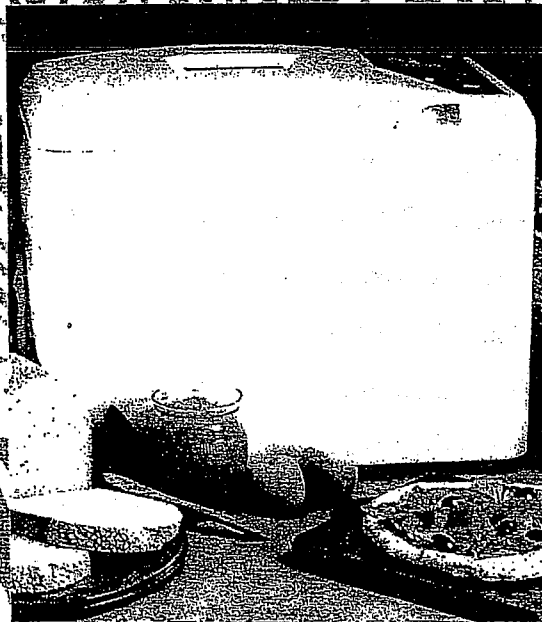


Breadman® Pro

Artisan Baker

INSTRUCTION MANUAL



AUTOMATIC BREAD MAKER



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IMPORTANT SAFEGUARDS

When using the Breadman® Pro Artisan Baker, basic safety precautions should always be followed, particularly the following:

1. **READ ALL INSTRUCTIONS BEFORE USE.**
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. Unplug this product from wall outlet when not in use and before cleaning. Allow to cool thoroughly before putting on or taking off parts.
4. Do not immerse appliance in water or any other liquid.
5. Close supervision is always necessary when this or any appliance is used by or near children.
6. Do not allow anything to rest on the power cord. Do not plug in cord where persons may walk or trip on it.
7. Do not operate this or any appliance with a frayed or damaged cord, or after the appliance malfunctions, or has been damaged in any manner. Return the appliance to Salton, Inc. for examination and repair.
8. Avoid contact with any moving parts.
9. Do not use attachments not recommended by Breadman® Products; they may damage the appliance or cause injury.
10. This appliance is intended for household use only. Do not use outdoors or for commercial purposes.
11. Do not let the cord hang over the edge of a table or counter, or touch hot surfaces. Do not place on an unsteady or cloth-covered surface.
12. Do not place the appliance near a hot gas or electric burner, in a heated oven.
13. Keep the unit at least 2 inches away from walls or any other objects when using it.
14. To disconnect, grip the plug and pull the plug from the wall outlet. Never pull on the cord.

SAVE THESE INSTRUCTIONS

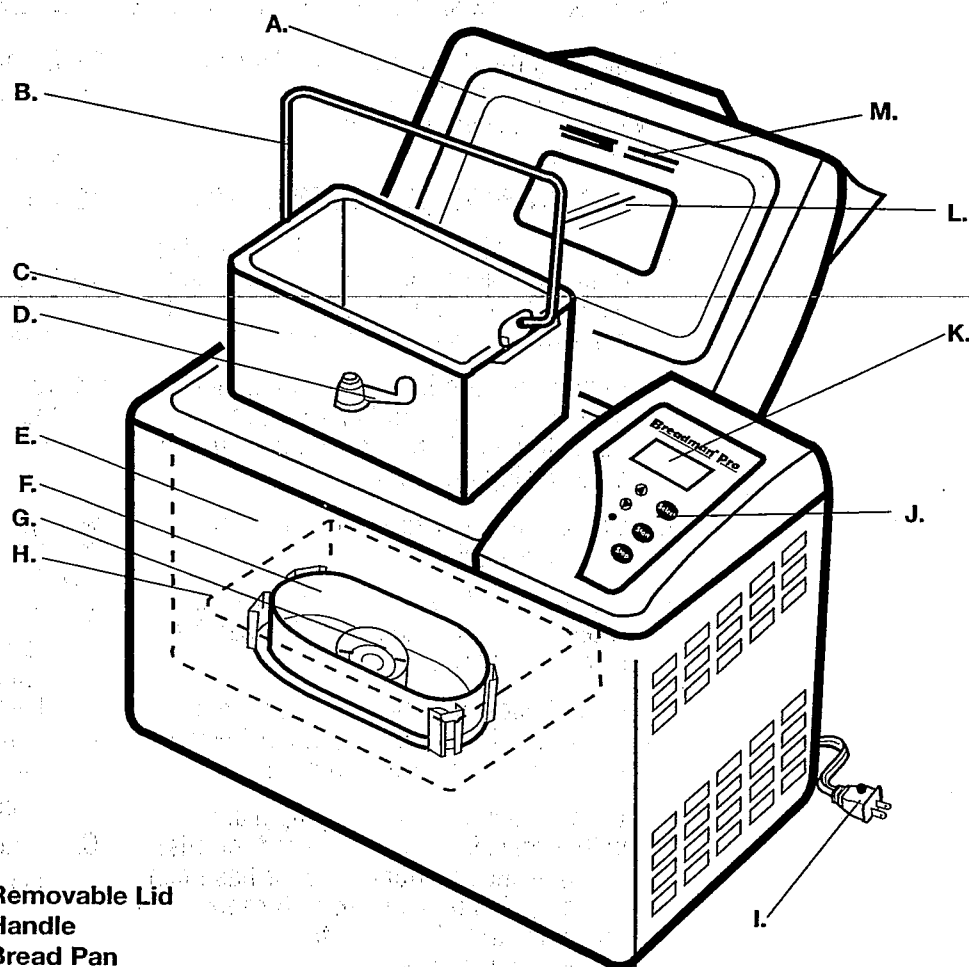
NOTE:

- A. A short power-supply cord is provided to reduce the risk of becoming entangled in or tripping over a longer cord.
- B. Extension cords are available and may be used, but special care must be exercised in use.
- C. If an extension cord is used:
 - (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and
 - (2) the cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

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



YOUR BREADMAN® PRO ARTISAN BAKER



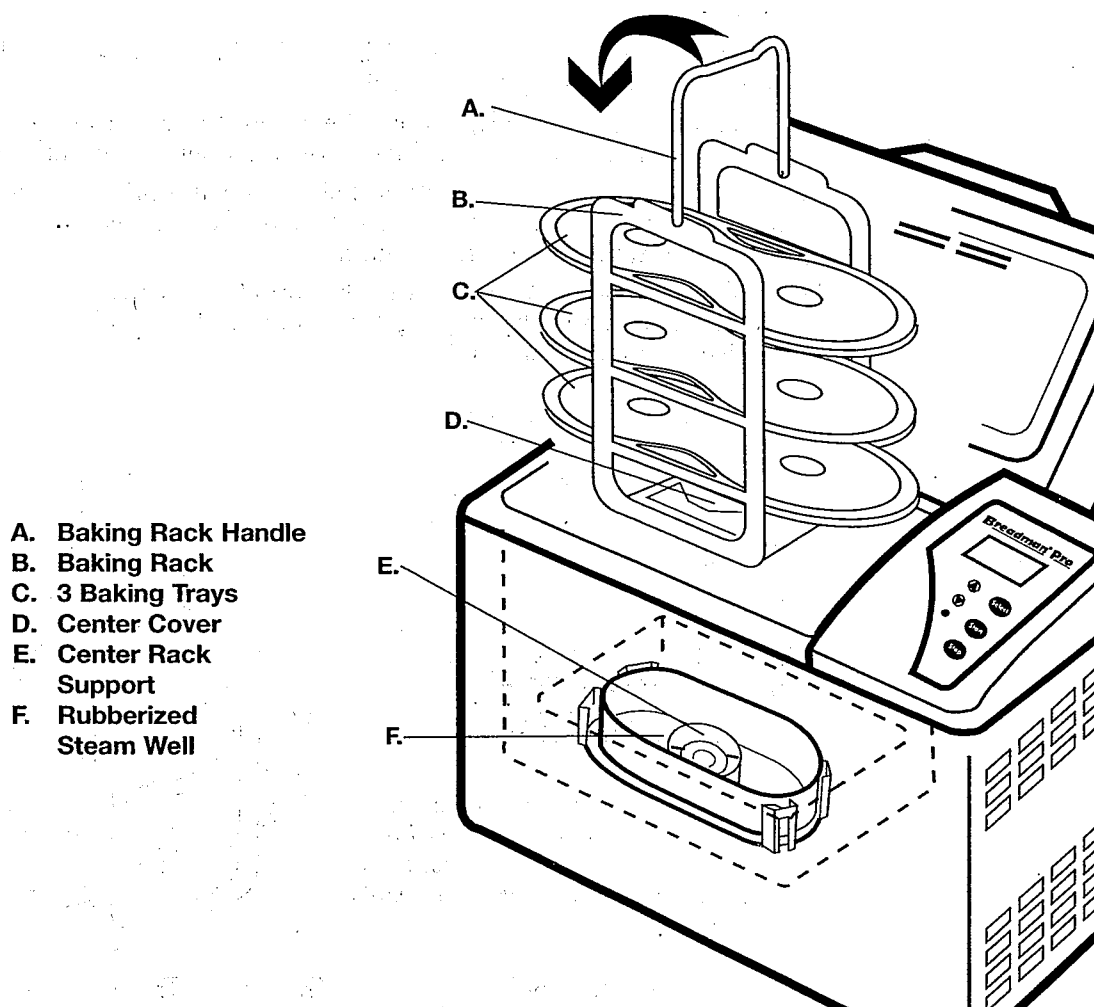
- | | |
|--------------------|--|
| A. Removable Lid | I. Power Supply Cord |
| B. Handle | J. Control Panel |
| C. Bread Pan | K. Display Window with Indicator Signals |
| D. Kneading Paddle | L. Viewing Window |
| E. Oven | M. Steam Vents |
| F. Steam Well | |
| G. Drive Shaft | |
| H. Heating Element | |

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.



STEAM BAKE & OVEN RACK SYSTEM



With the Breadman® Pro Artisan Baker's exclusive Steam Bake & Oven Rack System, you can steam bake like the pros — creating bagels, dinner rolls, French rolls with crispy crusts, topped with your favorite seeds or herbs.



