

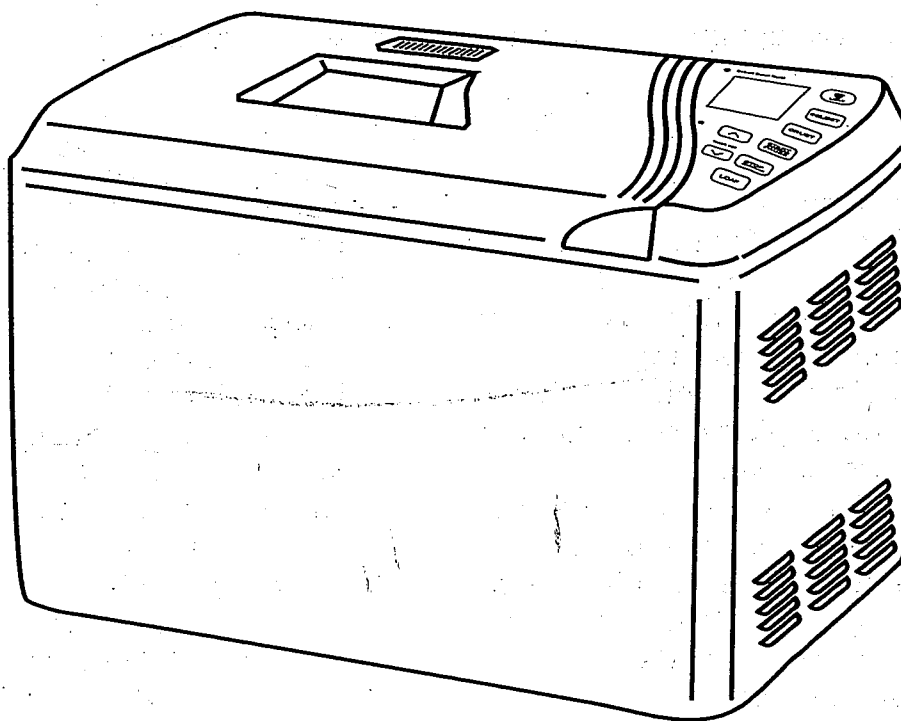
OWNER'S MANUAL



BREADMAKER

Model KTR2300

Sears #48488



CAUTION:

Before using this Breadmaker, read this manual and follow all its Safety Rules and Operating Instructions.

- Safety
- Operation
- Cleaning
- Español, p. 25

P/N 61396

Sears, Roebuck and Co., Hoffman Estates, IL 60179 USA

SEARS WARRANTY

ONE YEAR FULL WARRANTY ON KENMORE BREADMAKER

If this Kenmore Breadmaker fails due to a defect in material or workmanship within one year from date of purchase, Sears will replace it free of charge.

WARRANTY SERVICE

To obtain replacement under this warranty, return this Kenmore Breadmaker to your nearest Sears Store in the United States.

This warranty applies only while this Kenmore Breadmaker is used in the United States.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Sears, Roebuck and Co., Hoffman Estates, Dept. 817WA, Hoffman Estates, IL 60179

Customer Service Department 1-800-233-9054

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

READ ALL INSTRUCTIONS BEFORE USING.

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs. Always use oven mitts when handling hot materials and allow metal parts to cool before cleaning.
3. To protect against electrical shock do not immerse cord, plugs, or appliance in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Contact Customer Service for examination, repair or electrical or mechanical adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces, including the stove.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. To stop the Breadmaker hold the STOP Button for 2 seconds; remove plug from wall outlet.
13. Do not use appliance for other than intended use.
14. Avoid contacting moving parts.

For Household Use Only

SAVE THESE INSTRUCTIONS

ADDITIONAL IMPORTANT SAFEGUARDS

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

CAUTION: During use, the internal parts of the Breadmaker and the area around the Steam Vent are HOT. Keep out of reach of children to avoid possible injury.

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. **Do not reach into the water!**
3. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not operate this appliance while it is touching or near curtains, wall coverings, clothing, dishtowels, or other flammable materials.
4. To reduce the risk of fire, do not leave this appliance unattended during use.
5. If this appliance begins to malfunction during use, immediately unplug the cord. **Do not use or attempt to repair a malfunctioning appliance!**
6. The cord to this appliance should only be plugged into a 120V AC electrical wall outlet.
7. Do not use this appliance in an unstable position.

YOUR KENMORE AUTOMATIC BREADMAKER

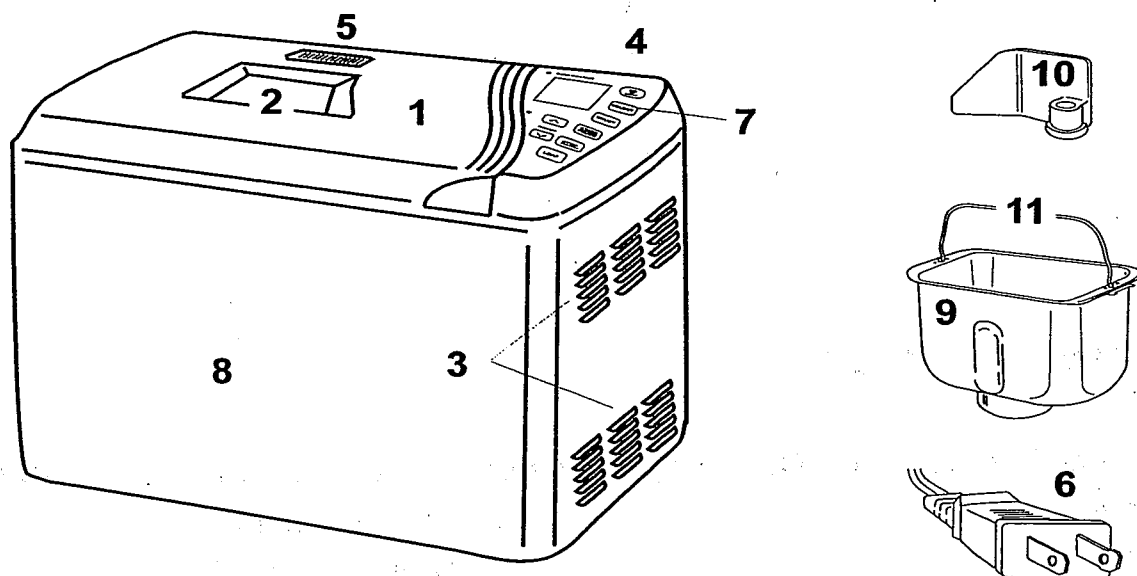
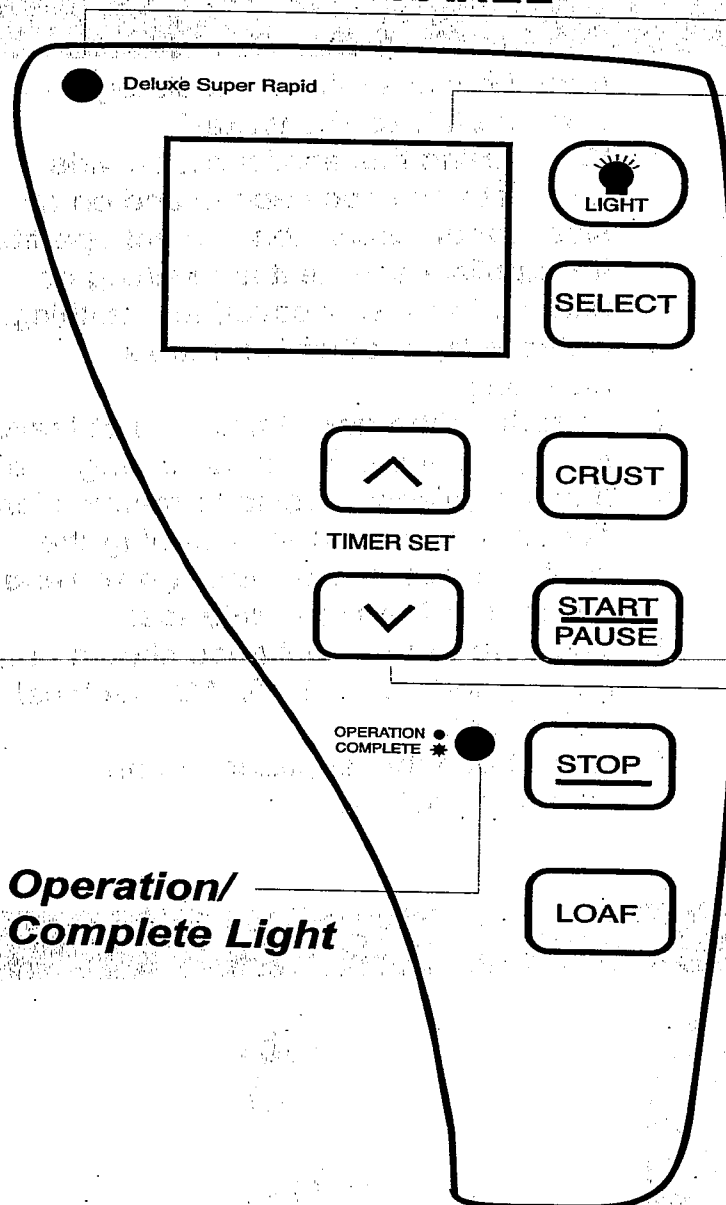


Figure 1

- | | |
|--------------------------------------|--------------------------------------|
| 1. Removable Lid (P/N 22390) | 7. Cycle Selection |
| 2. Viewing Window | 8. Oven Case (Baking Chamber inside) |
| 3. Air Vents | 9. Bread Pan (P/N 22389) |
| 4. Control Panel | 10. Kneading Paddle (P/N 20274) |
| 5. Steam Vent | 11. Bread Pan Handle |
| 6. Electric Cord with Polarized Plug | |

Save box for future storage.

THE CONTROL PANEL



Deluxe Super Rapid

Display Window

Oven Light

Selection Options

Select

Crust Control

Start/Pause

Timer Set

(Delay Bake Timer)

Stop

Loaf Size

**Operation/
Complete Light**

SELECTION OPTIONS

Select from these Bread/Dough Cycles by continuously pressing the **SELECT** Button:

1. Basic Bread
2. Basic Bread Rapid
3. Whole Wheat
4. Whole Wheat Rapid
5. Fruit & Nut
6. Fruit & Nut Rapid
7. French
8. French Rapid
9. Deluxe Super Rapid
10. Cake/Batter Bread
11. Jam
12. Pizza Dough
13. Dough
14. Bake Only

PRE-OPERATION INSTRUCTIONS

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.

