

plyihong SY-001

plyihong Automatic African Food Swallow Mixer (Model SY-001) Instruction Manual

Model: SY-001 | Brand: plyihong

1. IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and injury to persons. Read all instructions carefully before operating the appliance.

- Do not touch hot surfaces. Use handles or knobs.
- To protect against electrical shock, do not immerse cord, plugs, or the main unit in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to "off", then remove plug from wall outlet.
- Do not use appliance for other than intended use.

2. PRODUCT OVERVIEW

The plyihong Automatic African Food Swallow Mixer is designed to simplify the preparation of various African staple foods like Pounded Yam, Fufu, Banku, Amala, and Semolina. It features a 3-liter capacity, a powerful 700W motor, and an intuitive control panel.

YAMPOUNDER PLUS

Gain freedom from the laborious
and tedious work of making
YAM and FUFU

Swallow Mixer



Figure 2.1: The plyhong Automatic African Food Swallow Mixer, shown with prepared African dishes.

2.1 Components

INCLUDED ACCESSORIES



Measuring Cup



Spoon



Instruction Manual



Figure 2.2: Included accessories and main components of the mixer.

- **Main Unit:** Houses the motor, control panel, and heating element.
- **Inner Pot:** 3-liter capacity, non-stick coating for easy food release and cleaning.
- **Mixing Blade:** Designed for efficient mixing and pounding, mimicking traditional methods.
- **Detachable Inner Lid:** Helps contain food during operation and is removable for cleaning.
- **Measuring Cup:** For precise ingredient measurement.
- **Spoon:** For serving or handling food.

2.2 Key Features

- **Multi-Function Cooking:** Dedicated modes for Pounded Yam, Fufu, and a separate Rice cooking function.
- **Powerful High-Torque Motor:** 700W motor with a one-piece stirring blade that uses forward and reverse rotation for thorough mixing.
- **Removable & Non-Stick Inner Pot:** Facilitates easy cleaning and prevents food from sticking.
- **Smart Design:** LCD display with touch button controls and a built-in sensor for temperature regulation.

One machine with three functions



Figure 2.3: The powerful 700W motor and surround heating system.



Figure 2.4: The thickened blunt mixing knife designed for effective pounding.

3. SETUP

Before first use, ensure all packaging materials are removed and clean all removable parts as described in the 'Cleaning and Maintenance' section.

3.1 Unpacking and Initial Cleaning

1. Carefully remove the mixer and all accessories from the packaging.
2. Wash the inner pot, mixing blade, and detachable inner lid with warm soapy water. Rinse thoroughly and dry completely.
3. Wipe the exterior of the main unit with a damp cloth. Do not immerse the main unit in water.

3.2 Assembly

1. Place the main unit on a stable, flat, heat-resistant surface, away from water sources.
2. Insert the mixing blade onto the spindle at the bottom of the inner pot. Ensure it is securely seated.
3. Place the assembled inner pot into the main unit, ensuring it sits correctly and is level.
4. Close the main lid securely.
5. Plug the power cord into a standard 120V AC electrical outlet. The display will illuminate.

4. OPERATING INSTRUCTIONS

This appliance offers multiple functions for preparing various African dishes and rice. Always ensure the inner pot and mixing blade are correctly installed before adding ingredients.



Figure 4.1: The mixer's three primary functions: Pounding Yam, Cooking Rice, and Cooking Fufu.

4.1 General Operation Steps

1. **Prepare Ingredients:** Measure and prepare your ingredients according to your recipe. For pounded yam or fufu, ensure ingredients are cooked and cut into appropriate sizes if necessary.
2. **Add Ingredients:** Place the prepared ingredients into the inner pot. Do not exceed the maximum fill line.
3. **Select Function:** Press the **Select** button repeatedly to cycle through the available functions (Pounded Yam, Fufu, Rice). The selected function will be indicated on the LCD display.
4. **Adjust Time/Temperature (if applicable):** Some functions may allow for time or temperature adjustments using the **Temp** or **Mix** buttons. Refer to specific recipe guidelines.

5. **Start Cooking/Mixing:** Press the **Start** button to begin the selected program. The appliance will automatically proceed through the cooking/mixing cycle.
6. **Monitor Progress:** The LCD display will show the remaining time.
7. **Completion:** Once the program is complete, the appliance may beep or switch to a keep-warm mode. Carefully open the lid and remove the food.