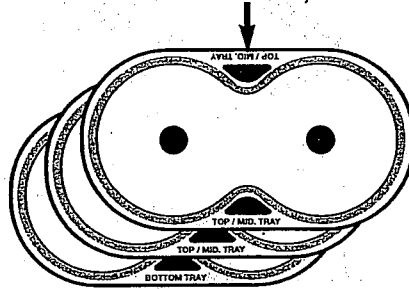
STEAM BAKE & OVEN RACK SYSTEM *(continued)*

Familiarize yourself with all of the parts before using the Steam Bake and Oven Rack System.

1. Follow the instructions for **BAGEL DOUGH (1)** or **DOUGH ONLY (13)** Cycle and prepare according to your recipe.
2. When the dough is ready, remove the Bread Pan from the Breadman® Pro Artisan Baker and divide the dough. Shape, cover and let rest as outlined in your recipe.
3. Inside the Breadman® Pro Artisan Baker you will notice a trough-shaped cavity located in the bottom of the Oven. This the Rubberized Steam Well where you pour the measured water for steaming.

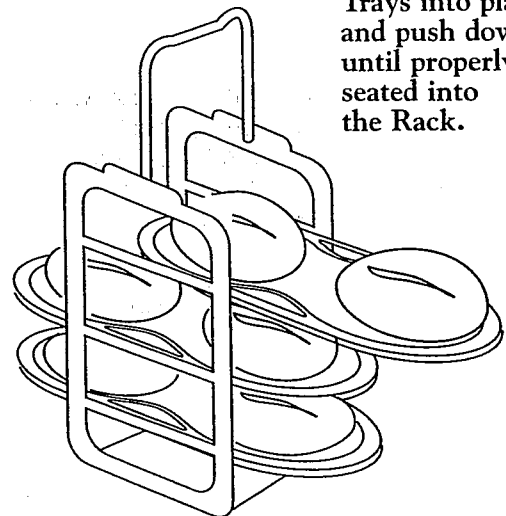
CAUTION: Do not pour water into the round Center Rack Support. Follow the recipe guidelines for baking bagels and mini rolls and add the required water into the Rubberized Steam Well.

Shelf position is marked on each Tray.



NOTE: Make sure you place the Trays in their proper positions. Failure to do so could result in an unstable Rack and unevenly baked goods.

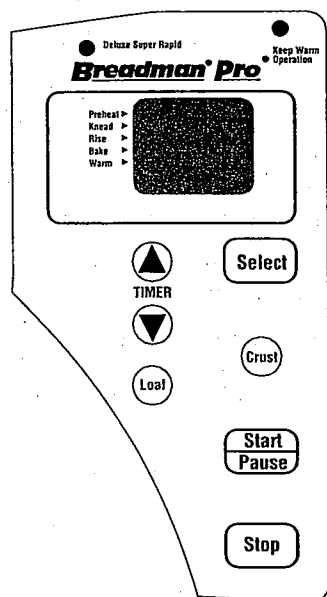
Slide the filled Trays into place and push down until properly seated into the Rack.



4. The Baking Rack holds up to three Trays. Each Tray is marked to show position (Top/Middle or Bottom). Place proofed and shaped dough onto each Tray.
5. Simply slide each Tray into its place and push down until it is properly seated into the notches in the Rack. **Make sure all the Trays are secure.**
6. When placing the Rack into, or removing it from the Breadman® Pro, always use the Baking Rack Handle. Lower the filled Rack into the Baking Chamber of the Breadman®, so that it fits snugly over the Center Rack Support.
7. Lower the Handle to a 45 degree angle as shown by the arrow on page 3. This will make it easy to remove the Rack when the baking is completed.



CONTROL PANEL



A. Display Window

Shows your selection and Timer setting.

B. Selection Options

Select from these bread choices:

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

C. Select

Press this Button to select the Baking Cycle you want. Each time the **SELECT** Button is pressed, a new selection will appear in the Display Window. (The selections will be displayed in the order listed.)

D. Start/Pause

Press this Button to start the Baking Cycle you choose.

The **PAUSE** function can be activated only after the machine has started a baking program. For more details, refer to the **PAUSE** section in this book.

E. Delay Bake Timer

Use this Button to add or subtract time displayed in the Display Window.

▲ Each time you press this arrow, the Timer advances 10 minutes.

▼ Each time you press this arrow, the Timer is set back 10 minutes.

(Hint: Holding the arrow down in place will either fast forward ▲, or fast reverse ▼ the time.)

F. Crust

Choose from Light, Medium or Dark crust.

G. Loaf

Select a 1, 1-1/2 or 2 lb. loaf size.

H. Stop

Press this Button for a full second to turn off the power, to reset the Baking Cycle or Timer setting, or to stop baking.

***NOTE: When the TIMER, SELECT, CRUST, LOAF, START or STOP Buttons are pressed, you will hear a beep. This lets you know that your selection was made.**



USING THE BREADMAN® PRO ARTISAN BAKER

Before using the Breadman® for the first time, carefully read all of the instructions included in this manual.

With your new Breadman® Pro Artisan Bread Baker:

- You can use commonly available pre-packaged bread mixes. Follow the instructions on the package.
- You can bake a loaf of bread from scratch. See the Recipe and Menu Planner included with your Breadman® Pro Artisan Baker for lots of tasty options.
- There are also many bread machine cookbooks available at bookstores nationwide.
- Use the Dough Cycle to do the mixing and kneading for you, then shape, proof, and bake it in the Breadman® Pro Artisan Baker's Oven Rack System, or in a conventional oven.
- You can make non-yeast Batter Breads™, Cakes & Jam, Bagel Dough and Pizza Dough too!
- You can activate **PAUSE**, remove the dough for shaping, filling, braiding and more.
- You can activate **PAUSE** to score the top of your loaf for a rustic style bread or make a decorative crust with rolled oats, poppy seeds, etc.
- And, with the exclusive "Rack System" you can steam bake like the pros, creating crispy mini baguettes, French rolls and New York's favorite bagels right at home.

Inserting and Removing the Bread Pan

- To insert the Bread Pan in the Bread Baker, seat it over the rubberized Steam Well and press down until it snaps into place.

Remember to insert the Kneading Paddle first, then add all your ingredients **BEFORE** inserting the Bread Pan into the Oven of your Breadman® Pro Artisan Baker.

When you remove the Bread Pan after baking, **BE SURE TO WEAR OVEN MITTS** to prevent burning. 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, taking care not to scratch the Kneading Paddle.



USING THE BREADMAN® PRO (continued)

Inserting and Removing the Rack System

- Your Baking Rack comes with 3 separate shelves which fit easily into the notched Rack. Each Rack is identified with its proper position: Bottom Tray, Top/Mid. Tray. Simply slide each filled Tray into its place and push down until it is properly seated in the Rack.

NOTE: Make sure you have placed the shelves in their proper positions. Failure to do so could result in unevenly baked goods.

- When placing the Rack into, or removing it from the Breadman® Pro Artisan Baker, always use the Rack Handle. Make sure the filled Baking Tray is properly seated over the Steam Well. Then fold the Handle down to a 45° angle to fit into the machine.
- To remove either the Bread Pan or the Baking Rack from the bread machine, hold the Handle with a mitt and lift gently.

Operating Tips

- For operating tips, we recommend watching the video instructions which accompany this product. **However, they are not a substitute for reading the owner's manual.**
- Use oven mitts when working with bread or any part of the Breadman® which is hot from baking.
- Wipe off crumbs and clean the Breadman®, as needed, after baking.
- Unplug the Breadman® Pro Artisan Baker when you are not using it.
- **It is normal for the Viewing Window to collect moisture during the Rise Cycle.** As your food bakes, the moisture soon will evaporate so you can watch your bread's baking progress.
- **Don't open the Lid during Baking.** This causes baked products to bake improperly.
- **Don't unplug the Breadman® during Kneading or Baking.** This will stop the operation.



USING THE BREADMAN® PRO (continued)

Power Failure Back-Up

- You have Instant Recall™ Power Failure Back-Up. If the electricity in your home goes out, the Breadman® Pro Artisan Baker's memory stores the active program for up to 60 minutes.

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

- If your power is out for longer than 60 minutes, and if you are using any dairy products, perishables or meats in your bread, for health, sanitary and other considerations, you should discard the contents of the recipe and start again with new fresh ingredients.

Caution

- To protect young children, keep the Breadman® out of their reach when you're not there to supervise — especially during the Kneading and Baking Cycles.
- Use the Breadman® on a flat, hard surface. Don't place it near a flame or heat, or on a soft surface (such as a carpet). Avoid placing it where it may tip over during use. Dropping the Breadman® could cause it to malfunction.
- To avoid burns, stay clear of the Steam Vent during kneading and baking. Also, don't touch the Viewing Window — it gets very hot.
- **ALWAYS HANDLE THE HOT BREAD PAN OR BAKING RACK WITH A POT HOLDER OR OVEN MITT.** After baking, wait for the Breadman® to cool down before touching or cleaning the Bread Pan, Baking Rack, or internals of the Breadman® without oven mitts.
- Never use metal utensils with the Breadman®. These can scratch the non-stick surface of the Bread Pan.
- Avoid electric shock by unplugging the machine before using a damp cloth or sponge to wipe the interior of the Oven.
- Never use the Bread Pan, Baking Rack or Baking Trays on a gas or electric cooktop, on an open flame, or in a microwave oven.
- Avoid covering the Steam Vent during Kneading and Baking Cycles. This could cause the Breadman® to warp or discolor.
- Always make sure the Kneading Paddle is removed from the bread prior to slicing.



KNEADING AND BAKING CYCLES

The Breadman® Pro Artisan Baker has 86 Program Combinations.