Do not use an extension cord with this product.

ELECTRIC POWER

If electric circuit is overloaded with other appliances, your Breadmaker may not operate properly. The Breadmaker should be operated on a separate electrical circuit from other operating appliances.

POLARIZED PLUG

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

POWER OUTAGE

60-Minute Power Failure Back-Up

Your Kenmore Automatic Breadmaker has a 60-Minute Power Failure Back-Up feature. If the electricity goes off, the memory will store the Cycle in progress for up to 60 minutes. If the power comes back on within this time, the Cycle will resume where it left off. If the Breadmaker loses power for more than 60 minutes and you are using any dairy products, perishables, or meat in your bread, you should discard the contents of the recipe and start again with new, fresh ingredients due to health and sanitary considerations.

For non-perishable recipes you may try starting the Breadmaker at the beginning of the Cycle again. However, this may not

always produce an acceptable loaf of bread. If you are not sure when the outage occurred, remove the dough ball from the Bread Pan and place in an oven-safe baking container. Allow dough to double in size and place in a preheated 350°F/177°C oven for 30 to 45, minutes or until done. The bread will sound hollow when tapped on top of the loaf if it is done. Again, this may not always produce an acceptable loaf of bread.

If the bread has already begun to bake when the outage occurs, you must begin with new ingredients.

NOTE: Power Failure Back-Up does not cover power surges. If you experience frequent surges, please use a surge protector.

BEFORE USING FOR THE FIRST TIME

1. Unpack and clean your Kenmore Automatic Breadmaker; see **CLEANING INSTRUCTIONS**. When the Breadmaker is packaged for shipment, a clear plastic film is placed over the Control Panel; carefully peel it off. Remove packing from inside of oven.
2. Place the Breadmaker on a dry, stable surface away from heat and away from areas where cooking grease or water may splatter onto it. Avoid placing the Breadmaker where it may tip over during use. Place away from the edge of the counter top.
3. Do not put larger quantities than recommended into the Bread Pan; bread may not mix or bake correctly and the Breadmaker may be damaged. The maximum amount of flour to be used is as follows:
 - BREAD Cycles: approximately 5 cups
 - DOUGH Cycles: 6 cups
 - JAM Cycle: 3 cups fruit and juice
 - Always add ingredients in the order they are specified in the recipe.
4. Before first use, operate Breadmaker empty on the Basic Rapid Cycle program to burn off the manufacturing oils. Follow the instructions outlined in the Making Dough and Baking Bread section of this Instruction Manual.

NOTE: During first use, this product may smoke and/or emit an odor from mineral oils used in manufacturing. This is normal for a newly manufactured appliance.

KENMORE AUTOMATIC BREADMAKER TIPS

1. Remember to insert the Kneading Paddle first, then add all of your ingredients **BEFORE** inserting the Bread Pan into the Baking Chamber of your Breadmaker.

Inserting and Removing the Bread Pan

1. To insert the Bread Pan in the Breadmaker, seat it firmly in place.
2. To remove the Bread Pan from the Baking Chamber:
 - Hold the Handle with an oven mitt and lift gently.
 - When you remove the Bread Pan after baking, **BE SURE TO WEAR OVEN MITTS** to prevent injury.
 - After you remove the loaf (by turning the Bread Pan upside down and shaking gently), check to see that the Kneading Paddle is removed from the loaf. If it is stuck in your bread, use a non-metal utensil to gently remove it, making sure not to scratch the Kneading Paddle. Handle the Kneading Paddle with care; it will be **HOT**.

CAUTION: Be sure to remove the Kneading Paddle from the Bread Pan after each use. After removing loaf, fill Bread Pan with water and let sit for 10 minutes. This will help to loosen the Kneading Paddle if it is baked to the shaft.

USING THE 13-HOUR DELAY BAKE TIMER

You can program the Breadmaker to delay preparing and baking the loaf for up to 13 hours from the time you press the **START/PAUSE** Button.

Set the timer for the number of hours there will be between the time you set it and the time you want the bread to finish baking.

For example:

It's 8:00 a.m. and you want the bread to be finished at 7:00 p.m. the same day. The time difference from 8:00 a.m. to 7:00 p.m. is **11 hours**.

Set the timer for **11 hours**.

It's 9:00 p.m. and you want breakfast bread ready at 6:30 a.m. the next morning. The number of hours plus minutes from 9:00 p.m. to 6:30 a.m. is **9 hours, 30 minutes**.

CAUTION: DO NOT use delayed baking for recipes containing perishable ingredients such as Dairy Products (eggs, milk, cheese, yogurt). These ingredients may begin to spoil before baking begins and create a health hazard if eaten.

To Program Delayed Baking

Step 1

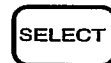
Add ingredients, as usual, taking care not to let the yeast and liquid ingredients mix.

Step 2

Close Breadmaker lid and plug it into a 120V electrical outlet.

Step 3

Select the desired cycle, loaf size, and crust color.



Step 4

Press the Timer Button once for each 10 minutes you wish to delay the finish time. Press the Timer Button to subtract time if you enter too much. The time amount shows in the Display Window. Press and hold either or to fast forward or fast reverse time.

NOTE: Actual baking times will not change.

Step 5

Press **START/PAUSE** to begin Timer countdown. The colon (:) in the time shown in the Display Window will begin to flash. This lets you know that the Timer has started. When the Display Window shows 0:00, baking is complete.



NOTE: Always set timer for the shortest time possible. Because ingredients are partially combined in the Bread Pan, the dough may tend to deteriorate if left unbaked for too many hours, especially on a warm or humid day.

KNEADING AND BAKING CYCLES

PLEASE NOTE: If, at any time during the bread-making process, you need to pause the Breadmaker to check the dough ball or to add ingredients, press the **START/PAUSE** Button. Press the **START/PAUSE** Button again to resume baking. If you wish to stop the Breadmaker from operating, press the **STOP** Button. Then, unplug the unit.

There are two Dough-Only Cycles: Bread Dough and Pizza Dough.

Add-In Beeper

During all of the Cycles, except Jam and Bake Only, three short, audible beeps will sound to remind you to check the dough ball and scrape ingredients from the sides of the Bread Pan; to add additional ingredients, such as raisins, nuts, and spices; or to stir ingredients. Refer to the **KNEADING AND BAKING CYCLES CHART** in this Instruction Manual for specific Display Times when the beep will sound for each cycle type.

Keep Warm Phase

If bread is not removed immediately after baking and the **STOP** Button is not pressed, a controlled 60 minute Keep Warm phase will begin for each Cycle selection (except Deluxe Super Rapid, Jams, Pizza Dough, Dough, and Bake Only cycles). This phase will help prevent the bread from becoming soggy. However, for best results, remove the bread immediately after the baking process is complete.

Convection Cool-Down

Your Kenmore Breadmaker has a very important feature: True Convection Cool-Down. Towards the end of the baking cycle, a convection fan will activate. Not only does the Fan circulate air within the Bread Pan, helping to prevent condensation from forming between the crust and Baking Pan, it also makes for a better crust and even browning. This feature is not activated in all Deluxe Super Rapids, Pizza Dough, and Dough cycles.

Refer to the Kneading and Baking Cycles Chart on page 16 for precise activities of each baking cycle.

Cycle 1. Basic Bread

Cycle 1 is used for breads that primarily use white flour, although some recipes may include small amounts of whole wheat flour.

Cycle 3. Whole Wheat Bread

Cycle 3 is used for recipes with significant amounts of whole wheat or rye flour, oats, or bran.

The Whole Wheat Cycle begins with a rest period for up to 30 minutes, during which the flours or grains absorb the liquid ingredients. Soaking causes the flour or grain to soften and helps the ingredients to combine well. Generally, Whole Wheat and multi-grain breads are shorter and denser than Basic, French, or Fruit & Nut.

Cycle 5. Fruit & Nut

Use this Cycle for recipes that use fruit juice, additional sugar, or added sweet ingredients such as coconut flakes, raisins, dried fruit, or chocolate. Baking temperature is reduced to prevent burning.

Cycle 7. French Bread

Traditionally, French Bread has a crispier crust and lighter texture than Basic Bread. Recipes usually do not include butter, margarine, or milk.

Cycles: 2. Basic Rapid, 4. Whole Wheat Rapid, 6. Fruit & Nut Rapid, 8. French Rapid

The Rapid Cycles: Basic, French, Whole Wheat, and Fruit & Nut decrease the time for making your favorite bread by approximately an hour. Choose a recipe, then simply **ADD** additional active dry or quick-acting yeast to the recipe. The bread may be shorter and denser. See recipes for correct amounts.

Cycle 9. Deluxe Super Rapid

The Deluxe Super Rapid Cycle bakes breads in as few as 69 minutes!

KNEADING AND BAKING CYCLES

Cycle 10. Cake/Batter Bread

This Cycle is used for recipes that contain baking powder or baking soda rather than yeast to make the bread or cake rise. Do not use yeast in recipes for this Cycle. Use this Cycle to prepare pre-packaged cake and quick bread mixes.

Cycle 11. Jam

Add fruit, sugar, and lemon juice for homemade jam. This is a great topping for homemade bread, waffles, and ice cream.

Cycle 12. Pizza Dough

Use the Pizza Dough Cycle to prepare doughs that require less kneading and rising, such as pizza and focaccia dough.

Cycle 13. Dough

Use the Bread Dough Cycle to prepare dough for making bread or rolls that are shaped before baking in a conventional oven.

Cycle 14. Bake Only

You can use the Bake Only Cycle to bake frozen dough and other types of dough that need refrigeration. This cycle can be used if the crust of a just-baked loaf is too light. Do not remove loaf from Baking Pan and attempt to reinsert. Simply select this cycle after examining the visible portion of the crust. It can be especially helpful if your bread, batter bread, or cake is not quite done. Check every few minutes. This Cycle will bake for up to 2 hours (120 minutes). The time set in this Cycle is saved in the memory of the Breadmaker until you change it.

Slicing and Storing Bread

For best results, place the bread on a wire rack and allow to cool for 15 to 30 minutes before slicing. Use an electric knife or a serrated knife for even slices. For rectangular slices, place the loaf on its side and slice across.

Store unused bread tightly covered (sealable plastic bags or plastic containers work well) at room temperature for up to 3 days. For longer storage (up to 1 month), place bread in a tightly covered container in the freezer. Since homemade bread has no preservatives, it tends to dry out and become stale faster than commercially-made bread. Leftover or slightly hardened bread may be cut into 1/2-inch or 1-inch cubes and used in recipes to make croutons, bread pudding, or stuffing.

