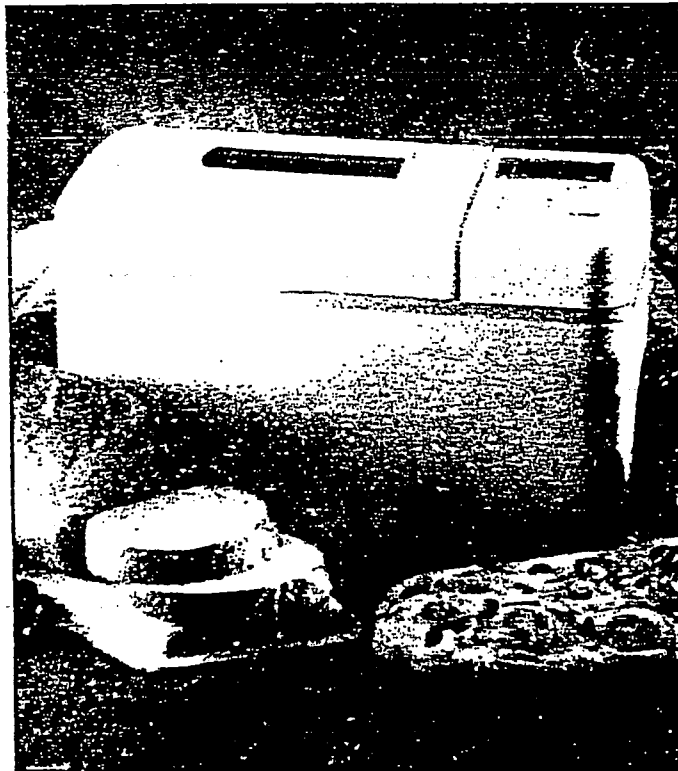


Breadman®

INSTRUCTION MANUAL



AUTOMATIC BREAD BAKER



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IMPORTANT SAFEGUARDS

When using the Breadman® Plus Automatic Bread 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/MAXIM Housewares, Inc. Service Center for examination and repair.
8. Avoid contact with any moving parts.
9. Do not use attachments not recommended by Salton/MAXIM Housewares, Inc.; 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:

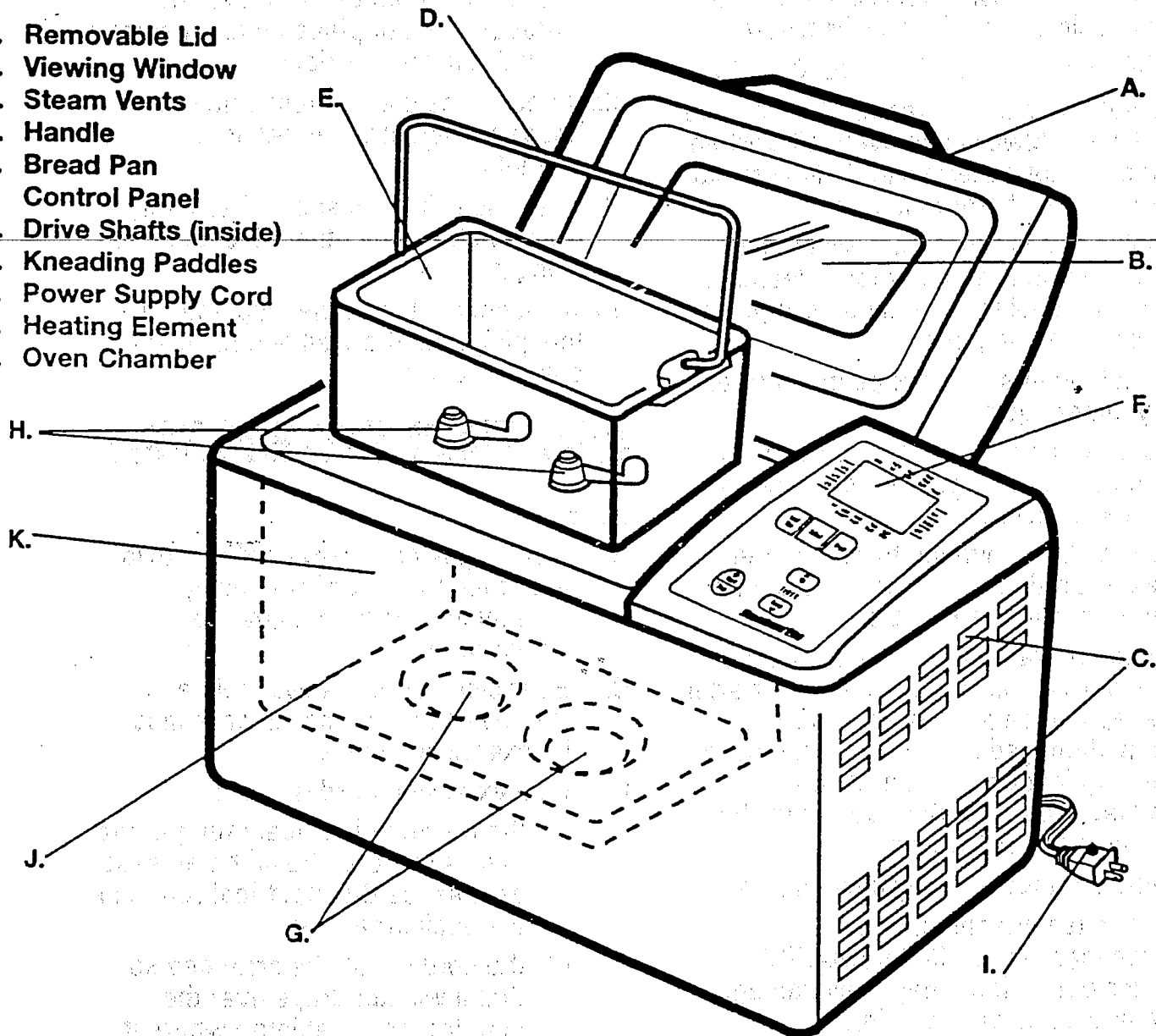
- A. A short power-supply cord is provided to reduce the risk of becoming entangled in or tripping over a longer cord.
- B. Extension cords are available and may be used, but special care must be exercised in use.
- C. If an extension cord is used:
 - (1) the marked electrical rating of the extension 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® Plus and the area around the Steam Vent are **HOT**. Keep out of reach of children to avoid possible injury.