- With the Breadman® Pro Artisan Baker's exclusive Steam Bake & Rack Oven System, you can steam bake bagels, mini baguettes, French rolls with wonderfully crispy crusts, right in your own home.
- There are 2 Bake Only Steam Bake Cycles: one for Bagels (2), and the second for Petits Pains (16).
- The French Cycle (7) is for breads with crisper crusts, especially those that are lowest in sweeteners, such as French and Italian breads.
- Fruit & Nut Cycle (9) is for breads such as cinnamon raisin bread. The Fruit & Nut Add-In Beeper alerts you when to add additional ingredients.
- Batter Breads™/Cakes (12) use high amounts of sugar and fat to make non-yeasted cakes and breads.
- The Jam Cycle (15) makes your favorite jams. See the Recipe and Menu Planner for recipes.
- The Breadman® Pro Artisan Baker's fully random **PAUSE** feature allows you to make exciting shaped breads, or glaze and top your loaves with seeds and nuts just before the final bake.
- 59 Minute Start-to-Finish Super Rapid Bread (11) with Loaf Size Controls.
- There are 3 specific Dough-Only Cycles: Bagel Dough (1), Bread Dough (13) and Pizza Dough (14).
- 18 Hour Advance Program Timer

The tables on the following pages show how long each part of every Baking Cycle takes:



KNEADING AND BAKING CYCLES *(continued)*

TR850 BREADMAN® PRO BAKING CYCLES*

Course Selection	Lb.	Delay Timer Range	Preht.	Knead 1	Knead 2	Rise 1	Punch Down	Rise 2	Shape	Rise 3	Bake	Keep Warm
1. Bagel Dough		18:00-0:35	0	5 min.	15 min.	5 min.	10 sec.	9m50s	0	0	0	0
2. Bagel Bake			0	0.	0	0	0	0	0	0	15-120m	0
3. White Medium	2.0	18:00-3:10	0	5 min.	20 min.	40 min.	10 sec.	24m50s	15 sec.	49m45s	50 min.	60 min.
3. White Dark	2.0	18:00-3:20	0	5 min.	20 min.	40 min.	10 sec.	24m50s	15 sec.	49m45s	60 min.	60 min.
3. White Light	2.0	18:00-3:00	0	5 min.	20 min.	40 min.	10 sec.	24m50s	15 sec.	49m45s	40 min.	60 min.
3. White Medium	1.5	18:00-3:05	0	3 min.	22 min.	40 min.	10 sec.	24m50s	15 sec.	49m45s	45 min.	60 min.
3. White Dark	1.5	18:00-3:15	0	3 min.	22 min.	40 min.	10 sec.	24m50s	15 sec.	49m45s	55 min.	60 min.
3. White Light	1.5	18:00-2:55	0	3 min.	22 min.	40 min.	10 sec.	24m50s	15 sec.	49m45s	35 min.	60 min.
3. White Medium	1.0	18:00-3:00	0	3 min.	22 min.	40 min.	10 sec.	24m50s	15 sec.	49m45s	40 min.	60 min.
3. White Dark	1.0	18:00-3:10	0	3 min.	22 min.	40 min.	10 sec.	24m50s	15 sec.	49m45s	50 min.	60 min.
3. White Light	1.0	18:00-2:50	0	3 min.	22 min.	40 min.	10 sec.	24m50s	15 sec.	49m45s	30 min.	60 min.
4. Rapid White Medium	2.0	18:00-2:10	0	5 min.	20 min.	15 min.	10 sec.	9m50s	10 sec.	29m50s	50 min.	60 min.
4. Rapid White Dark	2.0	18:00-2:20	0	5 min.	20 min.	15 min.	10 sec.	9m50s	10 sec.	29m50s	60 min.	60 min.
4. Rapid White Light	2.0	18:00-2:00	0	5 min.	20 min.	15 min.	10 sec.	9m50s	10 sec.	29m50s	40 min.	60 min.
4. Rapid White Medium	1.5	18:00-2:05	0	3 min.	22 min.	15 min.	10 sec.	9m50s	10 sec.	29m50s	45 min.	60 min.
4. Rapid White Dark	1.5	18:00-2:15	0	3 min.	22 min.	15 min.	10 sec.	9m50s	10 sec.	29m50s	55 min.	60 min.
4. Rapid White Light	1.5	18:00-1:55	0	3 min.	22 min.	15 min.	10 sec.	9m50s	10 sec.	29m50s	35 min.	60 min.
4. Rapid White Medium	1.0	18:00-2:00	0	3 min.	22 min.	15 min.	10 sec.	9m50s	10 sec.	29m50s	40 min.	60 min.
4. Rapid White Dark	1.0	18:00-2:10	0	3 min.	22 min.	15 min.	10 sec.	9m50s	10 sec.	29m50s	50 min.	60 min.
4. Rapid White Light	1.0	18:00-1:50	0	3 min.	22 min.	15 min.	10 sec.	9m50s	10 sec.	29m50s	30 min.	60 min.



KNEADING AND BAKING CYCLES (continued)

Course Selection	Lb.	Delay Timer Range	Rest	Knead 1	Knead 2	Rise 1	Punch Down	Rise 2	Shape	Rise 3	Bake	Keep Warm
5. W Wheat Medium	2.0	18:00-3:35	30 min.	5 min.	15 min.	50 min.	10 sec.	24m50s	10 sec.	44m50s	45 min.	60 min.
5. W Wheat Dark	2.0	18:00-3:43	30 min.	5 min.	15 min.	50 min.	10 sec.	24m50s	10 sec.	44m50s	53 min.	60 min.
5. W Wheat Light	2.0	18:00-3:30	30 min.	5 min.	15 min.	50 min.	10 sec.	24m50s	10 sec.	44m50s	40 min.	60 min.
5. W Wheat Medium	1.5	18:00-3:32	30 min.	3 min.	17 min.	50 min.	10 sec.	24m50s	10 sec.	44m50s	42 min.	60 min.
5. W Wheat Dark	1.5	18:00-3:40	30 min.	3 min.	17 min.	50 min.	10 sec.	24m50s	10 sec.	44m50s	50 min.	60 min.
5. W Wheat Light	1.5	18:00-3:27	30 min.	3 min.	17 min.	50 min.	10 sec.	24m50s	10 sec.	44m50s	37 min.	60 min.
5. W Wheat Medium	1.0	18:00-3:30	30 min.	3 min.	17 min.	50 min.	10 sec.	24m50s	10 sec.	44m50s	40 min.	60 min.
5. W Wheat Dark	1.0	18:00-3:38	30 min.	3 min.	17 min.	50 min.	10 sec.	24m50s	10 sec.	44m50s	48 min.	60 min.
5. W Wheat Light	1.0	18:00-3:25	30 min.	3 min.	17 min.	50 min.	10 sec.	24m50s	10 sec.	44m50s	35 min.	60 min.
6. W Wheat Rapid Med.	2.0	18:00-2:20	5 min.	5 min.	15 min.	30 min.	10 sec.	39m50s	0	0	45 min.	60 min.
6. W Wheat Rapid Dark	2.0	18:00-2:28	5 min.	5 min.	15 min.	30 min.	10 sec.	39m50s	0	0	53 min.	60 min.
6. W Wheat Rapid Light	2.0	18:00-2:15	5 min.	5 min.	15 min.	30 min.	10 sec.	39m50s	0	0	40 min.	60 min.
6. W Wheat Rapid Med.	1.5	18:00-2:17	5 min.	3 min.	17 min.	30 min.	10 sec.	39m50s	0	0	42 min.	60 min.
6. W Wheat Rapid Dark	1.5	18:00-2:25	5 min.	3 min.	17 min.	30 min.	10 sec.	39m50s	0	0	50 min.	60 min.
6. W Wheat Rapid Light	1.5	18:00-2:12	5 min.	3 min.	17 min.	30 min.	10 sec.	39m50s	0	0	37 min.	60 min.
6. W Wheat Rapid Med.	1.0	18:00-2:15	5 min.	3 min.	17 min.	30 min.	10 sec.	39m50s	0	0	40 min.	60 min.
6. W Wheat Rapid Dark	1.0	18:00-2:23	5 min.	3 min.	17 min.	30 min.	10 sec.	39m50s	0	0	48 min.	60 min.
6. W Wheat Rapid Light	1.0	18:00-2:10	5 min.	3 min.	17 min.	30 min.	10 sec.	39m50s	0	0	35 min.	60 min.

*For Whole Wheat Cycles except Rapid Cycle, which is 15 minutes, the mix initially rests for up to 30 minutes.
No movement occurs in the Bread Pan. This is normal.

**NOTE: If bread is not removed immediately after baking, and the STOP Button is not pressed, a controlled Keep Warm phase will begin for each selection (except Bagel Dough, Bagel Bake, Super Rapid, Bread Dough, Pizza Dough, and Jam). This will help reduce condensation between loaf and Bread Pan, it is best to remove bread as soon as possible after completion of the Baking phase.



KNEADING AND BAKING CYCLES *(continued)*

Course Selection	Lb.	Delay Timer Range	Rest	Knead 1	Knead 2	Rise 1	Punch Down	Rise 2	Shape	Rise 3	Bake	Keep Warm
7. French Medium	2.0	18:00-3:30	0	5 min.	20 min.	40 min.	10 sec.	29m50s	10 sec.	59m50s	55 min.	60 min.
7. French Dark	2.0	18:00-3:40	0	5 min.	20 min.	40 min.	10 sec.	29m50s	10 sec.	59m50s	65 min.	60 min.
7. French Light	2.0	18:00-3:20	0	5 min.	20 min.	40 min.	10 sec.	29m50s	10 sec.	59m50s	45 min.	60 min.
7. French Medium	1.5	18:00-3:27	0	3 min.	22 min.	40 min.	10 sec.	29m50s	10 sec.	59m50s	52 min.	60 min.
7. French Dark	1.5	18:00-3:37	0	3 min.	22 min.	40 min.	10 sec.	29m50s	10 sec.	59m50s	62 min.	60 min.
7. French Light	1.5	18:00-3:17	0	3 min.	22 min.	40 min.	10 sec.	29m50s	10 sec.	59m50s	42 min.	60 min.
7. French Medium	1.0	18:00-3:25	0	3 min.	22 min.	40 min.	10 sec.	29m50s	10 sec.	59m50s	50 min.	60 min.
7. French Dark	1.0	18:00-3:35	0	3 min.	22 min.	40 min.	10 sec.	29m50s	10 sec.	59m50s	60 min.	60 min.
7. French Light	1.0	18:00-3:15	0	3 min.	22 min.	40 min.	10 sec.	29m50s	10 sec.	59m50s	40 min.	60 min.
8. French Rapid Medium	2.0	18:00-2:25	0	5 min.	20 min.	20 min.	8 sec.	44m52s	0	0	55 min.	60 min.
8. French Rapid Dark	2.0	18:00-2:35	0	5 min.	20 min.	20 min.	8 sec.	44m52s	0	0	65 min.	60 min.
8. French Rapid Light	2.0	18:00-2:15	0	5 min.	20 min.	20 min.	8 sec.	44m52s	0	0	45 min.	60 min.
8. French Rapid Medium	1.5	18:00-2:22	0	3 min.	22 min.	20 min.	8 sec.	44m52s	0	0	52 min.	60 min.
8. French Rapid Dark	1.5	18:00-2:32	0	3 min.	22 min.	20 min.	8 sec.	44m52s	0	0	62 min.	60 min.
8. French Rapid Light	1.5	18:00-2:12	0	3 min.	22 min.	20 min.	8 sec.	44m52s	0	0	42 min.	60 min.
8. French Rapid Medium	1.0	18:00-2:20	0	3 min.	22 min.	20 min.	8 sec.	44m52s	0	0	50 min.	60 min.
8. French Rapid Dark	1.0	18:00-2:30	0	3 min.	22 min.	20 min.	8 sec.	44m52s	0	0	60 min.	60 min.
8. French Rapid Light	1.0	18:00-2:10	0	3 min.	22 min.	20 min.	8 sec.	44m52s	0	0	40 min.	60 min.