Freezing Baked Bread

When freezing bread and rolls, cool them before wrapping in plastic wrap. Place them in a plastic bag and seal it. Bread may be frozen for up to six weeks. For best results, when you thaw, partially open the wrapping to allow the moisture to escape gradually.

Freezing Dough

At the end of the **DOUGH** Cycle, you may remove the dough and freeze it for baking at a later time. Form the dough into the desired shape and immediately freeze for one hour to harden. Remove from the freezer and wrap in plastic wrap. Next, place it in a plastic bag and seal. Dough can be kept in the freezer for up to four weeks. Thaw the dough in plastic bag in the refrigerator overnight or for several hours. Unwrap and place in baking container. Cover and let stand in warm, draft-free place until it doubles in size. Because the dough is not room temperature, you will find it takes longer than usual to rise. Bake according to recipe instructions.

MAKING DOUGH AND BAKING BREAD INSTRUCTIONS

The following are the general steps for using the Kenmore Automatic Breadmaker. Depending on the Cycles or recipe that you choose, some steps may not apply or there may be additional steps. Refer to the Bread, Rapid Bread, Deluxe Super Rapid Bread, Batter Breads, Fruit & Nut Breads, Pizza Dough, Doughs, or Jam sections in this Instruction Manual.

Add all ingredients to the Bread Pan in the order listed in the recipe.

Always use the freshest ingredients available. By carefully following the simple recipes that come with the Breadmaker, you will be able to bake delicious bread every time.



Remember to always put your ingredients into the Bread Pan in the following order:

1. Wet — water, milk, oils, fats.
2. Dry — salt, powdered milk, grains, sugar, flour.
3. Yeast — **Do not use yeast past expiration date. Keep yeast away from liquids (or it will start to activate immediately) and salt (or it may not activate at all).**

1. Remove Bread Pan.

- Open the Lid and remove the Bread Pan.
- Lift the Bread Pan straight up and out of the machine, using the Handle.
- **Do not** turn or shake the Bread Pan while taking it out.
- If the Bread Pan is bent, the temperature sensor may not work properly.

2. Position Kneading Paddle.

- Position the Kneading Paddle on the Drive Shaft.
- Match the flat side of the Drive Shaft to the flat part of the hole in the Kneading Paddle.
- Make sure the Kneading Paddle is secure.

3. Place Ingredients into Pan.

- Place all ingredients, except yeast, in Bread Pan in the order listed.
- Use a rubber spatula to smooth the dry ingredients in the Bread Pan, spreading into **all** corners.
- Make a small indentation in top of flour and add yeast to indentation.

4. Position Bread Pan

- Insert the Bread Pan into the Oven Chamber.
- Press down on the rim of the Bread Pan until it snaps securely into place.
- If the Bread Pan does not snap securely into place, remove Bread Pan.
- Wearing oven mitts, place fingers behind Bread Pan clips and gently pull away from oven wall.
- Insert Bread Pan again.
- Close the Lid.
- Plug into 120 V 60 Hz outlet.
- The Breadmaker will beep and three zeros "000" will flash in the Display Window.

5. Select Bread Cycle

- Press the **SELECT** Button to choose the Cycle you want.
- The Operation/Complete Light will illuminate.
- Each time the **SELECT** Button is pressed, it will beep and the activated Cycle will appear in the Display Window.

6. Select Crust Color

- Press the **CRUST** Button to choose the crust color. The Breadmaker is preset for **MEDIUM CRUST**.
- **NOTE:** Crust control cannot be activated for the following Cycles:
 - Deluxe Super Rapid
 - Batter Bread/Cake
 - Jam
 - Pizza Dough
 - Dough
 - Bake Only

7. Select Loaf Size

- Press the **LOAF SIZE** Button to select: 2.0 LB or 2.5 LB. The Breadmaker is preset to 2.5 LB.
- **NOTE:** When using the Pizza Dough, Dough, Cake/Batter Bread, Jam, or Bake Only Cycles, steps 7 and 8 are not needed.



8. Start Cycle

- Press the **START/PAUSE** Button to begin the Kneading Cycle.
- The Operation/Complete Light will illuminate.
- The **TIME** remaining will begin to count down in the Display Window.
- **LOAF SIZE** and **CRUST COLOR** will be shown in the Display Window.
- The Breadmaker will begin mixing the ingredients for a minute. Then, it will begin the kneading process. During this process, the yeast will activate and normally the Viewing Window will begin to fog. (This will clear eventually so you can view the loaf's progress).
- For the Basic, Whole Wheat, French, Fruit & Nut, and Dough Cycles, the Breadmaker will beep before the end of the Kneading Cycle, at which time you may add any fruits or nuts, herbs, meat, garlic, etc. See **KNEADING AND CYCLE CHART**.

NOTE: The Beeper will not sound for Jam and Bake Only Cycles. Refer to the KNEADING AND BAKING CYCLE CHART.

- Opening the Lid will not stop the kneading process.
- Add ingredients quickly and evenly over dough.
- Quickly close Lid to prevent heat loss.
- At this time also check dough ball and use a rubber spatula to scrape any ingredients from the sides of the Bread Pan.
- If using the Delay Bake Timer, add all of the ingredients at the beginning. The ingredients will be chopped into smaller pieces.

9. Timer Set (Delay Bake Timer)

- Use this pair of Buttons to add or subtract time displayed in the Display Window.
-  Use this Button to advance the Timer at 10-minute intervals. (**HINT:** Hold the Button down for fast-forward.)
-  Use this Button to set the Timer back at 10-minute intervals. (**HINT:** Hold the Button down for fast-reverse.)

10. Stop Cycle

- When your bread is finished baking, the Breadmaker will beep and "0:00" will appear in the Display Window.
- Press the **STOP** Button and open the Lid.
- Put on oven mitts and remove the Bread Pan. Remember that the Bread Pan and your loaf are both **VERY HOT!** Be careful not to place either on a tablecloth, plastic surface, or other heat-sensitive surface that could scorch or melt.
- If the bread is not removed immediately after baking and if the **STOP** Button is not pressed, the Keep Warm controlled temperature reduction will begin and will stay on for 60 minutes. This will help prevent the bread from becoming soggy. For best results, remove bread immediately after baking cycle is complete.

- **NOTE:** The Keep Warm phase does not apply to the following Cycles:

- Deluxe Super Rapid
- Jam
- Pizza Dough
- Dough

11. Finished Bread

Turn the Bread Pan upside down and gently shake to release the bread.

Place the bread upright on a wire rack and allow to cool for 15 to 30 minutes before cutting. This allows the steam to escape.

CAUTION: Be sure to remove the Kneading Paddle from the Bread Pan

after each use. After removing loaf, fill Bread Pan with water and let sit for 10 minutes. This will help to loosen the Kneading Paddle if it is baked to the shaft.

CAUTION: The Bread Pan, Kneading Paddle, and bread will be very hot.

- When the bread is completely cooled, approximately 1 hour, store in an airtight container.
- Always unplug the Breadmaker after each use.
- Unplug unit before cleaning. Do not immerse the Breadmaker or the Bread Pan in water. See **MAINTENANCE AND STORAGE**.

FOR BEST BAKING RESULTS

- Measure ingredients accurately, using a good set of measuring cups and spoons or a scale. Make sure to level all dry ingredients when measuring. Inaccurate measuring could cause unexpected results.
- Be precise in measuring water.
- Use fresh ingredients
 - Since moisture is an enemy to flour, be sure to store flour in an airtight container.
 - To keep yeast active, store it in an airtight container in the refrigerator.
 - **DO NOT** use yeast if the date code on the packet has expired.
- We recommend using bread flour for baking with this Breadmaker. There are white, whole wheat, and blended bread flours. If you cannot find bread flour, "all-purpose" flour is an acceptable substitute.
- If you are baking whole grain, rye, oat, or pumpernickel bread, and cannot find bread flour or all-purpose flour, you will need to add gluten to the recipe, because heavy, hard flours such as stone ground whole wheat and dark rye need a "boost" of protein to allow them to knead and rise.
- Gluten is available at most large grocery chains in the baking section. The manufacturers directions for measurements should be followed. If you are using a heavy stone ground whole wheat flour for a 2 lb. recipe (4-4 1/2 cups), you will need to add 1/3 cup of gluten to the dry ingredients.
- For Deluxe Super Rapid cycles we recommend using hot water.

HINTS AND TIPS

Decorative Crusts

- At the start of the **BAKE** Cycle (check **KNEADING AND BAKING CYCLE CHART**), press the **START/PAUSE** Button.
- Leave the Bread Pan in the Breadmaker.
- Use a very sharp knife or blade to cut a decorative pattern in the top of the loaf (slashes, tic-tac-toe, cross, etc.)
- **Egg Wash:**
 - To prepare egg wash, use 1 egg white OR 1 whole egg + 1 TBL water and mix well.
 - Carefully brush the top of bread and cuts with egg wash.
 - Be careful not to spill or drip egg wash into Bread Pan or Baking Chamber. **It will burn.**
- To restart the cycle, press the **START/PAUSE** Button to resume baking.
- Work quickly to limit amount of heat loss.

Cake/Batter Breads

- At end of Final Mix (check **KNEADING AND BAKING CYCLE CHART**) before Baking begins, press the **START/PAUSE** Button.
- Remove Bread Pan from the Breadmaker.
- Close the Lid.
- You may choose to remove the Kneading Paddle from the batter and place Bread Pan back into the Breadmaker to complete baking.
- Removing the Paddle will help prevent tearing the cake/loaf when it is removed from the Pan after baking.
- If recipe calls for a Crumble Topping, add now.
- Return the Bread Pan to the Breadmaker.
- Press the **START/PAUSE** Button to resume baking.

Braided Loaves

- At start of Final Rise (check **KNEADING AND BAKING CYCLE CHART**), press the **START/PAUSE** Button.
- Remove the Bread Pan from the Breadmaker.
- Close the Lid.
- Remove the Kneading Paddle.
- Remove the dough from the Bread Pan and divide it into 3 equal pieces.
- Stretch and roll each piece into a 10-inch rope.
- Place the three ropes on a flat surface side by side.
- Starting at middle of the ropes, braid to the end.
- Turn the partially-braid loaf and braid second half.
- Seal the ends.
- Tuck ends under loaf and return braided dough to the Bread Pan **without the Kneading Paddle.**
- If desired, brush with water or egg wash (see Decorative Crusts) and sprinkle with seeds, such as poppy or sesame seeds.
- Return the Bread Pan to the Breadmaker.
- Press the **START/PAUSE** Button to resume baking.