YOUR BREADMAN® TR810

- A. Removable Lid
- B. Viewing Window
- C. Steam Vents
- D. Handle
- E. Bread Pan
- F. Control Panel
- G. Drive Shafts (inside)
- H. Kneading Paddles
- I. Power Supply Cord
- J. Heating Element
- K. Oven Chamber

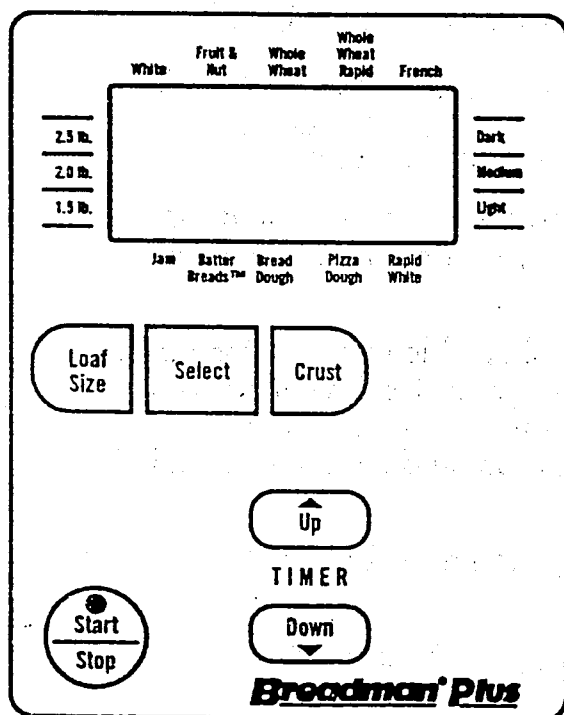


POLARIZED PLUG

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.



CONTROL PANEL



A. Display Window

Shows your selection, loaf size and timer setting.

B. 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.)

C. Select

Press this button to select the Baking or Dough cycle of choice. Each time you press this button the number in the display window will correspond with the number next to each selection. Press the **SELECT** button until your choice is indicated. If at any time during baking process you would like to check which cycle has been selected just hold down the **SELECT** button to review. When the **SELECT** button is released the time remaining in the process will reappear.

D. Loaf Size

Press this button to select what size loaf you would like to prepare. An indicator symbol (◀) will appear in the Display Window next to either 1.5 lb., 2lb., or 2.5 lb. loaf.

E. Crust Control

To control the crust color of your loaf, press this button. You have a choice of Light, Medium or Dark. An indicator symbol (◀) will appear next to your choice when this button is pressed.

F. Start/Stop

Press **START/STOP** button to begin the cycle that you choose and to begin the Timer. The time remaining will appear in the Display Window. Use this button to stop the baking process at any point or to turn off the power.



USING THE BREADMAN® PLUS

With your new Breadman® Plus Automatic Bread Baker:

- You can use commonly available pre-packaged bread mixes. Follow the instructions on each package. We do not recommend using 1 lb. mixes in this machine!
- You can bake a loaf of bread from scratch. See the *Recipe & Menu Planner* included with your Breadman® Plus for lots of tasty options.
- You can make dough for rolls, shaped loaves, and for Pizza! Choose the Dough or Pizza Dough cycles. Use either of the Breadman® Plus' Dough cycles to do the mixing and kneading for you, then shape, proof and bake your bread loaves or pizza yourself.
- You can make delicious non-yeast Batter Breads™ and cakes!
- You can make all kinds of tasty Jams by using the Jam cycle.
- You have power failure back-up. If the electricity in your home goes out, or you mistakenly unplug the machine, the Breadman® Plus' memory stores the active program. If power is re-connected within one hour of that time period, the Breadman® Plus will return to baking your bread.

Power Failure Back-Up

NOTE: *If you experience frequent surges in your area, 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.

Inserting and Removing the Bread Pan

- To insert the Bread Pan, place into the Oven Chamber and press down firmly to seat it into place. Then place the Kneading Paddles onto their shafts before adding any ingredients.



USING THE BREADMAN® PLUS (continued)

- To remove the Bread Pan, simply lift the Bread Pan out of the Oven Chamber.

NOTE: *Always hold the Bread Pan by the handle when inserting and removing from the Oven Chamber.*

Caution

When removing the Bread Pan after baking, always wear oven mitts to prevent injury.

Operating Tips

- Use oven mitts when working with bread or any part of the Breadman® Plus that is hot from baking.
- Wipe off crumbs and clean the Breadman® Plus, as needed, after baking.
- Unplug the Breadman® Plus when you are not using it.
- **It is normal for the Viewing Window to collect moisture during the beginning of the Rise cycle.** As your bread bakes, the moisture will evaporate soon so you can watch your bread's baking progress.
- **Don't open the Lid during baking.** This can cause the bread to bake improperly.

Caution

- To protect young children, keep the Breadman® Plus out of their reach when you're not there to supervise — especially during the Kneading and Baking cycles.
- Use the Breadman® Plus 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® Plus could cause it to malfunction.
- To avoid burns, stay clear of the Steam Vent during the Kneading and Baking cycles. Also, don't touch the Viewing Window — it gets very hot.