KNEADING AND BAKING CYCLES *(continued)*

Course Selection	Lb.	Delay Timer Range	Rest	Knead 1	Knead 2	Rise 1	Punch Down	Rise 2	Shape	Rise 3	Bake	Keep Warm
9. Fruit & Nut Medium	2.0	18:00-3:25	0	5 min.	20 min.	40 min.	10 sec.	24m50s	5 sec.	49m55s	65 min.	60 min.
9. Fruit & Nut Dark	2.0	18:00-3:35	0	5 min.	20 min.	40 min.	10 sec.	24m50s	5 sec.	49m55s	75 min.	60 min.
9. Fruit & Nut Light	2.0	18:00-3:15	0	5 min.	20 min.	40 min.	10 sec.	24m50s	5 sec.	49m55s	55 min.	60 min.
9. Fruit & Nut Medium	1.5	18:00-3:22	0	3 min.	22 min.	40 min.	10 sec.	24m50s	5 sec.	49m55s	62 min.	60 min.
9. Fruit & Nut Dark	1.5	18:00-3:32	0	3 min.	22 min.	40 min.	10 sec.	24m50s	5 sec.	49m55s	72 min.	60 min.
9. Fruit & Nut Light	1.5	18:00-3:12	0	3 min.	22 min.	40 min.	10 sec.	24m50s	5 sec.	49m55s	52 min.	60 min.
9. Fruit & Nut Medium	1.0	18:00-3:20	0	3 min.	22 min.	40 min.	10 sec.	24m50s	5 sec.	49m55s	60 min.	60 min.
9. Fruit & Nut Dark	1.0	18:00-3:30	0	3 min.	22 min.	40 min.	10 sec.	24m50s	5 sec.	49m55s	70 min.	60 min.
9. Fruit & Nut Light	1.0	18:00-3:10	0	3 min.	22 min.	40 min.	10 sec.	24m50s	5 sec.	49m55s	50 min.	60 min.
10. Fr&Nut Rapid Med.	2.0	18:00-2:50	0	5 min.	20 min.	25 min.	10 sec.	54m50s	0	0	65 min.	60 min.
10. Fr&Nut Rapid Dark	2.0	18:00-3:00	0	5 min.	20 min.	25 min.	10 sec.	54m50s	0	0	75 min.	60 min.
10. Fr&Nut Rapid Light	2.0	18:00-2:40	0	5 min.	20 min.	25 min.	10 sec.	54m50s	0	0	55 min.	60 min.
10. Fr&Nut Rapid Med.	1.5	18:00-2:47	0	3 min.	22 min.	25 min.	10 sec.	54m50s	0	0	62 min.	60 min.
10. Fr&Nut Rapid Dark	1.5	18:00-2:57	0	3 min.	22 min.	25 min.	10 sec.	54m50s	0	0	72 min.	60 min.
10. F&Nut Rapid Light	1.5	18:00-2:37	0	3 min.	22 min.	25 min.	10 sec.	54m50s	0	0	52 min.	60 min.
10. Fr&Nut Rapid Med.	1.0	18:00-2:45	0	3 min.	22 min.	25 min.	10 sec.	54m50s	0	0	60 min.	60 min.
10. Fr&Nut Rapid Dark	1.0	18:00-2:55	0	3 min.	22 min.	25 min.	10 sec.	54m50s	0	0	70 min.	60 min.
10. Fr&Nut Rapid Light	1.0	18:00-2:35	0	3 min.	22 min.	25 min.	10 sec.	54m50s	0	0	50 min.	60 min.



KNEADING AND BAKING CYCLES (continued)

Course Selection	Lb.	Timer Range	Rest	Knead 1	Knead 2	Rise 1	Punch Down	Rise 2	Shape	Bake	Keep Warm
11. Super Rapid	2.0	0:59	0	2 min.	12 min.	14 min.	0	0	0	31 min.	0
11. Super Rapid	1.5	0:59	0	2 min.	12 min.	16 min.	0	0	0	29 min.	0
11. Super Rapid	1.0	0:59	0	2 min.	12 min.	18 min.	0	0	0	27 min.	0

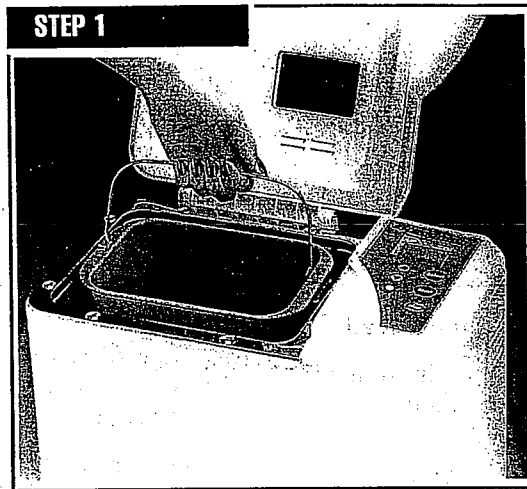
Course Selection	Total Time	Rest	Knead 1	Knead 2	Knead 3	Rest	Knead 4	Knead 5	Bake	Keep Warm
12. Batter Bread™/Cake Med.	18:00-1:30	0	1 min.	3 min.	2 min.	2 min.	1 min.	2 min.	79 min.	60 min.
12. Batter Bread™/Cake Dark	18:00-1:40	0	1 min.	3 min.	2 min.	2 min.	1 min.	2 min.	89 min.	60 min.
12. Batter Bread™/Cake Light	18:00-1:20	0	1 min.	3 min.	2 min.	2 min.	1 min.	2 min.	69 min.	60 min.

Course Selection	Lb.	Total Time	Rest & Preheat	Knead 1	Knead 2	Rise 1	Knead 3	Rise 2	Shape	Rise 3	Stir Bake	Keep Warm
13. Dough	2.0	18:00-1:30	0	3 min.	27 min.	60 min.	0	0	0	0	0	0
13. Dough	1.5	18:00-1:27	0	3 min.	24 min.	60 min.	0	0	0	0	0	0
13. Dough	1.0	18:00-1:24	0	3 min.	21 min.	60 min.	0	0	0	0	0	0
14. Pizza Dough		18:00-0:30	0	5 min.	10 min.	15 min.	0	0	0	0	0	0
15. Jam		1:05	15 min.	0	0	0	0	0	0	0	50 min.	0
16. Bake Only		0:15-2:00									15-120 min.	



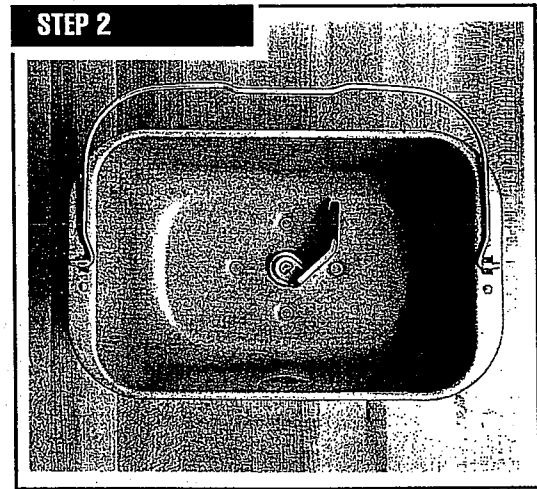
MAKING DOUGH AND BAKING BREAD

Here's how to bake bread with your Breadman® Pro Artisan Baker:



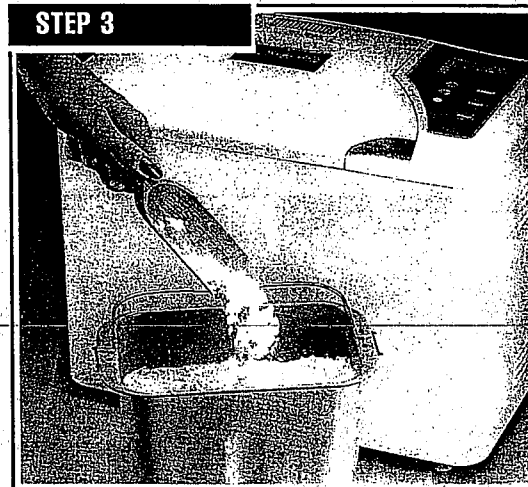
STEP 1
Open the Lid and remove the Bread Pan.

Lift the Bread Pan straight out of the machine.



STEP 2
Position the Kneading Paddle on the Drive Shaft as shown.

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

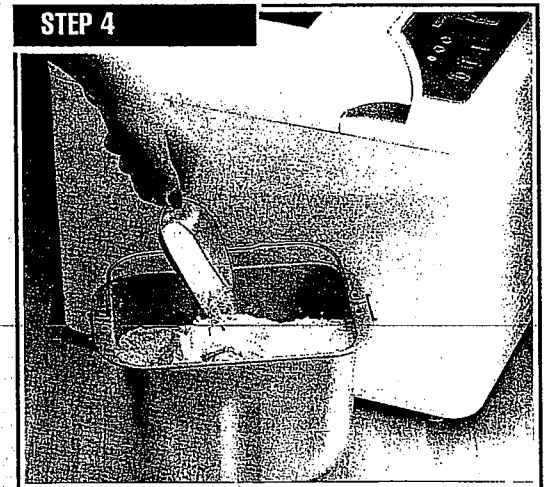


Place the ingredients into the Bread Pan.