NOTE: When loaves are baked from this point without the Kneading Paddle, they will have only a small hole from the Shaft in finished product.

DELUXE SUPER RAPID BREADS

We suggest starting your bread baking with the Basic White Bread Recipe. Follow each step carefully, these steps have been written to eliminate the most common errors in Bread Maker baking and may be helpful for any recipe. Note warmer water temperature and additional yeast required for the Deluxe Super Rapid Cycle.

NOTE: All recipes in this manual call for Bread Flour. If you substitute regular flour for Bread Flour, bread loaves will not have the same texture and smoothness. Please follow the recipes as written, as flour quality is very important.

Super Rapid Method:

1. Remove the Bread Pan from the Breadmaker. Attach the Kneading Paddle onto the Drive Shaft. Have all ingredients ready. Make sure all ingredients, except water, are at room temperature.
2. Use a liquid measuring cup to measure the water and pour into the Bread Pan. Water temperature should be 80°F/27°C for Regular and Rapid bread cycles; 110 – 115°F or 43 – 46°C for the Deluxe Super Rapid Cycle. Proper temperature is important for optimal yeast production.
3. Measure the oil with a measuring spoon and add it to the Bread Pan.
4. Measure the sugar and salt with measuring spoons. Level each measure with the straight edge of a knife. Add to the Bread Pan.
5. Lightly spoon bread flour into a dry measuring cup and level with the straight edge of a knife. Add to the Bread Pan and smooth into all corners. Create a depression in the center of the flour.
6. Use active dry yeast for the regular or Rapid Cycles and Quick or Rapid Rise Yeast for the Deluxe Super Rapid program. Carefully measure the yeast with a measuring spoon and level with the straight edge of a knife. Add to the Bread Pan in the depression at the center of the flour.

7. Place the Bread Pan into the Breadmaker. Push down on the rim until it fits firmly into place. Close the Lid.
 8. Press the **SELECT** Button. Choose the correct cycle. Press the **START/PAUSE** Button to begin the cycle.
 9. At the beep during the kneading process, check the dough ball. It will be sticky to the touch. At this time, scrape down any dough or flour that may be on the sides of the Bread Pan using a rubber scraper. If desired, add additional ingredients, such as raisins, nuts, and spices. If necessary, stir ingredients into dough. Refer to the **KNEADING AND BAKING CYCLE CHART** in this Instruction Manual to check the Display Time when the beep will sound.
 10. When your bread is finished baking, the Breadmaker will beep and "0:00" will appear in the Display Window. Press the **STOP** Button and open the Lid.
 11. Use oven mitts to carefully remove the Bread Pan.
- Caution: The Oven Cavity, Bread Pan, Kneading Paddle, and Bread Will Be Very Hot. Use Oven Mitts.**
12. Turn the Bread Pan upside down and shake gently several times to release the bread. **Do not** use metal utensils inside the Bread Pan or Breadmaker. Remove the Kneading Paddle and allow loaf to cool standing upright on a wire rack for approximately 15 to 30 minutes before cutting.
 13. When the bread has completely cooled — approximately one hour — store in an airtight container.
 14. **UNPLUG THE UNIT AND ALLOW TO COOL COMPLETELY BEFORE CLEANING.** Clean Bread Pan after each use, **DO NOT IMMERSE THE BREAD PAN IN WATER.** (See **CLEANING INSTRUCTIONS** outlined in this Instruction Manual.) Clean inside of Breadmaker after each use.

MAINTENANCE, CLEANING, STORAGE

MAINTENANCE

This Automatic Breadmaker requires little maintenance. It contains no user-serviceable parts inside the housing. Contact Customer Service at 1-800-233-9054 if product requires servicing.

CLEANING

CAUTION: To avoid electric shock, unplug Breadmaker before cleaning!

The Bread Pan and Kneading Paddle have non-stick surfaces for easy cleanup.

1. After baking each loaf of bread, unplug Breadmaker and discard any crumbs.
2. Using oven mitts, remove Bread Pan from Oven Case. Remove Kneading Paddle from Bread Pan. If Kneading Paddle is stuck on shaft, soak in water for approximately 10 minutes to loosen. Wash the Bread Pan and Kneading Paddle, inside and out, with warm, soapy water and a plain sponge or cloth. Avoid scratching the non-stick surfaces.

DO NOT PUT BREAD PAN OR KNEADING PADDLE IN A DISHWASHER OR SOAK IT IN WATER FOR LONG PERIODS OF TIME.

3. **Allow Breadmaker to cool completely.** Wipe inside of Lid and Oven Case with a damp cloth or sponge. If residue has scorched on heating plate, scrub with non-abrasive scrubbing pad and wipe clean. **Do not immerse appliance in water or any other liquids.** The Lid can be removed for cleaning. **DO NOT PUT LID IN DISHWASHER.** This will cause the lid to warp.

- DO NOT use vinegar, bleach, or harsh chemicals to clean the Breadmaker.
- DO NOT soak Bread Pan for a long period of time — this could interfere with the Drive Shaft operation.
- Be sure machine is completely cooled before storing.
- The inner casing contains the heating element and drive base. When cleaning, **NEVER pour water, solvents, or cleaning solutions into this area.**

STORAGE

Unplug and clean unit. Store in original box in a clean, dry place. Never store Breadmaker 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 cord to fray and break.

KNEADING AND BAKING CHART

Bread Type	Total Time	Preheat (min)	Knead 1 (min)	Knead 2 (min)
Basic M 2.5 Lb	3:30	0	7	18
Basic D 2.5 Lb	3:40	0	7	18
Basic L 2.5 Lb	3:20	0	7	18
Basic M 2.0 Lb	3:22	0	5	20
Basic D 2.0 Lb	3:32	0	5	20
Basic L 2.0 Lb	3:12	0	5	20
Basic Rapid M 2.5 Lb	2:10	0	7	18
Basic Rapid D 2.5 Lb	2:20	0	7	18
Basic Rapid L 2.5 Lb	2:00	0	7	18
Basic Rapid M 2.0 Lb	2:02	0	5	20
Basic Rapid D 2.0 Lb	2:12	0	5	20
Basic Rapid L 2.0 Lb	1:52	0	5	20
Whole Wheat M 2.5 Lb	3:54	30	7	13
Whole Wheat D 2.5 Lb	4:04	30	7	13
Whole Wheat L 2.5 Lb	3:49	30	7	13
Whole Wheat M 2.0 Lb	3:47	30	5	15
Whole Wheat D 2.0 Lb	3:57	30	5	15
Whole Wheat L 2.0 Lb	3:42	30	5	15
W. Wheat Rapid M 2.5 Lb	2:29	5	7	13
W. Wheat Rapid D 2.5 Lb	2:39	5	7	13
W. Wheat Rapid L 2.5 Lb	2:24	5	7	13
W. Wheat Rapid M 2.0 Lb	2:22	5	5	15
W. Wheat Rapid D 2.0 Lb	2:32	5	5	15
W. Wheat Rapid L 2.0 Lb	2:17	5	5	15
Fruit & Nut M 2.5 Lb	3:45	0	7	18
Fruit & Nut D 2.5 Lb	3:55	0	7	18
Fruit & Nut L 2.5 Lb	3:35	0	7	18
Fruit & Nut M 2.0 Lb	3:37	0	5	20
Fruit & Nut D 2.0 Lb	3:47	0	5	20
Fruit & Nut L 2.0 Lb	3:27	0	5	20

KNEADING AND BAKING CHART

Rise 1 (min)	Punch (sec)	Rise 2 (min/sec)	Rise 3 (min/sec)	Bake (min)	Cool (min)	Warm (min)
40	10	24/50	49/45	60	10	60
40	10	24/50	49/45	70	10	60
40	10	24/50	49/45	50	10	60
40	10	24/50	49/45	52	10	60
40	10	24/50	49/45	62	10	60
40	10	24/50	49/45	42	10	60
13	10	0/50	30/45	60	0	60
13	10	0/50	30/45	70	0	60
13	10	0/50	30/45	50	0	60
13	10	0/50	30/45	52	0	60
13	10	0/50	30/45	62	0	60
13	10	0/50	30/45	42	0	60
45	10	24/50	44/45	59	10	60
45	10	24/50	44/45	69	10	60
45	10	24/50	44/45	54	10	60
45	10	24/50	44/45	52	10	60
45	10	24/50	44/45	62	10	60
45	10	24/50	44/45	47	10	60
30	10	0/50	38/45	54	0	60
30	10	0/50	38/45	64	0	60
30	10	0/50	38/45	49	0	60
30	10	0/50	38/45	47	0	60
30	10	0/50	38/45	57	0	60
30	10	0/50	38/45	42	0	60
25	10	24/50	64/45	75	10	60
25	10	24/50	64/45	85	10	60
25	10	24/50	64/45	65	10	60
25	10	24/50	64/45	67	10	60
25	10	24/50	64/45	77	10	60
25	10	24/50	64/45	57	10	60

KNEADING AND BAKING CHART CONTINUED

Bread Type	Total Time	Preheat (min)	Knead 1 (min)	Knead 2 (min)
Fruit & Nut Rapid M 2.5 Lb	2:45	0	7	18
Fruit & Nut Rapid D 2.5 Lb	2:55	0	7	18
Fruit & Nut Rapid L 2.5 Lb	2:35	0	7	18
Fruit & Nut Rapid M 2.0 Lb	2:37	0	5	20
Fruit & Nut Rapid D 2.0 Lb	2:47	0	5	20
Fruit & Nut Rapid L 2.0 Lb	2:27	0	5	20
French M 2.5 Lb	3:50	0	7	18
French D 2.5 Lb	4:00	0	7	18
French L 2.5 Lb	3:40	0	7	18
French M 2.0 Lb	3:42	0	5	20
French D 2.0 Lb	3:52	0	5	20
French L 2.0 Lb	3:32	0	5	20
French Rapid M 2.5 Lb	2:50	0	7	18
French Rapid D 2.5 Lb	3:00	0	7	18
French Rapid L 2.5 Lb	2:40	0	7	18
French Rapid M 2.0 Lb	2:42	0	5	20
French Rapid D 2.0 Lb	2:52	0	5	20
French Rapid L 2.0 Lb	2:32	0	5	20
Deluxe Super Rapid 2.5 Lb	1:09	0	2	12
Deluxe Super Rapid 2.0 Lb	1:09	0	2	12
Cake/Batter Bread	1:52	0	1	3
Jam	1:17	15	0	0
Pizza Dough	0:50	0	5	15
Dough	1:25	0	5	20

NOTE:

Whole Wheat Cycles have a rest period for up to 30 minutes before kneading begins. No movement occurs in the Bread Pan. This is normal.