USING THE BREADMAN® PLUS *(continued)*

- After baking, wait for the Breadman® Plus to cool down thoroughly before touching or cleaning the Bread Pan or metal parts of the Breadman® Plus without oven mitts.
- Never use metal utensils with the Breadman® Plus. These can scratch the non-stick surface of the Bread Pan.
- Avoid electric shock by unplugging the Breadman® Plus before using a damp cloth or sponge to wipe the interior of the Oven.
- Never use the Bread Pan on a gas or electric cooktop, on an open flame, or in a microwave!
- Avoid covering the Steam Vent during Kneading and Baking cycles. This could cause the Breadman® Plus to warp or discolor.
- Always make sure the Kneading Paddles are removed from the bread prior to slicing.



BAKING CYCLES

The Breadman® Plus Automatic Bread Baker has many program settings from which you can choose.

- The Crust Control feature lets you choose Light, Medium or Dark crusts for most bread varieties, including White, Fruit & Nut, and Whole Wheat.
- The French cycle is for breads with crisper crusts, especially those that are lowest in fat and sweeteners, such as French and Italian breads.
- You have the option to shorten your bread making time. The "RAPID" setting is faster than "NORMAL" setting.
- Batter Breads™ uses high amounts of sugar and fat. Eggs are added to make a nutritious sweet bread.
- The Jam cycle makes your favorite jams.

The table on the following pages shows how long each part of the Baking cycle takes:*



BAKING CYCLES *(continued)*

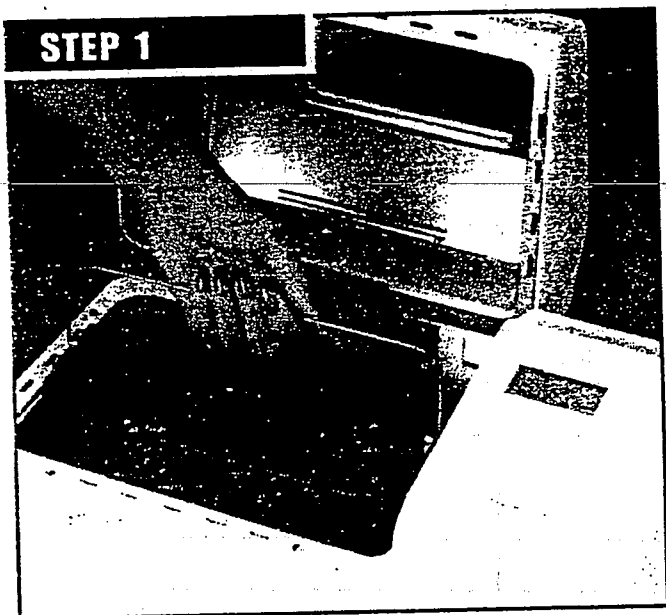
Baking Cycle	French			Rapid			Bread Dough	Pizza Dough	Jam	Batter Breads™	
	2.5 lb.	2.0 lb.	1.5 lb.	2.5 lb.	2.0 lb.	1.5 lb.					
Mix/Knead	6 min.	6 min.	6 min.	2 min.	2 min.	2 min.	7 min.	5 min.	1. 15min: heater 2. 65min: heater, motor	8 min.	
Rest	6 min.	6 min.	6 min.	—	—	—	5 min.	—		—	
Knead 2	25 min.	25 min.	25 min.	5 min.	5 min.	5 min.	18 min.	10 min.		21 min.	
BUZZER A BUZZER WILL SOUND (10 TIMES)											
Add Fruit	10 min.	10 min.	10 min.	10 min.	10 min.	10 min.	10 min.	10 min.			
First Rise	35 min.	35 min.	35 min.	33 min.	33 min.	33 min.	49 min.	34 min.			
Punch Down	1 min.	1 min.	1 min.	—	—	—	1 min.	1 min.			
Second Rise	16 min.	16 min.	16 min.	—	—	—	—	—			
Punch Down	1 min.	1 min.	1 min.	—	—	—					
Final Rise	60 min.	55 min.	50 min.	—	—	—					
Bake	Dark			70 min.	65 min.	60 min.					
	Med.	70 min.	65 min.	60 min.	60 min.	55 min.	50 min.			81 min.	
	Light				50 min.	45 min.	40 min.				
Total Time	Dark			2:00	1:55	1:50					
	Med.	3:50	3:40	3:30	1:50	1:45	1:40	1:30	1:00	1:20	1:50
	Light				1:40	1:35	1:30				
Keep Warm	60 min.	60 min.	60 min.	60 min.	60 min.	60 min.					



MAKING DOUGH AND BAKING BREAD

Here's how to bake bread with your Breadman® Plus:

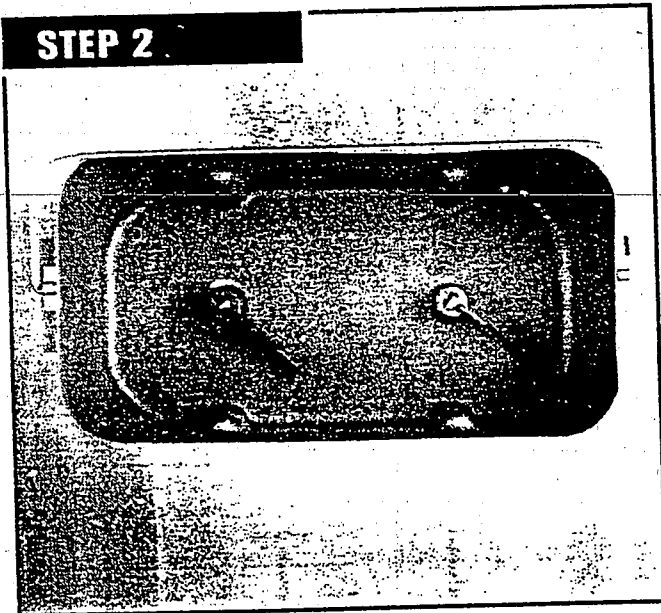
STEP 1



Open the Lid and remove the Bread Pan.