For best results, add all liquid ingredients first. Then, add all dry ingredients **EXCEPT** yeast.

ALWAYS ADD YEAST LAST.

NOTE: *If your recipe contains salt, please add salt with liquid ingredients, keeping it away from the yeast.*

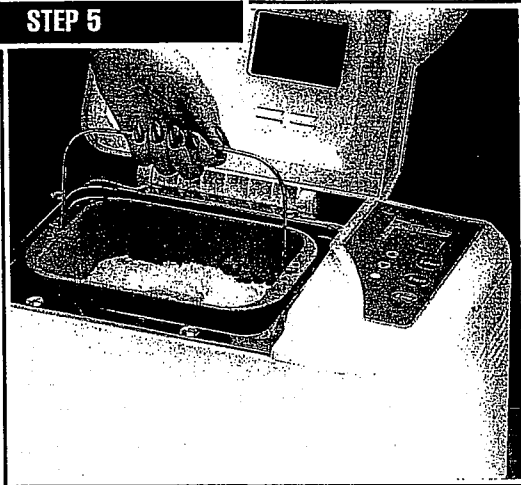


Make a small indentation on top of the dry ingredients (not so deep it reaches the wet layer) and add the yeast to the indentation.

This order of adding ingredients is important, especially when using the Timer, because it keeps the yeast away from the liquid ingredients until it's time to knead them together. (Liquid ingredients will activate the yeast.)



STEP 5



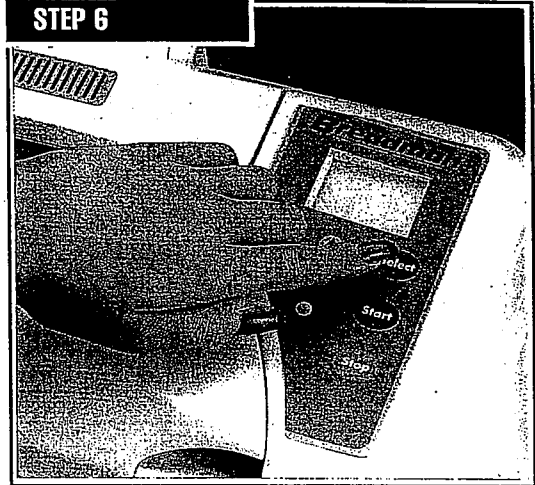
Insert the Bread Pan in the Breadman® Pro Artisan Baker.

To insert the Bread Pan into the machine, set it in place. Press down until it snaps into place.

Close the Lid and plug in the Breadman®

When you first plug it in, this Breadman® automatically sets to 000.

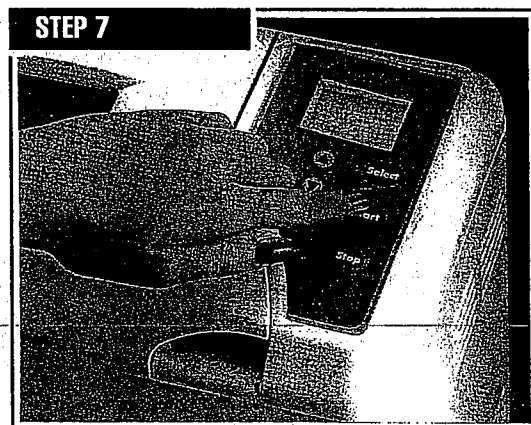
STEP 6



Press the SELECT Button to choose the Cycle you want.

Press the **SELECT** Button to choose the bread selection you desire. Each time you press **SELECT**, the number of your selection will be displayed in the Display Window. See Control Panel section on page 5 for the selection order.

Although this Breadman® Pro Artisan Baker is capable of making 1lb. loaves, for best results, we recommend baking 1-1/2 and 2 lb. recipes.



Press **START** to begin the Kneading and/or Baking Cycle.

First, the Breadman® mixes the ingredients. Then it begins the Kneading process. During this process, the yeast will activate, and normally the Viewing Window starts to fog. (This will clear so you can see the progress of your loaf.) The Breadman® will stop kneading and let the dough rise before baking.

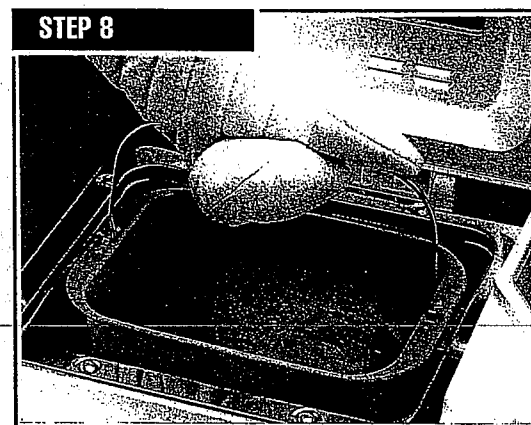
BEEPS

- Eight minutes before the end of the Kneading process, the Breadman® beeps 4 times to let you know this is the time to add any fruit, nuts, herbs, meat, garlic, etc.*
- If you chose Bagel, Pizza, or Bread Dough, the Breadman® beeps to let you know when the Dough Cycle is finished and is ready to be removed. Then it's up to you to shape it, give it time for a final rising period, and bake it in the Breadman® Pro Artisan Baker's Oven Rack System, or in a conventional oven.

For other Cycles, the Breadman® Pro continues to the Baking process.

- The "add-in" function can also be used when making Batter Breads and Cakes. For example, if you were to bake a Banana Walnut Bread, you would use the "add-in" Beeper to add the walnuts without crushing them with the Kneading Paddle.

**The "add-in" Beeper is not applicable to the Bagel Bake, Bake Only or Jam Cycles.*



When your bread is done, the Breadman® will beep. This indicates that the Baking phase is completed. Press the **STOP** Button, then put on your oven mitts and remove the Bread Pan.

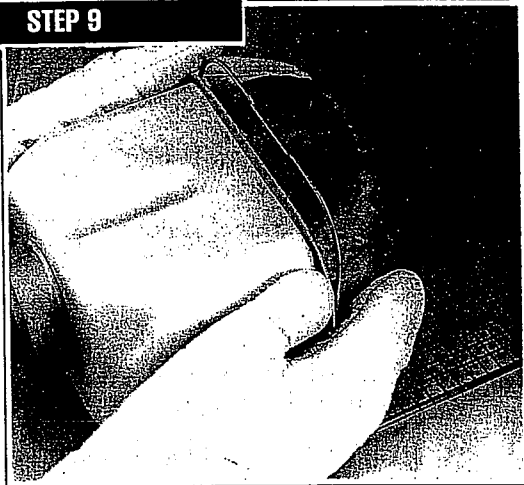
Remember that the Bread Pan and your loaf are both very hot! Be careful not to place either on a tablecloth, plastic surface, or other heat-sensitive surface which may scorch or melt.

If the bread is not removed immediately after baking and if the **STOP** Button is not pressed, a controlled temperature reduction cycle will begin and the machine will automatically shut off after 60 minutes. While this will help prevent the bread from becoming soggy, for best results, remove bread immediately after the Baking Cycle is complete. By pressing the **STOP** key, the screen will go back to Select mode.

The Keep Warm / Holding Cycle does not apply to Bagel Dough, Bagel Bake, Bake C, Super Rapid, Bread Dough, Pizza Dough, and Jam Cycles.



STEP 9



Remove the loaf from the Bread Pan.

Turn over the Bread Pan a few inches above the countertop and gently shake out the loaf. It's best to remove the loaf as soon as the Breadman® is done baking.

Place the loaf on a wire rack or other ventilated cooling surface to cool. Bread should be cooled (30 minutes) before it is sliced.

When you remove the Bread Pan after baking, BE SURE TO WEAR OVEN MITTS to prevent burning.

If necessary, remove the Kneading Paddle from the loaf.

Sometimes the Kneading Paddle will stick in a loaf of bread. If it does, use a non-metal utensil to gently remove it, taking care not to scratch the Kneading Paddle.

When you are done using the Breadman®, be sure to unplug it.



USING THE TIMER

Caution

PLEASE NOTE:

You can preset your Breadman® Pro Artisan Baker to bake in a time range from 2 hours and 20 minutes to 18 hours in advance.*

Don't use the Timer if your recipe includes eggs, fresh milk or other perishable ingredients that may spoil.

The Breadman® Timer can't be used for Bagel Bake (2), Super Rapid (11), Jam (15), or Bake Only (16) Cycles.

To preset your Breadman® Pro Artisan Baker, follow these steps:

1. Add the ingredients as usual, taking care not to let the yeast and liquid ingredients contact one another.
2. Close the Breadman® Lid and plug it in.
3. Select the Baking Cycle you want. The time needed for the selected Baking Cycle appears in the Display Window.
4. Press the **TIMER ▲** Button once for each 10 minutes you want to add to the clock. Press the **TIMER ▼** to decrease the time in 10 minute intervals. The amount of time set is shown in the Display Window.

NOTE: To fast forward time, continually press down the **▲** or **▼** Buttons

- Simply count the number of hours between start and finish. For example, if it is now 6 :00PM and you want a loaf of bread ready at 7:00AM breakfast, press the **▲ TIMER** Button until the display reads 13:00. (This is the hour difference between 6:00PM and 7:00AM.)
5. Press **START** to begin the delay bake. The Time Indicator begins to flash, letting you know the process has started. The remaining amount of time left to finish is always shown. When the Display Window indicates 0:00, baking is completed.
- * Time ranges are dependent on the core time length of the chosen Cycle.