Jam Cycle has a rest period for 15 minutes before kneading begins. No movement occurs in the Bread Pan.

KNEADING AND BAKING CHART CONTINUED

Rise 1 (min)	Punch (sec)	Rise 2 (min/sec)	Rise 3 (min/sec)	Bake (min)	Cool (min)	Warm (min)
20	10	0/50	43/45	75	0	60
20	10	0/50	43/45	85	0	60
20	10	0/50	43/45	65	0	60
20	10	0/50	43/45	67	0	60
20	10	0/50	43/45	77	0	60
20	10	0/50	43/45	57	0	60
40	10	29/50	59/45	65	10	60
40	10	29/50	59/45	75	10	60
40	10	29/50	59/45	55	10	60
40	10	29/50	59/45	57	10	60
40	10	29/50	59/45	67	10	60
40	10	29/50	59/45	47	10	60
25	10	0/50	53/45	65	0	60
25	10	0/50	53/45	75	0	60
25	10	0/50	53/45	55	0	60
25	10	0/50	53/45	57	0	60
25	10	0/50	53/45	67	0	60
25	10	0/50	53/45	47	0	60
1	0	0	8/45	45	0	0
1	0	0	10/45	43	0	0
2	2	1/0	0	91	10	60
0	0	0	0	52	10	0
30	0	0	0	0		0
60	0	0	0	0	0	0

NOTE:

If bread is not removed immediately after baking, a controlled Keep Warm phase will begin for each selection (except for Deluxe Super Rapid, Jam, Pizza Dough, Dough, and Bake Only).

Cool-down will also begin (except for all Rapids, Pizza Dough, and Dough).

These features help reduce condensation between loaf and Bread Pan, it is best to remove bread as soon as possible after completion of the Baking phase.

BREAD RECIPES

Basic White Bread

Ingredients:

Water 80° F/27° C
Oil
Sugar
Salt
Dry milk
Bread flour
Active dry yeast

2.0 LB
1 1/2 cups
2 1/2 TBL
1/4 cup
2 tsp
2 TBL
4 cups
2 1/4 tsp

2.5 LB
1 3/4 cups + 2 TBL
2 3/4 TBL
1/4 cup + 2 TBL
2 1/2 tsp
3 TBL
5 cups
2 1/2 tsp

* Select **BASIC BREAD** Cycle

* Select **BASIC RAPID** Cycle

Active dry yeast

1 TBL

1 TBL + 1/4 tsp

* Select **DELUXE SUPER RAPID** Cycle

Quick rise yeast

6 1/2 ~~TBL~~ *tsp*

7 1/2 tsp

Whole Wheat with Gluten Bread

Ingredients:

Egg, room temperature
Water 80° F/27° C
Oil
Molasses
Salt
Dry milk
Whole wheat flour
Wheat gluten
Active dry yeast

2.0 lb.
1
1 1/2 cups + 1 TBL
3 TBL
3 TBL
2 tsp
2 1/2 TBL
4 1/2 cups
1 1/2 TBL
2 1/4 tsp

2.5 lb.
1
1 3/4 cups + 1 TBL
1/4 cup
1/4 cup
2 1/2 tsp
3 TBL
5 1/2 cups
2 TBL
2 1/2 tsp

* Select **WHOLE WHEAT** Cycle

* Select **WHOLE WHEAT RAPID** Cycle

Active dry yeast

1 TBL

1 TBL + 1/4 tsp

* Select **DELUXE SUPER RAPID** Cycle

Quick rise yeast

6 1/2 ~~TBL~~ *tsp*

7 1/2 tsp

French Bread

Ingredients:

Water 80° F/27° C
Oil
Sugar
Salt
Bread flour
Active dry yeast

2.0 lb.
1 1/2 cups
2 TBL
2 TBL
2 tsp
4 cups
2 1/4 tsp

2.5 lb.
1 3/4 cups + 2 TBL
2 TBL + 1 tsp
2 TBL + 1 tsp
2 1/2 tsp
5 cups
2 1/2 tsp

* Select **FRENCH** Cycle

* Select **FRENCH RAPID** Cycle

Active dry yeast

1 TBL

1 TBL + 1/4 tsp

* Select **DELUXE SUPER RAPID** Cycle

Quick rise yeast

6 1/2 ~~TBL~~ *tsp*

7 1/2 tsp

NOTE: The amount and type of yeast will vary depending on the time required to bake your bread.

BREAD RECIPES

Italian Bread

Ingredients:

Water, 100°–115° F/43°–46° C 1 1/2 cups + 2 TBL
 Oil 3 TBL
 Salt 2 tsp
 Sugar 1/4 cup
 Dry milk 3 TBL
 Bread flour 4 cups

* Select **DELUXE SUPER RAPID** Cycle

Quick rise yeast 6 1/2 TBL *tsp*

2.5 lb.

1 3/4 cups + 3 TBL
 1/4 cup
 2 1/2 tsp
 5 TBL
 1/4 cup
 5 cups

7 1/2 tsp

Honey Granola Bread

Ingredients

Water, 100°–115° F/43°–46° C 1 1/2 cups + 2 TBL
 Oil 1/4 cup
 Honey 1/4 cup
 Salt 2 tsp
 Dry milk 1/4 cup
 Bread flour 4 cups
 Granola cereal 1 cup

* Select **DELUXE SUPER RAPID** Cycle

Quick rise yeast 6 1/2 TBL *tsp*

2.5 lb.

1 3/4 cups + 3 TBL
 5 TBL
 5 TBL
 2 1/2 tsp
 5 TBL
 5 cups
 1 1/4 cup

7 1/2 tsp

Cinnamon Raisin Nut Bread

Ingredients

Water 80° F/27° C 1 1/2 cups
 Oil 2 TBL
 Brown sugar 3 1/2 TBL
 Salt 2 tsp
 Dry milk 2 TBL
 Cinnamon 2 1/2 tsp
 Bread flour 4 cups
 Walnuts, chopped 2/3 cup
 Active dry yeast 2 1/4 tsp

At the beep, add:

Raisins 1/3 cup

2.5 LB

1 3/4 cups + 2 TBL
 3 TBL
 1/4 cup + 1 1/2 tsp
 2 1/2 tsp
 2 1/2 TBL
 1 TBL
 5 cups
 1 cup
 2 1/2 tsp

2/3 cup

* Select **FRUIT & NUT** Cycle

* Select **FRUIT & NUT RAPID** Cycle

Active dry yeast 1 TBL

* Select **DELUXE SUPER RAPID** Cycle

Quick rise yeast 6 1/2 TBL *tsp*

1 TBL + 1/4 tsp

7 1/2 tsp

NOTE: The amount and type of yeast will vary depending on the time required to bake your bread.

CAKE/BATTER BREAD RECIPES

Banana Walnut Bread

Ingredients:

2 eggs, large, room temperature
1 cup cultured buttermilk, 80°F/27°C
1/4 cup oil
1 tsp salt
3/4 cup brown sugar
2 cups bananas, ripe, mashed

1 cup walnuts, chopped
3 cups all-purpose flour
1 tsp baking soda
2 tsp baking powder
1/2 tsp nutmeg
1/2 tsp cinnamon

Select **CAKE/BATTER BREAD** Cycle

Optional:

1/2 cup walnuts
1/4 cup sugar

1/4 tsp cinnamon

Mix together; carefully sprinkle over top of bread after last mix.

Peanut Cake

Ingredients:

1 1/2 cups all purpose flour
1 tsp baking powder
3/4 tsp baking soda
1/4 tsp salt
1/2 cup white sugar
2 large eggs

1/2 cup low-fat yogurt
1/2 cup crunchy peanut butter, softened
1/4 cup applesauce
1/4 cup water
1 tsp vanilla extract

Select **CAKE/BATTER BREAD** Cycle

Combine first four ingredients and mix well. Set aside. Place eggs, yogurt, peanut butter, applesauce, water, vanilla extract, and sugar in the Bread Pan in that order. Place the Bread Pan in the Baking Chamber, close the Lid, and start the cake cycle. When continuous mixing begins, add the flour mixture in a slow, steady stream. Close the Lid. Allow the cake to cool uncovered in the refrigerator for 25-30 minutes before attempting to remove it from the pan.

Sweet Corn Bread

Ingredients:

2 eggs, large, room temperature
1 cup milk, 80°F/27°C
1/4 cup oil
1 1/2 tsp salt

1/2 cup sugar
3 cups all-purpose flour
1 cup cornmeal
1 TBL baking powder

Select **CAKE/BATTER BREAD** Cycle

CAKE/BATTER BREAD RECIPES

Pineapple Coconut Pound Cake

Ingredients:

2 eggs, large, room temperature
1 1/2 cups crushed pineapple, with juice
1/4 cup oil
1 1/2 tsp salt

1 cup sugar
3/4 cup coconut, grated
3 cups all-purpose flour
1 TBL baking powder

Select **CAKE/BATTER BREAD** Cycle

Date Nut Bread

Ingredients:

1 large egg, room temperature
1/2 cup orange juice 80°F/27°C
1/2 cup water 80°F/27°C
1/4 cup oil
1 tsp salt
1/2 cup sugar

1 Loaf

3 cups all-purpose flour
2 1/2 tsp baking powder
1/2 tsp baking soda
1 cup dried dates, chopped
1/2 cup almonds, slivered

Select **CAKE/BATTER BREAD** Cycle

Chocolate Pudding Cake

Ingredients:

1 large egg, room temp + enough milk 80°F/27°C to make 2/3 cup
1 TBL butter, melted
1/4 cup (1 pkg) chocolate cook & serve pudding & pie filling
1 pkg. One-layer Devil's Food cake mix

Select **CAKE/BATTER BREAD** Cycle

Topping:

1/4 cup (1 pkg) chocolate cook & serve pudding & pie filling
3/4 cup milk
1 cup powdered sugar

Boil pudding, milk, and sugar. Cook until thick. Frost cooled cake.

JAM RECIPES

Strawberry-Rhubarb Jam

- 3/4 cup (8 oz) strawberries, hulled
- 3/4 cup (8 oz) rhubarb, roughly chopped
- 1 2/3 cups (13 oz) white sugar

Select JAM Cycle

Place all ingredients in Bread Pan and start the jam cycle. The strawberries should be very ripe and sweet and the rhubarb firm and crisp. Try adding 1 TBL of this jam to a small container of plain, low-fat yogurt.