Pull the Bread Pan straight up to remove it from the Oven Chamber.

STEP 2

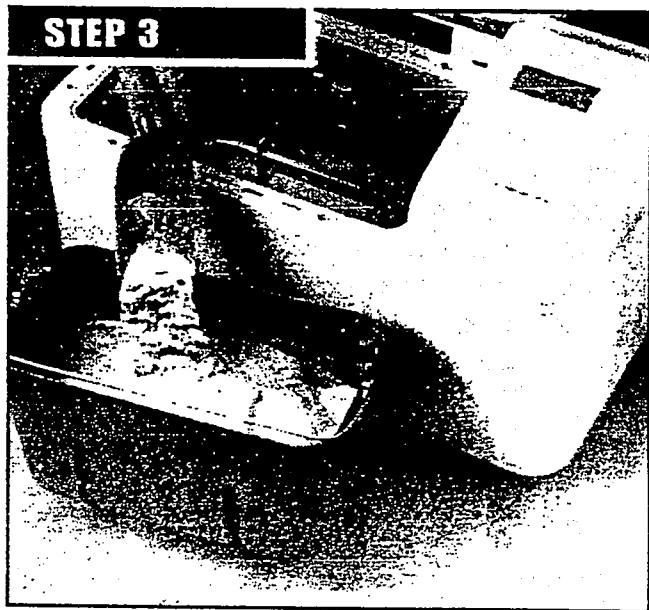


Position the Kneading Paddles on the Drive Shafts as shown.

Match the flat side of the Kneading Paddles to the bottom of the Baking Pan. Make sure the Paddles are secure.



STEP 3



Place the ingredients into the Bread Pan.

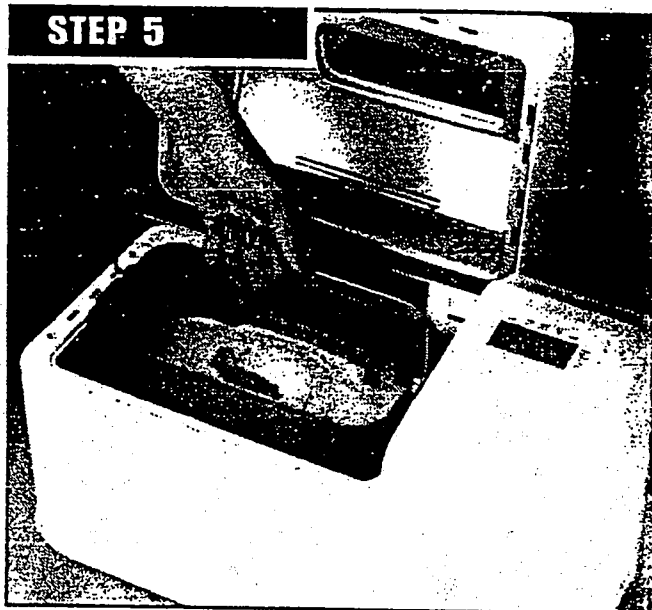
For best results, add all liquid ingredients first. Then, add all dry ingredients EXCEPT yeast.

ALWAYS ADD YEAST LAST.

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

**For Batter Breads™, Jam and Dough cycles, the order of ingredients is not important.*

STEP 5

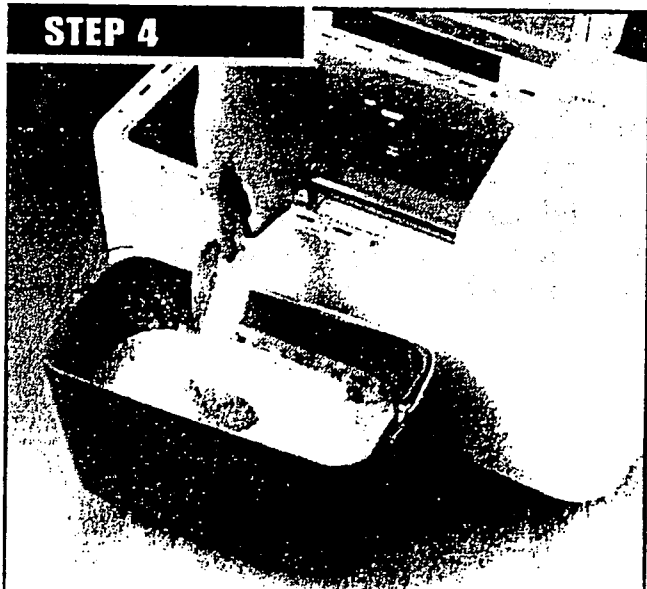


Insert the Bread Pan into the Oven Chamber.

Close the Lid and plug in the Breadman® Plus.

When you first plug it in, this Breadman® Plus flashes "3:30" will appear in the Display Window. To clear the display, press the START/STOP button.

STEP 4

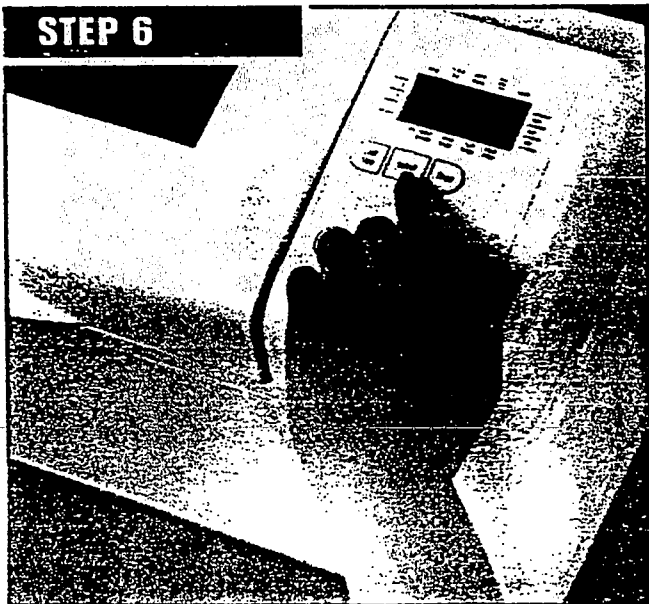


Make a small indentation on top of the dry ingredients (not so deep it reaches the wet layer) and add the yeast to the indentation.