USING THE TIMER *(continued)*

For Best Results

- Take care to measure ingredients accurately, using a good set of measuring cups and spoons, or a good scale. Make sure to level all dry ingredients as you measure them. Inaccurate measuring could cause unexpected results in your loaf of bread.
- In particular, be precise in measuring the water.
- The maximum amount of flour used must not exceed 4-1/2 cups. Excess flour will cause the bread to bake incompletely and the dough to stick to the inside of the Lid.
- After placing all the ingredients in the Bread Pan, wait 10 minutes before pressing **START**, or use the Timer to add 10 minutes to the total processing Cycle.
- Use fresh ingredients.
 - Since moisture is an enemy to flour, be sure to store your flour in an airtight container.
 - To keep your yeast active, store it in an airtight container in your refrigerator. ***Do not use yeast which has passed the expiration date on the package.***
- Speaking of fresh — when using the Timer, we recommend setting it for as short a time as possible. Because ingredients are partially combined in the Bread Pan, the dough may tend to deteriorate if left too many hours, especially on a warm or humid day.
- Keep the Lid closed during the Baking Cycle. Opening it causes uneven baking.
- After your bread has cooled completely, store it in a plastic bag or plastic wrap to prevent it from drying out.
- You have power failure back-up. If the electricity in your home goes out or you mistakenly unplug the machine, the Breadman's memory stores the active program. If power is re-connected within 60 minutes of that time period, the Bread Baker will return to baking your bread.

Instant Recall™ Power Failure Back-Up

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



ADVANCED BAKING TECHNIQUES: *Bake Only*

Bake Only

There are 2 "BAKE ONLY" Steam Bake Cycles: one for Bagels (2), and the second for dinner rolls (16).

BAKE ONLY has variable time settings. You can now bake a dough which was pre-made or purchased at the store, or, perhaps your recipe calls for the dough to rest in the refrigerator for an extended time.

Press the **SELECT** Button to choose the desired Bake Cycle. Using the up ▲ or down ▼ arrows, adjust the length of baking time you want, up to 2 hours, then press **START** to begin.

Using The Pause Button

The Breadman® Pro Artisan Baker has a horizontal traditional style Bread Pan. This feature, in combination with the **PAUSE** Button, lets you be very creative with bread machine baking.

When you press and hold **PAUSE** for a full 2 seconds, the Breadman® will stay "on hold" for up to 10 minutes. You can press **PAUSE** at any time, during any Cycle.

To activate the **PAUSE** mode, press and hold **PAUSE** for 2 seconds. You will hear a beep when the pause begins.

To resume the cycle, press **START** and the machine will start again at the point where it left off. If you forget to press **START**, the machine will automatically reactivate after the 10 minutes have elapsed.

Using the **PAUSE** will let you do some of the following:

- Decorative crusts
- Braided breads
- Pull-apart rolls
- Pull-apart rolls
- Monkey breads
- Create rustic-style, Mediterranean-styled rolled bread
- Add crumble toppings to coffee cakes



ADVANCED BAKING TECHNIQUES: *Pause*

Here's a quick example of a rolled, Mediterranean-style bread using a French bread recipe:

Activate **PAUSE** at the end of the Shape Cycle (see Kneading and Baking Cycle Charts for time details).

Remove the dough. Roll it out on a clean, lightly floured surface. You'll want to roll the dough into an 8-1/2" x 13" rectangle.

Lightly brush with good olive oil, such as *Tassos*. Then, sprinkle with fresh chopped garlic, basil, rosemary, and sun-dried tomatoes. Top with 1/3 cup of crumbled feta or goat cheese. If you would like, you could even add 2-3 slices of prosciutto.

Roll the dough up tightly into an 8-1/2" wide roll. Tuck the ends under and place into the Bread Pan. Return the Bread Pan to the Breadmaker, close the Lid and press **START**.

The final rise will begin, immediately followed by **BAKE**.

As the baking begins, you could **PAUSE** again. You can score the top crust, gently mist the loaf with cold water, return the Bread Pan to the Oven, close the Lid and touch **START**. Your rustic, al fresco Mediterranean bread will soon finish baking.

NOTE:

Do not leave the Lid standing open for extended periods of time. **ALWAYS** use an oven mitt when handling the Bread Pan and follow the Important Safeguards found in the beginning of this book.



DOUGH CYCLE INSTRUCTIONS

- The Breadman® Pro Artisan Baker offers 3 specific **DOUGH-ONLY** Cycles: Bagel Dough (1), Bread Dough (13) and Pizza Dough (14).
- After the end of the Cycle, remove and shape the dough and bake it in our patent pending Oven Rack System, or in a conventional oven, following the recipe instructions.
- Dough Cycle takes 1 hour 24-30 minutes depending on whether you are making a 1, 1-1/2 or 2 lb. recipe. (See Kneading and Baking Cycle Chart on page 14.)

Pizza Dough

- Pizza Dough setting will simplify Pizza Dough preparation. When the dough is ready, roll it out on a lightly floured surface and top with your favorite toppings. Then bake in a conventional oven, following the times and temperatures given in your recipe.
- The Pizza Dough Cycle takes 30 minutes.



59 MIN. START-TO-FINISH DELUXE SUPER RAPID

If you're in a hurry for a quick loaf of sandwich bread, here's a great way to bake it FAST! Bread in under an hour is perfect for sandwiches and families on the go. The entire Cycle of mixing, proofing and baking is speeded up, with a little help from a special type of yeast.

1. Add ingredients to the Bread Pan in the order listed. Refer to Super Rapid Cycle Hints below for measuring information. Place the Bread Pan into the Bread Maker.
2. Close the Lid. Using the **SELECT** Button, select (11) Deluxe Super Rapid Cycle. The red light at the top of the Control Panel will illuminate.
3. Press the **LOAF** Button to choose 1, 1-1/2 or 2 lb. loaf.
4. Press **START** to begin the process and in just under one hour, your loaf of bread will be ready!
5. When finished baking, remove Bread Pan from the Bread Maker. BE SURE TO WEAR OVEN MITTS to prevent burning. Invert and shake to remove the loaf. Allow the loaf to cool standing upright on a wire rack before slicing.

Super Rapid Cycle Hints

- Water temperatures must be 100°-115°F / 43°-46°C.
- Larger amounts of Quick Rise,[™] RapidRise,[™] Bread Machine, or Instant Active Dry yeast must be used. They may be substituted in equal amounts.
- It is important to use the precise amount of yeast called for in the recipe. So use an accurate measuring spoon.
- The dough ball for the Super Rapid Cycle should be a very soft, sticky to the touch, loose ball with a smooth texture. Do not add extra flour.
- Check the dough ball at the beep, and if necessary, use a rubber spatula to push any flour or dough from the sides of the Bread Pan down into the dough ball.
- As a result of the increased temperatures during the rise and bake process, the loaf of bread produced from this program may have a dark, crisp crust with a split in the top of the loaf.



USING THE BATTER BREAD™/CAKE CYCLE

NOTE:
For Best Results

The Breadman® Batter Bread™/Cake Cycle (12) is for non-yeast breads, such as banana bread, pumpkin bread or cake. The Batter Breads usually call for quick-acting leavening agents such as baking powder or baking soda.

These breads tend not to rise as high as yeast breads.

Basic cake recipes can be used as well as pre-packaged cake mixes.

When baking cakes from scratch, please note the following:

- Baking cakes such as pound cake or angel food cake or any cake that requires long beating of eggs or egg whites or other ingredients are not recommended in the Breadman® Pro Artisan Baker.
- If a recipe calls for a 9" x 5" cake pan, its' volume will not have any problem fitting into the Bread Pan. On the same note, if a recipe is written to bake two layers, the recipe can be reduced by half to fit into the Bread Pan.
- *Cakes in which all ingredients can be mixed together at one time are prime recipes for the Breadman® Pro Artisan Baker.*
- Before the end of the Mixing process, the Breadman® beeps 4 times to let you know this is the time to add any fruit, nuts, herbs, meat, garlic, etc. An example of this is Banana Walnut Bread. You would use the "add-in" Beeper to know when the walnuts should be added. The first mixing Cycle would crush the walnuts by the Kneading Paddle if they were added in the beginning.
- Measure ingredients in the recipe and add to the Bread Pan. (Make sure the Kneading Paddle is in position.)
- Insert Bread Pan into the Breadman® and close the Lid.
- Press **SELECT** to select the Batter Bread™/Cake Cycle (12).
- Press **CRUST** for a Light, Medium or Dark Crust.
- Press **START** Button to begin Cycle.
- The baking process will finish in 1 hour, 20 - 40 minutes.
- **BE SURE TO WEAR OVEN MITTS AS THE UNIT WILL BE VERY HOT!**
- Turn onto a baking rack and let the cake cool completely before slicing or decorating.

**Operating
Instructions For
Batter Bread™/
Cake Cycle**

PLEASE NOTE:

Don't use the Timer if your recipe includes eggs, fresh milk or other perishable ingredients that may spoil.



JAM CYCLE INSTRUCTIONS

To top off that perfect slice of freshly baked bread, the Breadman® Pro Artisan Baker makes the tastiest of homemade jams!

For Best Results

- Do not reduce sugar or use sugar substitutes. The exact amounts of sugar, fruit, and pectin are necessary for a good set.
- Use only ripe fruit (not overripe or underripe) for best flavor.
- Do not puree fruit. Crush with a potato masher or food processor. Jam should have bits of fruit in it.
- Recipes should not exceed 3-1/2 cups.
- Be sure to measure fruit after it has been crushed not before.
- Remove stems, seeds, or pits from fruit before crushing.

Operating Instructions

- With the Kneading Blade in position, add the crushed fruit to the Bread Pan.
- Add the rest of the called-for ingredients.
- Insert Bread Pan into the Breadman®.
- Close Lid.
- Press **SELECT** Button until the Jam Cycle(15) is chosen.
- Press **START** Button.
- The Breadman® will pre-heat for 15 minutes before any movement occurs in the Bread Pan. After pre-heating, the jam will be heated and mixed for approximately 50 minutes. The entire Cycle takes 1 hour 5 minutes, in which 10 minutes is the cool-down Cycle.
- The Breadman® will beep when the Cycle is complete.
- Press **STOP** Button and remove the Pan, **MAKING SURE TO WEAR OVEN MITTS.**
- Pour the hot jam into a refrigerator/freezer-safe container, leaving 1/2" of space at the top.
- Cover tightly to store.
- Jam will thicken upon cooling and storage.

PLEASE NOTE:

The Delay Timer cannot be used for the Jam selection.



CLEANING INSTRUCTIONS

Caution

Avoid electric shock, unplug the Breadman® Pro Artisan Baker before cleaning!

The Bread Pan and Kneading Paddle have non-stick surfaces which make cleaning easy.