Raspberry Jam

- 1 1/2 cups (12 oz) red or black raspberries
- 1 1/2 cups (12 oz) white sugar
- 2 TBL honey

Select JAM Cycle

Place all ingredients in Bread Pan and start the jam cycle. This jam will be very liquid when cycle is completed. It can be strained to eliminate the seeds, if desired. The jam will thicken when completely cooled.

Blue Kiwi Mango Jam

- 3/4 cup (6 oz) kiwi fruit, peeled and chopped
- 3/4 cup (6 oz) mango, peeled and chopped
- 1 1/2 cups (12 oz) white sugar
- 1 tsp lemon zest, grated
- 1 tsp orange zest, grated
- 4 drops blue food coloring

Select JAM Cycle

Place all ingredients in Bread Pan and start the jam cycle. The kiwi fruit should be ripe but not mushy while the mango should be barely ripe. Lemon and orange zest is grated from the surface of the peel. Make sure that some of the bitter white is included.

Peach-Raisin Jam

- 1 1/2 cups (12 oz) peeled and pitted ripe peaches
- 1 1/2 cups + 1 tsp raisins, soaked
- 1 TBL brown sugar
- 2 whole cloves
- 1/8 tsp ground allspice

Select JAM Cycle

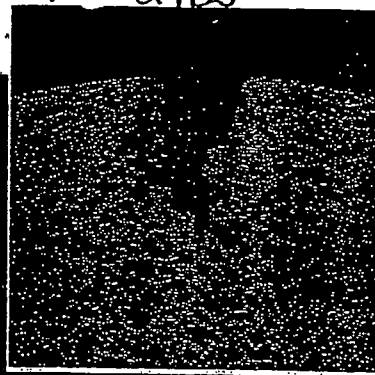
Place all ingredients in Bread Pan and start the jam cycle. For best results, fruit and sugar should be weighed on a small kitchen or postal scale. 1 1/2 cups of fruit or white sugar weighs 12 oz.

NOTE

HEALTHY BREAD RECIPES

& menu planner

1-2 lbs





Introduction

Since biblical times, bread has been considered "the staff of life." Today whole grains are still recognized as the foundation of a nutritious diet. The USDA's Food Guide Pyramid, the new food guideline that replaces the old four food groups, recommends that whole grains comprise nearly 50 percent of our daily calories. According to these guidelines, we should eat six to eleven servings of whole grains every day.

This USDA recommendation is easy to follow with your Automatic Bread Baker. Specially designed to handle whole grains, the Breadmaker bakes up deliciously healthy nutrition with just the touch of a button. And you can guarantee that your family gets only the freshest, most health-giving breads because you are in control. You choose the flour, you select the sweetener (if any), and you decide when the baking process will start. Whenever you desire, you can have an aromatic loaf of just-baked bread, bursting with all the goodness of whole grains and containing no hidden additives, saturated fats, excess sodium or refined sugars.

Let this Recipe and Menu Planner be the beginning of your health-enhancing adventures with bread baking. The suggestions provided here are just that — suggestions. Please feel free to use your imagination and enjoy experimenting with your favorite ingredients.



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Health Benefits of Whole Grain Breads

Refined grains, and the products made from them, have literally been stripped of their natural goodness. Commonly listed as white flour, wheat flour or even enriched flour, refined grains are almost devoid of the fiber and important nutrients that were intact in the original grain. Besides being processed, white flour is often bleached to achieve that snow-white appearance. All this adulteration has changed a wholesome food into a food fragment containing little nutritional benefit and very little character.

Fiber-rich whole grains and whole grain flours have been the focus of many scientific studies demonstrating that they reduce the risk of diverticulosis, colon and rectal cancer, and atherosclerosis. Diets containing adequate fiber inherently tend to be lower in fat and calories, especially saturated fat and cholesterol, which may contribute to the reduced risk factor.

Fiber is the primary reason that whole grain breads and other products are so satisfying to eat. Fiber is filling, and because it contains so few calories, it is an excellent part of the low-fat, high complex carbohydrate diet recommended for better health.



Recipe Ingredients

Bread recipes begin with a very basic set of ingredients: water, flour, salt and yeast. To this short list, you can add a variety of interesting and delicious ingredients that will give your breads the individuality you are looking for. Seeds, nuts, nut butters, dried fruits, raisins, dates, apples, berries, herbs, spices, carob powder, vegetables and bran are just a few of the many ingredients you can use to create hundreds of unique and flavorful breads.

Purchase fresh ingredients whenever possible for the best taste and results. Dried foods, such as fruits, vegetables, herbs and spices will keep for a virtually unlimited time if stored in a cool, dry environment. Store produce, oils, whole grain flours and other perishable foods in the refrigerator for longer life and retention of flavor. Glass and hard plastic containers with tight fitting lids are preferable for storing most foods; they keep the aromas in but do not expose the foods to the potentially harmful ingredients found in some plastic containers. Plastic may absorb strong odors, so for spicy or pungent ingredients, always use glass.

You will probably be able to find most, if not all, of the ingredients needed for baking healthy breads at your supermarket; consumer demand has helped many grocers become more health conscious. If some of the ingredients are not available yet in your grocery store, your health food store is certain to stock them.

For understanding how bread ingredients work, read the following section.



Bread Ingredients

The only ingredients needed to make bread are: flour, water and yeast — *the rest is personality*. Learn a little about what each of the other ingredients add and you will be prepared to create your own delicious recipes.

Flour

Bread Flour Bread Flour can be used when the recipe calls for bread or all purpose flour. It has more gluten than all purpose flour and is a better choice when mixing white flour with whole grain flours. Bread flour often has ascorbic acid (vitamin C) added as a dough conditioner. This creates a larger holed grain sought by many bakers.

All Purpose Flour This is fine whenever the recipe calls for all white flour. It will make a smaller grained bread than bread flour. All purpose flour and bread flour are wheat flours with the bran and germ removed and B vitamins added.

Gluten Gluten is a mixture of proteins responsible for the elastic (glue) quality of dough. As yeast grows, it releases bubbles of carbon dioxide that become trapped by the stretchy gluten. Wheat has a high gluten content while other grains have little or none. Use it in recipes that call for whole grain flours to prevent the top of the loaf from collapsing. Buy gluten in any health food store.

Whole Wheat Whole wheat flour adds a nutty flavor. It also increases the nutritional and fiber content of a recipe. It has less gluten than white flour, and used alone, will create a dense loaf. Many of our recipes use a mixture of whole wheat and bread flour to create a light textured, nutritious bread.

Other Whole Grains Rye, buckwheat, spelt, oats and other whole grains add wonderful flavors and nutrients to bread but do not have gluten needed to rise very high. Mix 3 to 4 parts of wheat flour for each part non-wheat (or add a few Tbls. of gluten) to make sure your dough will rise.

Eggs Eggs add color, richness, protein and structure to bread. They also serve as a liquid. A large egg adds about 3 Tbl. of liquid, and an extra large egg, 1/4 cup (4 Tbl.) When adding or eliminating eggs, adjust the other liquids in your recipe. All the recipes given here were made with large sized eggs.

Butter and Oil Fats add richness to bread and keep it fresher longer, which is why breads without any butter or oil are great fresh, but get stale very fast. They also add calories — about 100 calories per loaf for every tablespoon of added fat.



Bread Ingredients *(continued)*

Milk Adding milk creates a tender textured, mellower flavored bread. Yogurt, buttermilk, and sour cream make moist doughs, and add a slight tangy flavor. Milk also increases the protein content of bread. Fresh milk is fine when making recipes to start immediately. When setting the timer ahead several hours, use dry milk to prevent spoiling.

Yeast All the recipes here use dry active yeast — the small packages contain 1 Tbl. (1/4 oz.). If you bake often; however, it is convenient to buy yeast loose in jars and measure out only the amount you need. Check expiration date before buying or using and keep yeast refrigerated or in the freezer.

Salt Salt adds flavor to bread and tempers the rising process. If you are watching your salt intake, reduce the amount of added salt or leave it out completely. Dough, however, rises more quickly without salt, so add a bit less yeast as you reduce the salt.

Sweeteners Yeast does not need a sweetener to rise — flour serves as its food — but it speeds up the process. Sweeteners, of course, add flavor, and keep bread moist longer. Sugar adds pure sweetness, while brown sugar, honey, maple syrup and molasses also add distinctive flavors. Molasses, the strongest flavored sweetener, is sometimes used to darken recipes.



Grain Glossary

Amaranth This petite golden grain is moving quickly from the "unusual" grain category to one of the mainstream acceptance. A mainstay in the diet of the Aztecs, amaranth was considered a strength-giving food, probably due to its high protein profile. Both the grain and its flour offer a distinct flavor when added to your favorite bread recipes.

Barley This grain has a hearty, earthy flavor and produces a dense loaf of bread due to its low gluten content. Barley is a good substitute for white flour in recipes, but should be cut with a lighter flour when several cups are being used at a time.

Buckwheat Technically not a grain, buckwheat is really the fruit of a plant related to rhubarb. Its flour (ground buckwheat seed) and groats are both useful for unique bread baking. The flavor has been described as a combination of rosemary and green tea.

Corn The only grain eaten fresh as a vegetable, corn (also known as maize) is available in a wide variety of colors. Judge the freshness of cornmeal and flour from its sweet and delicate flavor. Blue cornmeal, a beautiful hue when dry, becomes a purplish color when cooked.

Kamut This "ancient" wheat grain is available as a whole grain, rolled grain, flour and cereal. People who are wheat sensitive have reported a tolerance to kamut products, though this is still being investigated.

Millet Commonly used to feed birds, millet lends a delightful crunch when added in whole grain form to recipes. People who are allergic to other grains have had luck with millet. It is considered to be the most digestible grain around.

Oat Rolled oats and oat flour are welcome additions to almost any bread recipe. Their delicately light texture and flavor embody the pleasures of home-baked goodness. Grind your own oat flour by chopping oat flakes in the blender until they reach the desired consistency.

Quinoa This recently rediscovered grain is found in whole form, in flour and in prepared products like pasta. When added to bread recipes, it imparts an earthy flavor matched by no other grain, and it packs a protein punch.

Rye This cold-weather grain is famous for its use in savory pumpernickel and caraway seed-rich rye breads. Rye has very little gluten and rises with the assistance of wheat flours.

Spelt Another of the "ancient" super grains, spelt has been reintroduced with resounding success. Use it in bread recipes in place of wheat for a slightly nutty flavor.