This order of adding ingredients is important, especially when using the Timer, because it keeps the yeast away from the wet ingredients until the kneading process begins. (Liquid ingredients will prematurely activate the yeast.)



STEP 6



Press the **SELECT** button to choose the cycle you want.

Each time the **SELECT** button is pressed, it will beep and the arrow moves from left to right in the Display Window.

STEP 7

Press the **CRUST CONTROL** button to select what color you would like your crust to be when the loaf is finished baking. A flashing arrow in the Display Window will appear next to your selection: Light, Medium or Dark.

***CRUST CONTROL** cannot be activated for:

- Batter Breads™
- Jam
- Dough
- Pizza Dough
- French + Rapid cycles

STEP 8

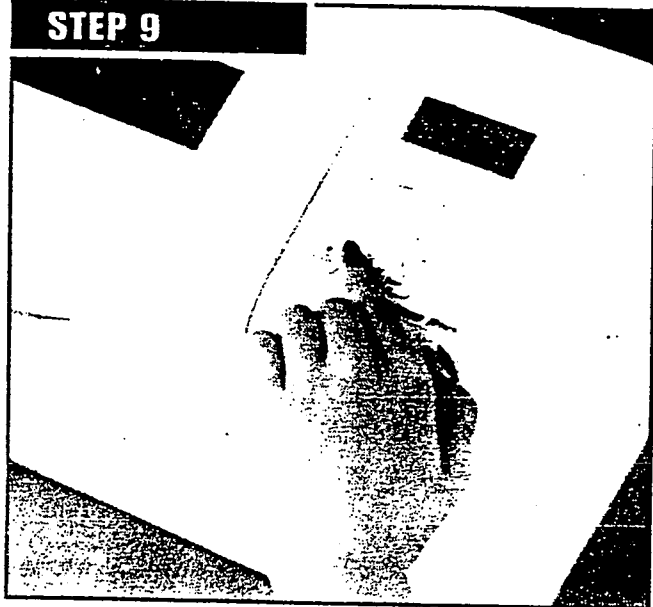
Press **LOAF SIZE** button for the size you prefer. An arrow will appear next to either 2.5, 2 lb. or 1.5 lb. in the display window to verify which size is selected. If this button is not pressed, the Breadman® Plus will automatically choose 2 lb. loaf size.

NOTE: When using the Dough, Batter Breads™, Jam or Rapid cycles, Steps 7 and 8 are not needed.

NOTE: The 1.5 lb. loaf size will not rise as high as the Bread Pan. The 2 lb. size may rise as high or higher than the Bread Pan.



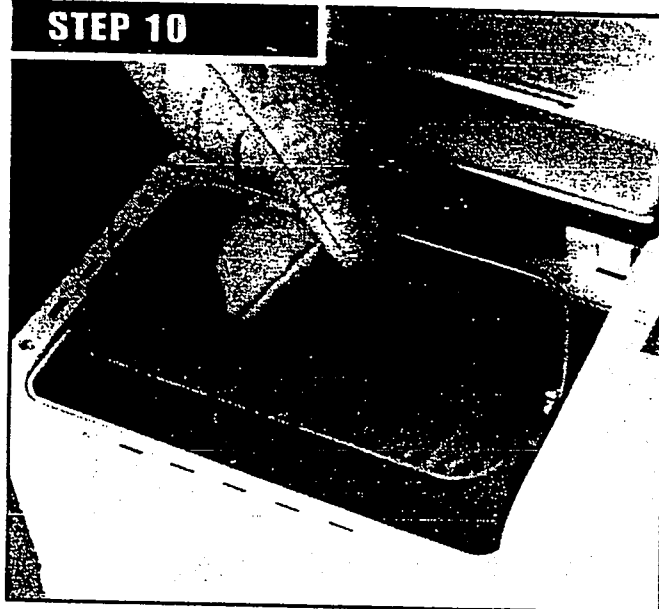
STEP 9



Press **START/STOP** button to begin the Kneading cycle.

The time remaining will begin to count down in the Display Window. The Breadman® Plus will begin mixing the ingredients for one minute. Then, it will begin the kneading process. During this process, the yeast begins to activate, and the Viewing Window may begin to fog. (This will clear eventually so you can view the loaf's progress).

STEP 10



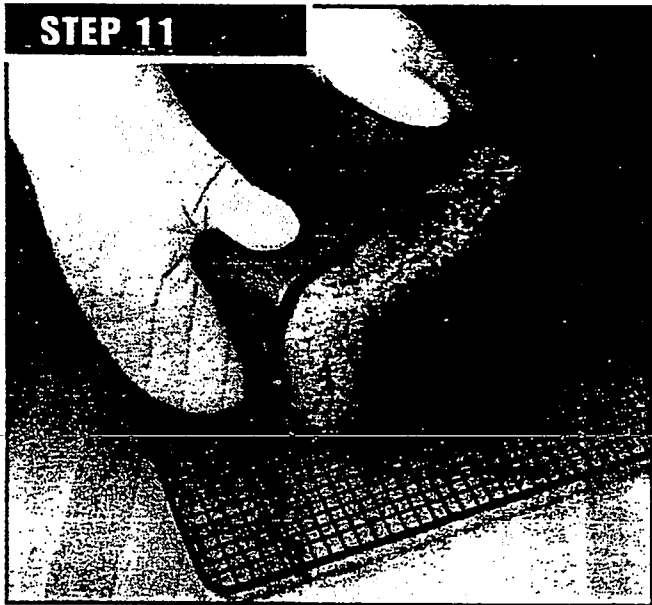
When your bread is finished baking, the Breadman® Plus will beep 3 times and "00:00" will appear in the Display Window. Press the **START/STOP** button and open the Lid.