1. After baking each loaf of bread, unplug the Breadman® and discard any crumbs.
2. Remove the Bread Pan from the Oven and the Kneading Paddle from the Bread Pan. Then, as needed, wash the Bread Pan and Kneading Paddle inside and out with warm, soapy water. Avoid scratching the non-stick surfaces.
DO NOT PUT THE PAN IN A DISHWASHER OR SOAK IT IN WATER.

If the Kneading Paddle is stuck to the Drive Shaft, pour warm water in the Pan to loosen it. **DO NOT USE EXCESSIVE FORCE.**

3. Wipe the inside of the Lid and Oven with a slightly damp cloth or sponge. If any residue has scorched on the heating plate or elsewhere, wipe with a non-abrasive pad and wipe clean.

Removable Lid

The Lid can be removed for cleaning.
DO NOT PUT THE LID IN A DISHWASHER.

Do not use vinegar, bleach, or harsh chemicals to clean the Breadman® Pro Artisan Baker.

Do not soak the Bread Pan — this could interfere with the free working of the Drive Shaft.

Be sure the Breadman® Pro Artisan Baker is completely cooled before storing.



STANDARD BREAD RECIPES

White Bread

1.5 lb. Loaf

1 cup + 2 Tbsp. Water
2 Tbsp. Canola Oil
1-1/2 tsp. Salt
2 Tbsp. Sugar
1-1/2 Tbsp. Dry Milk Powder
3-1/4 cups White Bread Flour
1-3/4 tsp. Active Dry Yeast

2.0 lb. Loaf

1-1/4 cups + 2 Tbsp. Water
2 Tbsp. Canola Oil
2 tsp. Salt
3 Tbsp. Sugar
2 Tbsp. Dry Milk Powder
4-1/2 cups White Bread Flour
2 tsp. Active Dry Yeast

Whole Wheat Bread

1.5 lb. Loaf

1 cup + 2 Tbsp. Water
2 Tbsp. Oil
1-1/2 tsp. Salt
3 Tbsp. Brown Sugar
2 Tbsp. Dry Milk Powder
3-1/4 cups Whole Wheat
Bread Flour*
3-1/2 tsp. Active Dry Yeast

2.0 lb. Loaf

1-1/4 cups Water
3 Tbsp. Oil
2 tsp. Salt
4 Tbsp. Brown Sugar
3 Tbsp. Dry Milk Powder
4-1/3 cups Whole Wheat
Bread Flour*
4-1/2 tsp. Active Dry Yeast

*For best results, when not using Bread Flour, we recommend adding Gluten to the recipe. Add 1/3 cup of Gluten to a 2 lb. recipe. If whole wheat flour is stone ground, you may need to add 1/2 cup of Gluten, or more.

Easy French Bread

1.5 lb. Loaf

1 cup + 2 Tbsp. Water
1 Tbsp. Olive Oil
1 tsp. Salt
1-1/4 Tbsp. Sugar
3-1/4 cups White Bread Flour
1-1/4 tsp. Active Dry Yeast

2.0 lb. Loaf

1-1/3 cup Water
2 Tbsp. Olive Oil
1-1/2 tsp. Salt
2 Tbsp. Sugar
4 cups White Bread Flour
1-1/2 tsp. Active Dry Yeast



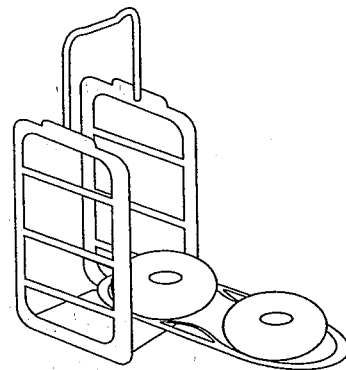
NEW YORK BAGELS

This recipe makes one dozen bagels in the Artisan Bread Baker

1-1/2 tsp.	Active Dry Yeast
1-1/2 cups	Water (lukewarm, 79°-80°F)
3 Tbsp.	Dry Barley Malt
4 cups	Sir Lancelot High Protein Flour from King Arthur®
1 Tbsp.	Kosher Salt
3 Tbsp.	Cornmeal to dust the Rack

Add the ingredients to the Bread Pan in the following order:

- Place yeast, 2 tablespoons barley malt and water into the Bread Pan and let stand for one minute.
 - Add all of the flour, then the salt (last) and place the Pan into the Bread Machine.
 - Select the Bagel Dough Setting (1) and press **START**.
 - When the Rise Cycle is complete, remove the dough and let it rest for 30 minutes, then divide into 12 equal sized balls. Shape the balls so there is tension in the skin of the dough, rolling them tightly. Cover and let rest until the dough doubles in size.
 - Add 2 ounces of water to the Rubberized Steam Well.
 - Pick up each ball, press a hole through the center. Dust each Baking Tray with cornmeal. Place 2 bagels on each Baking Tray. Keep the remaining dough in a cool place, or the refrigerator so that it doesn't over-proof.
 - Press the **SELECT** Button to choose Bagel Bake Cycle (2) from the Menu Options. Using the up ▲ or down ▼ arrows, adjust the length of baking time you want. — *about 30 minutes*
 - Be sure to see pages 3 and 4 for instructions on proper use of the Breadman® Pro Artisan Steam Bake and Oven Rack System. Making sure all the Trays are secure, pick up the Rack by the Handle and place it into the Baking Chamber of the Breadman® Pro Artisan Baker until it fits snugly in place. Lower the Handle to a 45 degree angle to make it easy to remove the Rack when the baking is completed.
 - Close the Lid and press **START**. The Heating System will boil the water into steam and when looking through the Window, you'll see the bagels rise and start baking.
- PLEASE NOTE:** It is critical to keep the Lid closed during the Baking Cycle to prevent heat and steam loss.
- **Brush each bagel top with an egg wash for a darker color.
 - Remove and allow to cool. Process the remaining half dozen bagels.



Recipe for TR 850 Dinner Rolls or Mini Baguettes

¾ cup	water
1	egg
2 tablespoons	honey
1 teaspoon	salt
2 tablespoons	butter or margarine
3 cups	King Arthur ® Bread Flour
1 ½ teaspoons	active dry yeast

Place water, egg, honey, salt and butter or margarine in Bread Pan. Measure flour and add to the liquid ingredients. Place yeast on top of flour.

Press **SELECT** Button to choose Dough Cycle (13) from the Menu Options. Press **START**.

After Dough Cycle is finished, remove the dough from the Pan, divide into 12 equal sections of dough, lightly shape, cover and let rise for 30 minutes at room temperature.

When dividing dough for use with the Artisan Baking Rack, use 3 ounces of dough for each dinner roll (6 per Tray) and 5-6 ounces to prepare 3 mini baguettes.

When the rolls are finished rising, just prior to baking, you can use a lame or knife to score the top of each roll to provide a professional look. The rolls may be dipped into sunflower seeds, flax or poppy seeds before placing them onto the Trays.

NOTE: Make sure you keep space between the rolls so they don't bake into each other.

Place the rolls or mini baguettes onto the Tray. Slide each Tray into the Baking Stand's brackets. Press down lightly to secure the Rack.

Add ¾ cup of warm water to the Steam Well. Close the Lid. Press the **SELECT** Button to choose Bake Only (16) from the Menu and use the up or down **TIMER** arrows to program 40 minutes.

After 5 minutes, place the Rack into the Baking Chamber using the Handle. Close the Lid and press **START**. Check for desired doneness after 30 minutes.

When baking is complete, a Beeper will sound. Using an oven mitt, lift the Rack straight up and out of the Breadman, placing it onto a heat resistant surface.

Let the Rack cool for 10 minutes and then remove the Trays from the Rack and the baked breads from the Trays.

Your rolls will be light, delicious and crispy!



CAKE RECIPES

Cinnamon-Raisin Coffee Cake

2 cups	All Purpose Flour
1 cup	White Sugar
1-1/4 cup	Milk, Whole
1/2 cup	Butter or Shortening, melted
2	Eggs, Large
2 Tbsp.	Dark Raisins
1 Tbsp.	Baking Powder
1 tsp.	Vanilla Extract
1/4 tsp.	Salt
1/2 tsp	Cinnamon

Place milk, butter, eggs and vanilla extract in the Bread Pan. Add remaining ingredients and start the Batter Bread™/Cake Cycle (12).

Dust with powdered sugar after cake has cooled.

Lemon-Raisin "Cheezy" Cake

1-1/2 cups	All Purpose Flour
1 cup	Farmers Cheese (crumbled small)
1/4 cup	Lo-Fat Cream Cheese (cut in small pieces)
1/2 cup	White Sugar
2	Eggs, Large
1/3 cup	Water, Hot
2 Tbsp.	Golden Raisins, soaked
1 Tbsp.	Baking Powder
1 tsp.	Lemon Extract

Have all ingredients at room temperature (1-1/2 - 2 hrs.). Its very important that the cheeses are soft and in small pieces or they won't mix properly. Place cheese, egg, raisins, hot water, and lemon extract in Bread Pan. Add the remaining ingredients and start the Batter Bread™/Cake Cycle (12).

Makes about a 2 lb. cake.



CAKE RECIPES *(continued)*

Cranberry-Walnut Cake

1-1/2 cups	All Purpose Flour
1/3 cup	Chopped Walnuts
1/2 tsp.	Cinnamon
3/4 tsp.	Baking Powder
3/4 tsp.	Baking Soda
1/2 tsp.	Salt
1 cup	Fresh or Frozen Cranberries, Whole
1 cup	White Sugar
2	Eggs, Large
1/4 cup	Canola Oil
1 Tbsp.	Orange Juice
1/2 tsp.	Orange Extract
1 tsp.	Vanilla Extract

Crush the cranberries and mix with the sugar. Place in the Bread Pan and let stand for 10 minutes. Add the eggs, oil, orange juice and orange and vanilla extracts to the Bread Pan and place it in the machine. Close the Lid and start the Batter Bread™/Cake Cycle (12).

Combine the first six ingredients and mix well. When continuous mixing begins, add the flour mixture to the Bread Pan 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 Bread Pan.