4.2 Specific Function Guidance

- **Pounded Yam:** For best results, use pre-cooked yam pieces. The machine will pound and mix them to a smooth consistency.
- **Fufu:** Follow your fufu recipe for ingredient preparation (e.g., cassava flour, plantain flour). The mixer will combine and pound the mixture.
- **Rice:** Use the measuring cup to add the desired amount of rice and water. The machine will cook the rice automatically.

Make all kinds of food with ease

Pounded yam



Banku



Amala



Semolina



Wheat fufu



Cream chicken
stew with fufu



Smoked turkey
stew with Rice



Beef vegetable
gravy stew with fufu



Mushroom Chick-
en stew with fufu



Figure 4.2: Examples of dishes that can be prepared using the mixer.

4.3 Operational Demonstration Video

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Video 4.3: This video demonstrates the features and basic operation of the Yampounder, including selecting modes and starting the mixing process. It shows the control panel and the mixing action.

5. CLEANING AND MAINTENANCE

Regular cleaning and proper maintenance will ensure the longevity and optimal performance of your plyhong Automatic African Food Swallow Mixer. Always unplug the appliance before cleaning.

5.1 Cleaning Instructions

- Unplug and Cool:** Ensure the appliance is unplugged from the power outlet and has completely cooled down before cleaning.
- Remove Inner Pot and Blade:** Carefully remove the inner pot and the mixing blade from the main unit.
- Hand Wash Components:** The inner pot, mixing blade, and detachable inner lid are recommended for hand washing. Use warm water with a mild dish soap and a non-abrasive sponge. The non-stick coating of the inner pot makes cleaning easy.
- Rinse and Dry:** Rinse all washed components thoroughly under running water to remove any soap residue. Dry them completely with a soft cloth before reassembling or storing.
- Clean Main Unit:** Wipe the exterior of the main unit with a damp cloth. Do not use abrasive cleaners or scourers. Never immerse the main unit in water or any other liquid.
- Clean Control Panel:** Gently wipe the control panel and LCD display with a soft, dry cloth.

5.2 Storage

Store the appliance in a clean, dry place when not in use. Ensure all components are dry before storage to prevent mold or odors.

6. TROUBLESHOOTING

If you encounter any issues with your plyhong Automatic African Food Swallow Mixer, please refer to the following troubleshooting guide before contacting customer support.

Problem	Possible Cause	Solution
Appliance does not turn on.	Not plugged in; Power outlet malfunction; Damaged power cord.	Ensure the power cord is securely plugged into a working outlet. Check the circuit breaker. If the cord is damaged, contact customer support.
Mixing blade is not rotating.	Blade not properly installed; Too much food; Food too hard.	Ensure the mixing blade is correctly seated on the spindle. Reduce the amount of food. Ensure ingredients are adequately softened or pre-cooked.
Food sticks to the inner pot.	Insufficient liquid; Overheating; Non-stick coating wear.	Ensure adequate liquid is used as per recipe. Do not operate empty. If coating is worn, contact customer support.
Unusual noise during operation.	Loose components; Foreign object; Motor issue.	Turn off and unplug the appliance. Check if the inner pot and mixing blade are securely in place. Remove any foreign objects. If noise persists, contact customer support.

Problem	Possible Cause	Solution
Food consistency is not as expected.	Incorrect ingredient ratio; Insufficient cooking/mixing time; Incorrect function selected.	Review your recipe and adjust ingredient ratios. Ensure the correct function is selected and allow the full cycle to complete. Use the 'Cook More' or 'Mix' functions if available for additional processing.

7. SPECIFICATIONS

Technical details for the plyhong Automatic African Food Swallow Mixer, Model SY-001.

Feature	Detail
Brand	plyhong
Model Name	SY-001
Capacity	3 Liters
Wattage	700 Watts
Voltage	120 Volts
Product Dimensions (D x W x H)	10.8" x 11" x 15.5" (27.4cm x 27.9cm x 39.4cm)
Material	Aluminum (Inner Pot, Lid)
Power Source	Corded Electric
Product Care Instructions	Hand Wash



Figure 7.1: Product dimensions for the plyhong Automatic African Food Swallow Mixer.

8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation provided with your purchase or contact the manufacturer directly. Keep your proof of purchase for any warranty claims.

Manufacturer: plyhong