Wheat Wheat and whole wheat flour are the basis for most bread recipes. The gluten content of wheat provides the strength and resiliency necessary for a high and sturdy loaf.



Measuring

Measure all ingredients carefully. You will need two types of measuring cups, liquid and dry — it is very difficult to measure dry ingredients accurately with liquid measures.

Liquid measures: are either glass or clear plastic, graduated cups.

Dry measures: sell in sets of 5 nested cups ($\frac{1}{8}$, $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$, and 1 cup) or 5 nested spoons ($\frac{1}{8}$, $\frac{1}{4}$, $\frac{1}{2}$, and 1 teaspoon, plus 1 Tablespoon).

Measuring Equivalents

	Dry	Liquid
1 cup	16 Tbl.	8 oz.
$\frac{1}{2}$ cup	8 Tbl.	4 oz.
$\frac{1}{3}$ cup	5 Tbl. & 1 tsp.	2.7 oz.
$\frac{1}{4}$ cup	4 Tbl.	2 oz.
$\frac{1}{8}$ cup	2 Tbl.	1 oz.
1 Tbl.	3 tsp.	$\frac{1}{2}$ oz.



Sample Menus Using Whole Grain Breads

Sample 1

Breakfast

Fresh orange-grapefruit juice
Slice Honey Banana Whole Wheat Bread
(page 10) toasted,
with 1 tablespoon peanut butter
Banana

Mid-Morning

Slice Anadama Oatmeal Bread (page 12)
with 1 tablespoon apple butter

Lunch

Sandwich with humus, celery,
sprouts, tomato, cucumber
on Yogurt Whole Wheat Bread
(page 14)

Afternoon Break

Fresh fruit or veggie sticks

Dinner

Baked potato with skin,
topped with salsa
Black bean and rice salad,
topped with chilies and tomatoes
Slice Dark Rye (Pumpernickel) Bread
(page 11)
Raw mixed vegetable salad

Evening Snack

Air-popped popcorn
or fresh fruit

Sample 2

Breakfast

Fresh pineapple juice
Slice Cinnamon Raisin Bread
(page 12), toasted
1/2 cup plain low or non-fat yogurt

Mid-Morning

Whole Wheat Zucchini Herb Bread (page 14)

Lunch

Wild greens salad with
rice vinegar dressing
Slice Light Caraway Rye Bread (page 11)
Minestrone soup
Steamed or stir-fried vegetables

Afternoon Break

Fresh tomato-cucumber-parsley
juice, with a dash of hot sauce
or lemon juice if desired

Dinner

Poached fish with lemon
Slice Seven Grain Bread (page 13)
Steamed asparagus and carrots
Fresh spinach salad

Evening Snack

Low-fat baked corn chips
with salsa

Note: These bread recommendations are suggestions only. Your favorite bread recipes may be substituted in any of the above meal plans.



Please Note: The following recipes were created using the "Basic Bread" setting.

RECIPES

Basic White/French Bread

Makes a 1-1/2 lb. Loaf

1/2 Tbl. Sugar
1-1/8 cup warm water
1-1/2 tsp. salt
1-1/2 Tbl. vegetable oil (optional)
3 cups all purpose flour
2 tsp. Active dry yeast

Add all ingredients to bread pan in the order given.

Makes a 2 lb. Loaf

1 Tbl. sugar
1-1/2 cup warm water
1-1/2 tsp. salt
2 Tbl. vegetable oil (optional)
4 cups all purpose flour
2-1/2 tsp. Active dry yeast

Egg Bread

Makes a 1-1/2 lb. Loaf

2/3 cup warm water
1 tsp. salt
1-1/2 Tbl. vegetable oil
2 eggs
3 cups all purpose flour
2 tsp. sugar
1-1/2 tsp. yeast

Add all ingredients to bread pan in the order given.

Makes a 2 lb. Loaf

1 cup warm water
1 1/2 tsp. salt
1 Tbl. vegetable oil
2 eggs plus enough water to make 1/2 cup
4-1/4 cups all purpose flour
1 Tbl. sugar
2 tsp. yeast

Variation:

Brioche (Rich White Bread)

Use the egg bread recipe with the following substitutions:

- Replace the water with milk
- Increase the oil (or use butter) to 2 Tbl. for 1-1/2 lb. loaf, and 3 Tbl. for the 2 lb. loaf.
- Increase the sugar to 2 Tbl. for 1-1/2 lb. loaf, and 3 Tbl. for the 2 lb. loaf.



Honey Banana Whole Wheat Bread

This delicious loaf tastes like a sweet banana bread — only much healthier — and it makes a great peanut butter sandwich.

Makes a 1-1/2 lb. loaf

1/2 cup warm water
1 Tbl. butter or vegetable oil
3 Tbl. honey
1 egg
1/2 tsp. vanilla
1 cup whole wheat flour
1-1/4 cup bread flour
1 small banana, sliced
1-1/2 tsp. poppy seeds
1/2 tsp. salt
1-1/2 tsp. dry yeast

Add all ingredients to bread pan in the order given.

Makes a 2 lb. loaf

2/3 cup warm water
1-1/2 Tbl. butter or vegetable oil
1/4 cup honey
1 egg
1/2 tsp. vanilla
1-1/2 cup whole wheat flour
1-1/2 cup bread flour
1 banana, sliced
2 tsp. poppy seeds
1 tsp. salt
2 tsp. dry yeast

Light Whole Wheat Bread

Makes a 1-1/2 lb. loaf

1-1/4 cup warm water
1 Tbl. vegetable oil
2 Tbl. honey
3/4 cup whole wheat flour
3/4 cup whole wheat pastry flour
1 cup bread flour
1/4 cup gluten
1/2 tsp. salt
1-1/2 tsp. dry yeast

Add all ingredients to bread pan in the order given.

Makes a 2 lb. loaf

1-1/2 cup warm water
1 Tbl. vegetable oil
3 Tbl. honey
1 cup whole wheat flour
1-1/4 cup whole wheat pastry flour
1-1/4 cup bread flour
1/3 cup gluten
1/2 tsp. salt
2 tsp. dry yeast



Dark Rye (Pumpernickel) Bread

Pumpernickel makes the best deli, cheese or vegetable sandwich. If you want an even darker colored bread, increase the amount of cocoa or add a teaspoon of instant espresso.

Makes a 1-1/2 lb. loaf

1-1/4 cup warm water
1 Tbl. vegetable oil
1-1/2 Tbl. molasses
1 cup rye flour
1-1/2 cup bread flour
1/2 cup whole wheat flour
1/4 cup gluten
3 Tbl. dry milk powder
1 Tbl. caraway seeds.
1 Tbl. cocoa
1 tsp. salt
1-1/2 tsp. dry yeast

Add all ingredients to bread pan in the order given.

Makes a 2 lb. loaf

1-1/2 cup warm water
1-1/2 Tbl. vegetable oil
2 Tbl. molasses
1-1/2 cup rye flour
1-1/2 cup bread flour
1 cup whole wheat flour
1/3 cup gluten
1/4 cup dry milk powder
1 Tbl. caraway seeds
1 Tbl. cocoa
1-1/2 tsp. salt
2 tsp. dry yeast

Light Caraway Rye Bread

Makes a 1-1/2 lb. loaf

1 cup warm water
1-1/2 Tbl. vegetable oil
1 egg
1-1/2 tsp. sugar
1 cup rye flour
2 cups white bread flour
3 Tbl. gluten
1 Tbl. caraway seeds
1 tsp. salt
1-1/2 tsp. dry yeast

Add all ingredients to bread pan in the order given.

Makes a 2 lb. loaf

1-1/3 cup warm water
2 Tbl. vegetable oil
1 egg
2 tsp. sugar
1-1/2 cup rye flour
3 cups white bread flour
1/4 cup gluten
1 Tbl. caraway seeds
1-1/2 tsp. salt
2 tsp. dry yeast



Please Note: If your Bread Machine has a "Fruit & Nut Add-In Beeper," please add raisins when time is indicated. If your Bread Machine does not have this feature, add all ingredients to bread pan in the order given.

Cinnamon Raisin Bread

Makes a 1-1/2 lb. loaf

3/4 cup warm water
1 egg
1 Tbl. butter or vegetable oil
2-2/3 cups all purpose flour
3 Tbl. dry milk
2 Tbl. sugar
1/3 cup raisins
1-1/2 tsp. cinnamon
1 tsp. vanilla
1 tsp. salt
1-1/2 tsp. dry yeast

Add all ingredients to bread pan in the order given.

Makes a 2 lb. loaf

1-1/8 cup warm water
1 egg
1-1/2 Tbl. butter or vegetable oil
3-1/2 cups all purpose flour
1/4 cup dry milk
3 Tbl. sugar
1/2 cup raisins
2 tsp. cinnamon
1 tsp. vanilla
1 tsp. salt
2 tsp. dry yeast

Anadama Oatmeal Bread

Colonial American folk stories about the name Anadama accredit Anna's husband for this bread. The hungry fisherman returned home to find Anna gone and a supper of cornmeal mush and molasses. The legend is he cursed her while preparing his own bread from the meal. Our version with oats, makes great sandwiches, and is terrific with chili.

Makes a 1-1/2 lb. loaf

1/4 cup oatmeal
1/8 cup cornmeal
1-1/8 cup boiling water
2 Tbl. butter or vegetable oil
2 Tbl. molasses
1 cup whole wheat flour
2 cups bread flour
1/4 cup dry milk
2 Tbl. gluten
1-1/2 tsp. salt
1-1/2 tsp. dry yeast

Makes a 2 lb. loaf

1/3 cup oatmeal
3 Tbl. cornmeal
1-1/2 cup boiling water
3 Tbl. butter or vegetable oil
3 Tbl. molasses
1-1/4 cup whole wheat flour
2-1/2 cups bread flour
1/3 cup dry milk
3 Tbl. gluten
2 tsp. salt
2 tsp. dry yeast

- Add oatmeal and cornmeal to heat-proof bowl. Pour in boiling water, stirring to prevent lumps.
- Let the mixture cool for ten minutes. Stir, pour it into the bread pan, and add the rest of the ingredients in the order given.



Seven Grain Bread

If you have a health food store nearby that sells grains and flours in bulk, it is easy to buy a small quantity of a variety of flours, and experiment. Don't worry if you can't find all these grains; just use more whole wheat or another grain.