CAKE RECIPES *(continued)*

Pineapple-Coconut Clafouti Cake

1-1/2 cups	All Purpose Flour
1 tsp.	Baking Powder
1/2 tsp.	Baking Soda
1/2 tsp.	Salt
3/4 cup	White Sugar
2	Eggs, Large
1/2 cup	Milk, Whole
1/2 cup	Canned Pineapple Chunks, Drained
1/4 cup	Pineapple Juice (from can)
1/2 cup	Sweetened Shredded Coconut
1 tsp.	Vanilla Extract

Combine first four ingredients and mix well. Set aside.

Place pineapple, pineapple juice, eggs, milk, coconut, sugar, and vanilla in the Bread Pan and place it in the machine. Close the Lid and start the Batter Bread™/Cake Cycle (12). 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 Bread Pan.



CAKE RECIPES *(continued)*

Peanut Cake

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	Eggs, Large
1/2 cup	Lo-fat Yogurt
1/2 cup	Crunchy Peanut Butter, Softened
1/4 cup	Apple Sauce
1/4 cup	Water
1 tsp.	Vanilla Extract

Combine first four ingredients and mix well. Set aside.

Place eggs, yogurt, peanut butter, apple sauce, water, vanilla extract and sugar in the Bread Pan in that order. Close the Lid and start the Batter Bread™/Cake Cycle (12).

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 Bread Pan.



TROUBLE SHOOTING

Symptom	Possible Solutions
Bread has an offensive odor	<p>Check to be sure you added the correct amount of yeast. Measure carefully — too much yeast will cause an unpleasant odor and may cause the loaf to rise too high.</p> <p>Be sure to use only fresh ingredients.</p>
Baked bread is soggy or the bread's surface is sticky	<p>Remove the bread from the Bread Pan as soon as it is done baking. Leaving it in the Bread Pan allows condensation to collect on the sides touching the Pan.</p> <p>Also be sure to cool the loaf on a wire rack; cooling it on a countertop causes the side next to the counter to become soggy.</p>
START Button doesn't start the machine	<p>Make sure the machine is plugged in.</p> <p>If nothing appears in the Display Window, press SELECT to choose your Baking Cycle. (You must select a Baking Cycle before pressing START.)</p> <p>If the baking area is too hot, the Breadman® will not start because of an automatic safety feature. Remove the Bread Pan with your ingredients, and wait until the Breadman® cools down — about 20 minutes — before starting a new loaf.</p>
Can't set the Timer	<p>The Breadman® Timer can't be used for Bagel Bake, Super Rapid, Jam or Bake Only.</p> <p>This is because the ingredients should be processed immediately for these Cycles.</p>
The Kneading Paddle was stuck in the bread	<p>Make sure the Kneading Paddle is mounted properly before adding ingredients to the Bread Pan and baking.</p> <p>Sometimes denser or crustier loaves of bread may pull the Kneading Paddle out with them when you remove the loaves after baking. When this happens, use a non-metal utensil and gently remove the blade from the bottom of the loaf.</p>



TROUBLE SHOOTING (continued)

Symptom	Possible Solutions
The bread rose too high	Make sure not to add too much yeast, water or flour. Too much of any of these may cause the loaf to rise more than it should.
The bread didn't rise enough	Make sure not to add too little yeast, water or sweetener. Make sure to add ingredients in the proper order: liquids, dry ingredients, yeast. Make sure yeast doesn't get wet until the Breadman® mixes the ingredients together. <i>NOTE: Typically, bread made with whole grain flours will not rise as high as bread made with refined flours.</i>
The dough looks like batter, or the dough ball is still sticky, not smooth and round	During the Kneading process, add 1 tablespoon of flour at a time, letting it mix in well. For most breads, your dough ball should become round, smooth, not sticky to the touch, and should bounce back when you press it with your finger.
The dough ball is lumpy or too dry	During the Kneading process, add 1 tablespoon of water at a time, letting it mix in well.
The bread didn't rise at all	Make sure yeast is not left out. Also check the date code on the yeast and that it is always the last ingredient put into the Bread Pan. Make sure the yeast doesn't come into contact with salt or any liquid ingredients.
The Breadman® stopped and "ALERT" flashes	This happens if you press the STOP Button, if you unplug the machine, or if there is a power outage. If the power is restored within 60 minutes, the machine will reset to the status it was before the machine stopped. If the power is not on within 60 minutes, the machine will reset itself to the beginning of the bread making Cycle. If this is the case, discard the contents of the Bread Pan and start again with new ingredients.



TROUBLE SHOOTING (continued)

Symptom	Possible Solutions
"_ _ H" displays when you press START Button	The Breadman® is too hot (over 105°F/40°C) to begin preparing another loaf. Remove the Bread Pan with your ingredients, and wait until the Breadman® cools down — about 20 minutes — before preparing a new loaf.
"_ _ L" displays when you press START Button	The Breadman® is too cold (lower than 29°F/-5°C). Unplug the machine and allow it to heat up to room temperature, then try again.
"_ HI" displays when you press START Button	The Breadman® is too hot (over 300°F/-150°C).
_ HI _ <input type="checkbox"/> <input type="checkbox"/> _ <input type="checkbox"/> <input type="checkbox"/> displays when you press START Button	Unplug the Breadman® and contact Salton, Inc. Service Department at 1-800-233-9054 Monday - Friday 8 am - 5:00 pm CST or E mail us at: breadman@saltonusa.com

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

IMPORTANT NOTICE

*If any parts are missing or defective,
DO NOT return this product.
Please call our Consumer Service Department for assistance.*

800-233-9054 Monday - Friday 8am - 5pm CST

Thank You

If after reading this instruction
booklet you still have questions about using the
Breadman® Pro Artisan Baker,
please write or call:

Salton, Inc.
550 Business Center Drive
Mt. Prospect, IL 60056
1-800-233-9054

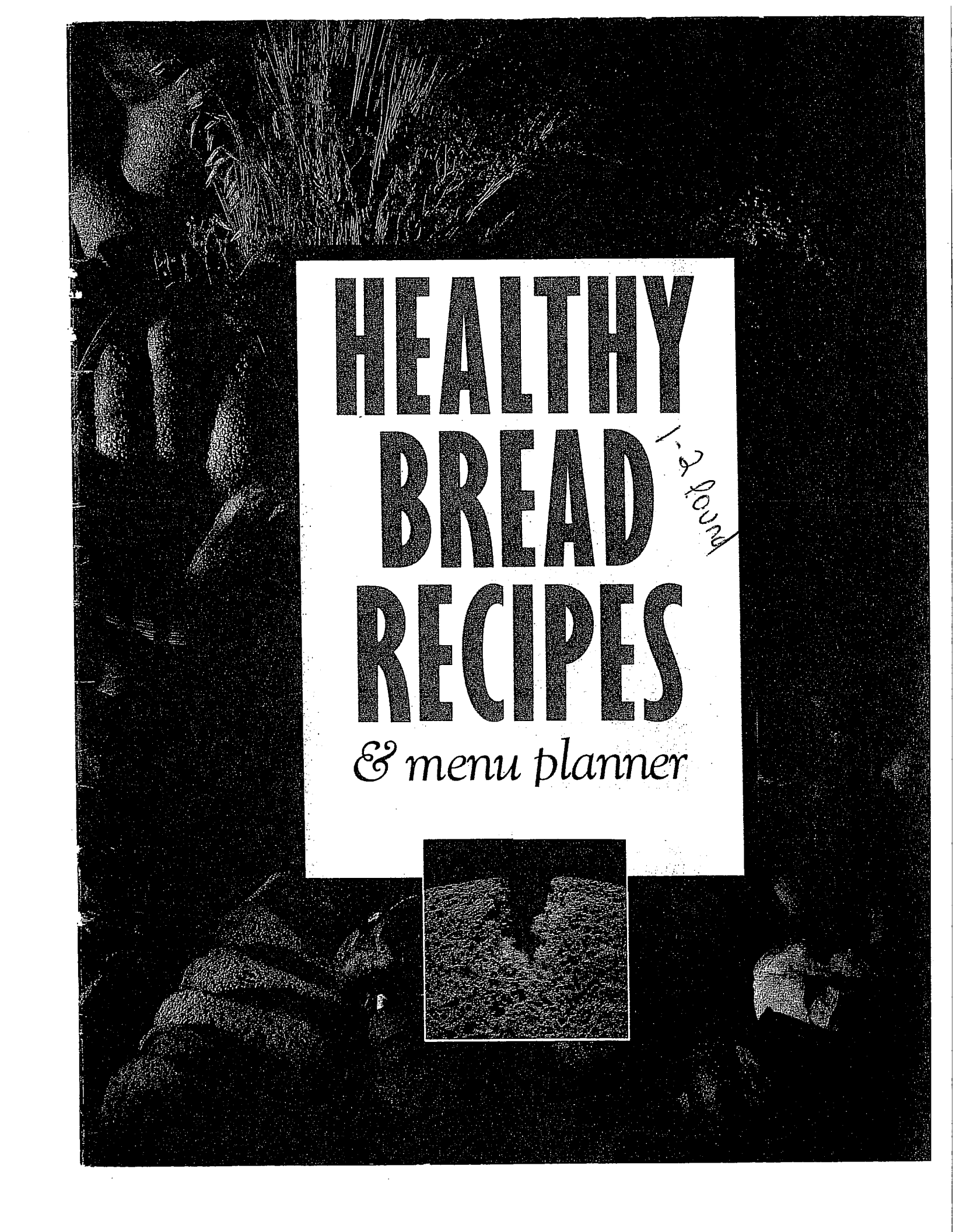
Monday - Friday 8am - 5pm CST

For more information on Salton, Inc. products, E-mail us at:

breadman@saltonusa.com

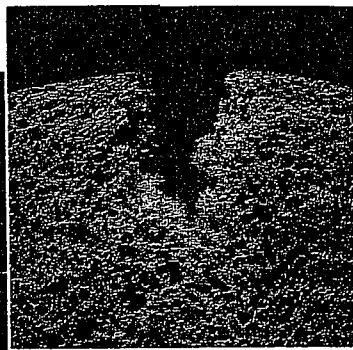
OR, visit our website:

<http://www.breadman.com>



HEALTHY BREAD RECIPES

& menu planner





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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.



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.
Please Note - Salt and sugar should go in with water. Do Not put in with yeast.

RECIPES

Basic White/French Bread

Makes a 1-1/2 lb. loaf

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

Egg Bread

Makes a 1-1/2 lb. loaf

2/3 cup warm water
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
2 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.