Put on oven mitts and remove the Bread Pan very carefully, as it will be very hot.

*Whole Wheat cycles have a rest period for up to 30 minutes before kneading begins. No movement occurs in the pan. This is normal.



STEP 11



Remove the loaf from the Bread Pan onto an aerated cooling rack to prevent the loaf from retaining too much moisture. Your loaf should slide easily out of the non-stick Bread Pan onto the rack.

If necessary, remove the Kneading Paddles from the loaf.

Sometimes the Kneading Paddles will stick in a loaf of bread. If one does, use a plastic or non-metal utensil to gently remove it, taking care not to scratch the Kneading Paddles. This is a common procedure with bread makers.

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



USING THE BATTER BREADS™ CYCLE

The Breadman® Plus Batter Breads™ cycle is for non-yeast breads, such as banana bread, pumpkin bread or cake. Batter Breads™ usually call for quick-acting leavening agents such as baking powder or baking soda.

The Breadman® Plus will mix all of the ingredients and bake a cake-like bread.

NOTE: *These breads tend not to rise as high as yeast breads.*

For Best Results

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, angel food cake, or any cake that requires long beating of eggs, egg whites, or other ingredients are not recommended in the Breadman® Plus.
- If a recipe calls for a 9" x 5" cake pan, it will not have any problem fitting into the Baking Pan. On the same note, if a recipe is written to form two layers, the recipe can be cut in half to fit into the Baking Pan.
- Cakes in which all ingredients can be mixed together at one time are prime recipes for the Breadman® Plus.

Operating Instructions For Batter Breads™

- Measure ingredients in the recipe and add to the Baking Pan. (Make sure the Kneading Paddles are in position.)
- Insert Baking Pan into the Breadman® Plus and close the Lid.
- Press **SELECT** to select the Batter Breads™ cycle.
- Press **START/STOP** button to begin cycle.
- The baking process will finish in 2 hours.
- **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.

PLEASE NOTE:

The Delay Bake Timer can not be used for the Batter Breads™ cycle.



DOUGH CYCLE INSTRUCTIONS

- The Dough setting is used to make a variety of bread doughs (with the exception of Pizza).
- After the end of the first rise, remove the dough, shape it, and bake it in a conventional oven.
- The Dough cycle takes 1 hour 40 minutes.

Pizza Dough

- The Pizza Dough setting will simplify Pizza Dough preparation. When the dough is ready, roll it out with a rolling pin and top with your favorite toppings. Then bake in a conventional oven, following the times and temperatures given in your recipe.



JAM CYCLE INSTRUCTIONS

The Jam cycle is very similar to the Batter Breads™ cycle. Just add your ingredients and the Breadman® Plus will do the rest.

For Best Results

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

Operating Instructions

- With Kneading Paddles in position, add the ingredients called for in your recipe.
- Insert Baking Pan into the Breadman.®
- Close Lid.
- Press **SELECT** button to select the Jam cycle.
- Press **START/STOP** button to begin.
- The Breadman® Plus will pre-heat before anything begins to mix. After this time, the ingredients will be mixed and heated for 90 minutes. The entire cycle takes 1 hour and 50 minutes to complete.
- The Breadman® Plus will beep when the cycle is complete.
- Press **START/STOP** and remove the Baking Pan from the machine. **MAKE SURE TO WEAR OVEN MITTS AS THE PAN WILL BE EXTREMELY HOT!**
- Pour the hot jam into a refrigerator/freezer-safe container, leaving at least 1/2" of space at the top. Cover tightly.
- Jam will thicken upon cooling and storage.

PLEASE NOTE:

The Delay Timer can not be used for the Jam cycle.
See table at bottom of page 9 for times.



USING THE DELAY TIMER

You can preset your Breadman® Plus Bread Baker to cook pre-programmed breads from 4 hours to 13 hours in advance.

The Delay Timer cannot be used for Fruit & Nut, Batter Breads,™ Dough, Pizza Dough, Jam or Rapid cycles.

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

To preset your Breadman® Plus, follow these steps:

1. Add the ingredients as usual, taking care not to let the yeast and liquid ingredients contact one another.
 2. If your recipe contains salt, please add salt with liquid ingredients, keeping it away from the yeast.
 3. Close the Lid and plug it in.
 4. Select the Baking Cycle you want.
 5. Press the ▲ Timer Set button — it will default to 4:00 (4 hours).
Press the ▲ Timer button once for each 10 minutes you want to add.
Use the ▼ button to subtract time from the Timer. The amount of time you set is shown in the Display Window.
 - For example, if it is 8 o'clock PM and you want a loaf of bread ready at 7 o'clock AM, that is 11 hours from now, press the ▲ Timer button until 11:00 appears on the display.
- NOTE:** *Actual baking times will not change.*
6. Press **START/STOP** button to begin the Timer. The LED Display and **START/STOP** light will flash, letting you know the Timer is started. When the Display Window indicates "00:00," baking is completed.
 7. If you make an error and want to start over again, press and hold **START/STOP** button. The Timer will clear and you can begin again.



USING THE DELAY 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.
- Take care not to add more than 5 cups of flour per loaf. 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 Baking Pan, wait 10 minutes before pressing the **START/STOP** button.
- 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 IF THE DATE CODE HAS EXPIRED!**
- *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.
- When using the timer cycle for more than a couple of hours, during times of high humidity or hot weather, cut the liquid by one or two tablespoons to reduce the possibility of over-rising. Salt may be increased by 1/8 to 1/4 teaspoon to keep the dough from rising too quickly and falling. Sugar can also be reduced by up to half the recipe amount.
- 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.