Makes a 1-1/2 lb. loaf

1-1/8 cup warm water
1-1/2 Tbl. vegetable oil
2 tsp. honey
1-1/2 cup whole wheat flour
1/4 cup brown rice flour
1/4 cup spelt flour
1/4 cup buckwheat flour
1/4 cup rye flour
1/4 cup oatmeal
1/8 cup cornmeal
1/4 cup gluten
1 tsp. salt
1-1/2 tsp. dry yeast.

Add all ingredients to bread pan in the order given.

Makes a 2 lb. loaf

1-1/2 cup warm water
2 Tbl. vegetable oil
1 Tbl. honey
2 cups whole wheat flour
1/3 cup brown rice flour
1/3 cup spelt flour
1/3 cup buckwheat flour
1/3 cup rye flour
1/3 cup oatmeal
1/4 cup cornmeal
1/3 cup gluten
1 tsp. salt
2 tsp. dry yeast

Two Cheese Bread

Makes a 1-1/2 lb. loaf

2/3 cup warm water
1 Tbl. butter or vegetable oil
1 egg
2 tsp. sugar or honey
1/2 cup whole wheat flour
2-1/2 cup bread flour
1/4 cup dry milk
1 cup cheddar cheese, grated (3 oz.)
3 Tbl. Parmesan, grated (1/2 oz.)
2 tsp. sesame seeds
1 tsp. salt
1-1/2 tsp. dry yeast

Add all ingredients to bread pan in the order given.

Makes a 2 lb. loaf

1 cup warm water
1-1/2 Tbl. butter or vegetable oil
1 egg
1 Tbl. sugar or honey
3/4 cup whole wheat flour
2-3/4 cup bread flour
1/3 cup dry milk
1-1/3 cup cheddar cheese, grated (4 oz.)
1/4 cup Parmesan, grated (3/4 oz.)
1 Tbl. sesame seeds
1 tsp. salt
2 tsp. dry yeast



Whole Wheat Zucchini Herb Bread

The zucchini blends into the dough, providing half the moisture and subtle flavor. The bread is so light that a 1-1/2 lb. recipe will be the size of most 2 lb. loaves.

Makes a 1 lb. loaf

1/2 cup warm water
2 tsp. honey
1 Tbl. vegetable oil
3/4 cup zucchini, shredded (3 oz.)
3/4 cup whole wheat flour
2 cups bread flour
1/2 tsp. dried basil or rosemary or 1 tsp. fresh
2 tsp. sesame seeds
1 tsp. salt
1-1/2 tsp. dry yeast

Add all ingredients to bread pan in the order given.

Makes a 1-1/2 lb. loaf

3/4 cup warm water
1 Tbl. honey
1-1/2 Tbl. vegetable oil
1 cup zucchini, shredded (4 oz.)
1 cup whole wheat flour
2-1/2 cups bread flour
1/2 tsp. dried basil or rosemary or 1 tsp. fresh
1 Tbl. sesame seeds
1 tsp. salt
2 tsp. dry yeast

Yogurt Whole Wheat Bread

Makes a 1-1/2 lb. loaf

3/4 cup plain nonfat yogurt
1/4 cup warm water
1 Tbl. vegetable oil
1-1/2 Tbl. maple syrup
1-1/8 cup whole wheat flour
1-2/3 cup bread flour
1-1/2 Tbl. wheat germ
1 tsp. salt
1-1/2 tsp. dry yeast

Add all ingredients to bread pan in the order given.

Makes a 2 lb. loaf

1 cup plain nonfat yogurt
1/2 cup warm water
1-1/2 Tbl. vegetable oil
2 Tbl. maple syrup
1-1/2 cup whole wheat flour
2-1/4 cup bread flour
2 Tbl. wheat germ
1 tsp. salt
2 tsp. dry yeast



Sourdough

To capture the tangy flavor of sourdough bread, you need a special fermented batter. This batter called, "starter" is easy to make and keep.

Sourdough Starter

2 cups warm water	2 cups all purpose flour
1 Tbl. sugar, honey or maple syrup (optional)	1 Tbl. dry yeast

- Beat all ingredients together in a 2-quart bowl.
- Cover the bowl with a towel and place it somewhere warm. (Use a towel, not plastic wrap, to allow airborne wild yeast to enter — it will contribute to the unique character and flavor of your starter.)
- The mixture will begin to bubble within a few minutes. Initially, it will double in bulk, but as it begins to ferment, it will settle down.
- Let the mixture sit in a warm place, stirring the liquid back into the batter (as it will separate) once a day for 2-5 days. When the bubbling diminishes and it has a sour, yeasty aroma, it is ready to use.
- Stir the mixture and measure out the amount you need. It will be the consistency of pancake batter.

To keep your starter going:

- Store the finished starter in a sealed jar in the refrigerator.
- Each time you remove some starter to bake, replenish it with equal amounts of flour and water. (If you use 1/2 cup of starter, stir in 1/2 cup each of flour and water.) Then let the starter sit in a warm place for 12 hours and let the yeast bubble and grow again before returning it to the refrigerator.
- A starter can be kept indefinitely — just stir and feed it every week or two. Stirring, removing and replenishing your starter serves to feed the remaining batter.

Sourdough Bread

The yeast in a sourdough starter can replace dry yeast. But the starter yeast works much slower and is typically a three-step method, taking from 6-24 hours for the dough to rise. Our method uses the starter for flavor and adds dry yeast to speed up the process.

Makes a 1-1/2 lb. loaf

1/2 cup sourdough starter
3/4 cup warm water
2 tsp. sugar, honey or maple syrup (optional)
1 Tbl. oil (optional)
3 cups all purpose flour, or bread flour
1 tsp. salt
1-1/2 tsp. dry yeast

Add all ingredients to bread pan in the order given.

Makes a 2 lb. loaf

2/3 cup sourdough starter
1 cup warm water
1 Tbl. sugar, honey or maple syrup (optional)
1 Tbl. oil (optional)
4 cups all purpose flour, or bread flour
1 tsp. salt
2 tsp. dry yeast



The Breadman's World Famous, All-Natural, No-Butter Cinnamon Rolls

Makes 12 rolls

Dough

3/4 plus 2 Tbl. (7 ounces) warm water
1-1/2 Tbl. canola oil
1-1/2 Tbl. honey
1/4 tsp. liquid lecithin
2 cups (9-1/2 ounces) whole wheat flour
3 Tbl. powdered whey
2 tsp. gluten flour
2 tsp. powdered egg substitute
3/4 tsp. fine sea salt
1-1/2 tsp. active dry yeast

Glaze

1/4 cup almond butter
1/4 cup canola oil
1/2 cup honey
1/2 cup powdered whey

For sprinkling on glaze

2 tsp. cinnamon
1/3 cup raisins or chopped nuts (optional)

- Put all the dough ingredients into the bread pan in the order listed. Select "Dough" setting on your machine. Press Start. When the machine beeps, remove the dough. Turn off the machine.
- Place dough on a lightly floured counter or cutting board. Flatten it out slightly and roll it into a 10-by 12-inch rectangle. Stir glaze ingredients together until smooth. Warm gently in a saucepan for a couple minutes if too stiff. Spread half the glaze over the rectangle of dough, leaving a narrow border all around. Sprinkle cinnamon and, if desired, raisins or chopped nuts over the glaze. Beginning at one long side, roll dough into a cylinder and pinch the seam to seal. Cut rolled dough into twelve 1-inch slices.
- Using canola oil, lightly oil a 10-inch round cake pan. Spread remaining glaze mixture over bottom of prepared pan. Set rolls in pan on top of glaze and cover with plastic or damp cloth. Let rolls rise in a warm place until doubled in volume, about 1 hour.
- Preheat oven to 350°F. Set pan on a baking sheet and bake on the center rack of the oven for 15 to 20 minutes. (Glaze that bubbles over the pan in the oven will spill onto baking sheet.) Invert pan onto a serving platter and let the glaze drip down sides of the rolls. Scrape any remaining glaze from pan onto rolls. Serve warm.



Pizza Dough

A 1 pound recipe makes one medium-thin 12" pizza. A 1-1/2 lb. recipe makes a 15" circle, and 2 lbs. will make 2, 12" pies.

1 lb.

3/4 cup warm water
1 Tbl. olive oil
2-1/4 cup all purpose flour
1 tsp. salt
1 tsp. sugar
1 tsp. dry yeast

1-1/2 lb.

1-1/8 cup warm water
1-1/2 Tbl. olive oil
3-1/3 cup all purpose flour
1-1/2 tsp. salt
1-1/2 tsp. sugar
1-1/2 tsp. dry yeast

2 lb.

1-1/2 cup warm water
2 Tbl. olive oil
4-1/4 cup all purpose flour
2 tsp. salt
2 tsp. sugar
2 tsp. dry yeast

Add all ingredients to bread pan in the order given.

- Set on "Dough-Only" feature if your Bread Machine is equipped with such a selection.
- When done, remove to floured board, if using immediately. Or, place in bowl greased with olive oil, turn dough over to coat it, cover with plastic wrap and refrigerate until ready to use.

Focaccio

- Pat one recipe, any size, of pizza dough into circle about 1/2 inch thick. Place on a baking sheet sprinkled with cornmeal or flour.
- Brush with olive oil and sprinkle with fresh or dried herbs (rosemary, oregano or basil), Parmesan or Romano cheese and black pepper.
- Let dough rise for 15-20 minutes and place in preheated 400°F oven until golden brown.
- *If you have a pizza peel and oven stone:* Place the shaped dough on the cornmeal sprinkled peel, add toppings, let rise, and slide onto the stone in a preheated oven.

ONE-YEAR LIMITED WARRANTY

This Salton/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 except for the Bread Pan and Kneading Paddle which are warranted for 90 days.

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/MAXIM Housewares, 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. Wear and tear for Bread Pans and Paddles is not considered a manufacturer's defect.

Warranty Disclaimers: This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for Salton/MAXIM Housewares, Inc. 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.

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/MAXIM's option) when the product is returned to the Salton/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

Should the appliance malfunction, you should first call toll-free 1-800-233-9054 between the hours of 9:00 am and 5:00 pm Central Standard Time and ask for CONSUMER CUSTOMER SERVICE stating that you are a consumer with a problem.

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

Out-of-Warranty Service: A flat rate charge by model is made for out-of-warranty service. Include \$15.00 for return shipping and handling.

Salton/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:

ATTN: Repair Department
Salton/Maxim Housewares, Inc.
708 SOUTH MISSOURI ST.
MACON, MO 63552

For more information on Salton/MAXIM products:

visit our website: URL <http://www.breadman.com> or E-mail us at SALTON 550 @ aol.com

