has been turned on without Stainless Steel Pitcher in place.</p> <p>Stainless Steel Pitcher not centered on Heating Plate properly. Turn Dome Cap to "OFF" and re-align Pitcher.</p> <p>Sensor Pins on Base or Sensor Plates on Lid are dirty. Clean unit thoroughly. See "User Maintenance Instructions."</p> <p>Too much water in Pitcher. Empty water to between "MIN" and "MAX" marking inside Pitcher.</p> <p>Soybeans are under or over-soaked. Replace with new properly soaked soybeans. See "Preparing for Use."</p>

# *Looking For Soy Sources...*

## ***A Few Good Books:***

1. The New Soy Cookbook, by Lorna Sass  
(Chronicle Books, 1998)  
120 pgs., \$17.95 paperback
2. The Whole Soy Cookbook, by Patricia Greenberg  
(Random House, 1998)  
221 pgs. \$16.00 paperback

## ***A Few Great Websites:***

1. [www.soyfoods.com](http://www.soyfoods.com)
2. [www.joyofsoy.com](http://www.joyofsoy.com)
3. [www.talksoy.com](http://www.talksoy.com)

# ONE-YEAR LIMITED WARRANTY

This Maxim® 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 Canada, and does not extend to any units which have been used in violation of written instructions furnished by Maxim®, 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 Maxim® any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product 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.

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**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 Maxim®'s option) when the product is returned to the Maxim® 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

If service is required, 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. Please refer to model SY5A when you call.

**In-Warranty Service (USA)** for an appliance covered under the warranty period, no charge is made for service or postage. Contact Consumer Service for return authorization.

**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 listed 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. Include \$10.00 (U.S.) for return shipping and handling.

Maxim® 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 return address and daytime phone number; a note describing the problem you experienced; **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: 708 South Missouri St.  
Macon, MO 63552

**For more information on MAXIM/TOASTMASTER products:**

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