Power Failure Back-Up

If power should fail, or if the unit is mistakenly unplugged, the memory stores the active program. If power is re-connected within 10 minutes of that time period, the Breadman® Plus will return to baking your bread. Power Failure Back-Up does not cover surges. If you experience frequent surges, please use a surge protector.



CLEANING INSTRUCTIONS

The Bread Pan and Kneading Paddles have non-stick surfaces that make cleaning easy.

1. After baking each loaf of bread, unplug the Breadman® Plus and discard any crumbs.
2. Remove the Bread Pan from the Oven and the Kneading Paddles from the Bread Pan. Then, as needed, wash the Bread Pan and Kneading Paddles 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 Paddles are stuck to the Drive Shafts, pour warm water in the Pan to loosen them.
DO NOT USE EXCESSIVE FORCE.

3. Wipe the inside of the Lid and Oven with a damp cloth or sponge. If any residue has scorched the Heating Element or elsewhere, scrub with a non-abrasive scrubbing pad and wipe clean. The Lid can be removed for cleaning. **DO NOT PUT THE LID IN A DISHWASHER.** This can cause the lid to warp.

Do not use vinegar, bleach, or harsh chemicals to clean the Breadman® Plus.

Do not soak the Bread Pan for a long period of time — this could interfere with the free working of the Drive Shafts.

Be sure the Breadman® Plus is completely cooled before storing.

The inner casing contains the Heating Element and Drive Shafts. Therefore, when cleaning, **NEVER pour water, solvents or cleaning solutions into this area.**

The Lid is removable for easy cleaning. Because it contains a sensitive electronic sensor, **DO NOT LEAVE IT SOAKING IN WATER.**

DO NOT PUT LID IN THE DISHWASHER.

Caution

To avoid electric shock, unplug the Breadman® Plus before cleaning!



RECIPES

Oatmeal Bread

- 1 cup quick cooking oats, uncooked
- 1-3/4 cups boiling water
- 2 teaspoons salt
- 1/4 cup vegetable oil or melted butter
- 1/4 molasses
- 1/4 cup powdered nonfat dry milk
- 4-1/2 cups bread flour
- 1-3/4 teaspoons active dry yeast

Place oats in Bread Pan. Pour boiling water over oats; let stand 20 minutes. Add all remaining ingredients to the Bread Pan in the order listed. Select the 2.5 lb., whole wheat setting. Remove Bread Pan from machine as soon after the cycle is completed as possible. Transfer bread to a wire cooling rack; cool completely.

Egg Bread

- 1-1/2 cups water
- 2 teaspoons salt
- 1/4 cup vegetable oil or melted butter
- 1/4 cup sugar
- 3 large egg yolks
- 2 teaspoons vanilla
- 5 cups bread flour
- 1-1/2 teaspoons active dry yeast

Add all ingredients to the Bread Pan in the order listed. Select the 2.5 lb., basic bread setting. Remove Bread Pan from machine as soon after the cycle is completed as possible. Transfer bread to a wire cooling rack; cool completely.



RECIPES *(continued)*

Superior White Bread

1-1/2 cups water
1/4 cup vegetable oil or melted butter
2-1/4 teaspoons salt
3 Tablespoons sugar
3 Tablespoons powdered nonfat dry milk
5 cups bread flour
1-1/2 teaspoons active dry yeast

Add all ingredients to the Bread Pan in the order listed. Select the 2.5 lb., basic bread setting. Remove Bread Pan from machine as soon after the cycle is completed as possible. Transfer bread to a wire cooling rack; cool completely.

Caraway Rye Bread

1-1/2 cups plus 2 Tablespoons water
1/4 cup vegetable oil or melted butter
2 teaspoons salt
2 Tablespoons sugar
1-1/2 teaspoons caraway seeds
1-1/2 cups rye flour
3-1/2 cups bread flour
1-1/2 teaspoons active dry yeast

Add all ingredients to the Bread Pan in the order listed. Select the 2.5 lb., whole wheat bread setting. Remove Bread Pan from machine as soon after the cycle is completed as possible. Transfer bread to a wire cooling rack; cool completely.



RECIPES (continued)

Rich Brioche Bread

- 1 stick (1/2 cup) unsalted butter
- 1-1/4 cups water
- 2-1/4 teaspoons salt
- 1/4 cup sugar
- 2 large eggs
- 2 large egg yolks
- 5 cups bread flour
- 1-1/2 teaspoons active dry yeast

Cut butter into 16 pats; let stand at room temperature until softened. Add all remaining ingredients to the Bread Pan in the order listed. Select the 2.5 lb., basic bread setting. As the machine kneads the dough into a ball (about 15 minutes into the cycle), open the Lid and gradually add the butter, one piece at a time, by placing it on top towards the center of the dough. Wait 30 seconds between each addition and continue until all the butter is blended into the dough. Close the Lid and allow the machine to continue to process and bake the bread.

Remove Bread Pan from machine as soon after the cycle is completed as possible. Transfer bread to a wire cooling rack; cool completely.

Fabulous Whole Wheat Bread

- 2 cups plus 3 Tablespoons water
- 2 teaspoons salt
- 3 Tablespoons powdered nonfat dry milk
- 2 Tablespoons vegetable oil or melted butter
- 2 Tablespoons honey
- 6 cups whole wheat bread flour*
- 1 Tablespoon active dry yeast

Add all ingredients to the Bread Pan in the order listed. Select the 2.5 lb., whole wheat bread setting. Remove Bread Pan from machine as soon after the cycle is completed as possible. Transfer bread to a wire cooling rack; cool completely.

*If whole wheat bread flour is not available, use 6 cups whole wheat flour plus 1 Tablespoon vital gluten.



