

Legumes & Grains Cooking Guide



Function	Food	Ratio	Best setting
LEGUMES	Chickpeas	1 cup : 3 cups water	80kps/30 mins/natural
	Kidney Beans	1 cup : 3 cups water	80kps/30 mins/natural
	Black Beans	1 cup : 3 cups water	80kps/30 mins/natural
	Cannellini Beans	1 cup : 3 cups water	80kps/30 mins/natural
GRAINS	Quinoa	1 cup : 1 ¼ cup water	50kps/5 mins/pulse
	Faro	1 cup : 1 ¼ cup water	50kps/20 mins/pulse
	Freekah	1 cup : 1 ¼ cup water	50kps/20 mins/pulse
RICE	Long Grain White (Jasmine, Basmati)	1 cup : 1 ¼ cup water	50kps/5 mins/pulse
	Brown Rice	1 cup : 1 ½ cup water	50kps/20 mins/pulse
	Short Grain (sushi)	1 cup : 1 ¼ cup water	50kps/5 mins/pulse



the Fast Slow GO™

Breville®

Natural Yoghurt

 Prep time 10 minutes / Incubating: 5-8 hours + approximately 1 hour 30 minutes cooling

 Serves 8

1 litre full-cream homogenised milk

2 tbsp full-cream natural yoghurt with live and active cultures

1. Scald the Milk

Place the stainless steel pot in the Fast Slow GO. Add the milk. Close and lock the lid. Press YOGHURT then press START. The milk will heat to 83°C and hold at that temperature for 10 minutes.

2. Cool the Milk

Open the lid and do not press any controls. The cooling phase will automatically cool the milk to 43°C. The word 'COOL' will appear on the cooker screen. The cooker will sound an alert when it has reached the correct temperature, about 1 hour 30 minutes.

3. Incubate the Yoghurt

At the end of the step 2, the word 'ADD' will appear on the cooker screen. Place the yoghurt starter in a bowl. Add ½ cup of the cooled milk and whisk until smooth. Whisk the milk mixture into the cooled milk in the pot. Close and lock the lid and press START to incubate for 5-8 hours. The longer it is incubated the tangier the yoghurt will be.

4. Refrigerate

When the cooker sounds an alert that the yoghurt has finished incubating remove the stainless steel pot, cover with plastic wrap and refrigerate until cold. Once the yoghurt is completely cold, transfer to an airtight container and refrigerate for up to 2 weeks.

Tips

It is recommended to use homogenised milk to make yoghurt. If the yoghurt is slightly lumpy and separated, whisk the cooled yoghurt gently to combine.

To cool the scalded milk faster, place the stainless steel pot in a large bowl of iced water, check the temperature with a thermometer. When the milk reaches 43°C, whisk in the yoghurt starter and return the pot to the pressure cooker.

To increase the tanginess of the yoghurt, add more yoghurt starter or increase the incubation time.



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