RECIPES (continued)

Cinnamon Raisin Bread

- 1-2/3 cups water
- 2 teaspoons salt
- 1-1/2 teaspoons vanilla
- 1/4 cup melted butter or vegetable oil
- 1/4 cup nonfat dry milk
- 1/3 cup sugar mixed with 4 teaspoons cinnamon
- 4-1/2 cups bread flour
- 2 teaspoons active dry yeast
- 2/3 cup raisins

Add all ingredients except raisins to the Bread Pan in the order listed. Select the 2.5 lb., sweet bread setting. Remove Bread Pan from machine as soon after the cycle is completed as possible. Transfer bread to a wire cooling rack; cool completely.

Double Cheese Bread

- 1-1/2 cups water
- 3 Tablespoons vegetable oil or melted butter
- 1 egg
- 2 teaspoons salt
- 3 Tablespoons sugar
- 3 Tablespoons powdered nonfat dry milk
- 4 cups bread flour
- 1 cup whole wheat flour
- 1-1/2 cups (6 oz.) shredded cheddar cheese
- 1/3 cup grated parmesan cheese
- 1-1/2 teaspoons active dry yeast

Add all ingredients to the Bread Pan in the order listed. Select the 2.5 lb., whole wheat bread setting. Remove Bread Pan from machine as soon after the cycle is completed as possible. Transfer bread to a wire cooling rack; cool completely.



RECIPES (continued)

Pumpernickel Bread

- 1-1/2 cups water
- 2-1/4 teaspoons salt
- 1/4 cup vegetable oil or melted butter
- 3 Tablespoons molasses
- 1 Tablespoon unsweetened cocoa
- 1 teaspoon instant espresso powder
- 1 Tablespoon caraway seeds
- 1-1/2 cups rye flour
- 4 cups bread flour
- 1-1/2 teaspoons active dry yeast

Add all ingredients to the Bread Pan in the order listed. Select the 2.5 lb., whole wheat bread setting. Remove Bread Pan from machine as soon after the cycle is completed as possible. Transfer bread to a wire cooling rack; cool completely.

Multigrain Bread

- 1-1/2 cups water
- 2-1/4 teaspoons salt
- 1/4 cup vegetable oil or melted butter
- 2 Tablespoons honey
- 1/4 cup whole wheat flour
- 1/4 cup rye flour
- 1/4 cup powdered nonfat dry milk
- 1/4 cup cornmeal
- 1/4 cup uncooked oats
- 2 Tablespoons sesame seeds (optional)
- 4 cups bread flour
- 1-1/2 teaspoons active dry yeast

Add all ingredients to the Bread Pan in the order listed. Select the 2.5 lb., whole wheat bread setting. Remove Bread Pan from machine as soon after



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 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 START/STOP to clear the display. Then press SELECT to choose your Baking cycle. (You must select a Baking cycle before pressing START/STOP.)</p> <p>If the baking area is too hot, the Breadman® Plus will not start because of an automatic safety feature. Remove the Bread Pan with your ingredients, and wait until the Breadman® Plus cools down — about 20 minutes — before starting a new loaf.</p>
Can't set the Timer	<p>Don't use the Timer if your recipe includes eggs, fresh milk or other ingredients that may spoil.</p> <p><i>The Timer cannot be used for Fruit & Nut, Batter Breads,™ Dough, Pizza Dough, Jam or Rapid cycles.</i></p>



TROUBLE SHOOTING (continued)

Symptom	Possible Solutions
The Kneading Paddles were stuck in the bread	<p>Make sure the Kneading Paddles are mounted properly before adding ingredients to the Bread Pan and baking.</p> <p>Sometimes denser or crustier loaves of bread may pull the Kneading Paddles 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>
The bread rose too high	<p>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.</p>
The bread didn't rise enough	<p>Did you add enough yeast, water or sweetener?</p> <p>Make sure to add ingredients in the proper order: liquids, dry ingredients, yeast. Make sure yeast doesn't get wet until the Breadman® Plus mixes the ingredients together.</p> <p><i>NOTE: Typically, bread made with whole grain flours will not rise as high as bread made with refined flours.</i></p>
The dough looks like batter, or the dough ball is still sticky, not smooth and round	<p>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.</p>
The dough ball is lumpy or too dry	<p>During the Kneading process, add 1 tablespoon of water at a time, letting it mix in well.</p>
The bread didn't rise at all	<p>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 pan. Make sure the yeast doesn't come into contact with salt or any liquid ingredients.</p>



TROUBLE SHOOTING (continued)

Symptom	Possible Solutions
The bread is caved in	Make sure liquids are measured correctly. Next time, reduce your liquids by 2 tablespoons. If you're adding fruits or vegetables, make sure they are well drained.
"H:E1" is displayed and flashing with a beeping sound	The Breadman® Plus is too hot (over 100°F/38°C) to begin preparing another loaf. Unplug the machine, remove the Bread Pan with your ingredients, and wait until the Breadman® Plus cools down — about 20 minutes — before preparing a new loaf.
"H:E2" is displayed and flashing with a beeping sound	The Breadman® Plus has overheated. Unplug the machine, remove the Bread Pan with your ingredients, and wait until the Breadman® Plus cools down — about 20 minutes. If this error message occurs during the Baking cycle, you will have to discard the contents of the Bread Pan and start again with new ingredients when the machine has cooled down.
Display Window shows nothing	Make sure the machine is plugged in. Also, check the power outlet. If there is no problem with the power outlet, return the unit for repair.
"E:S1" is displayed and flashing with a beeping sound	The Breadman® Plus' Oven Sensor has short-circuited. Unplug the machine and return the unit for repair.

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 SALTON550@aol.com



HEALTHY

BREAD

TR 810

RECIPES

& menu planner

2-2 1/2 lbs

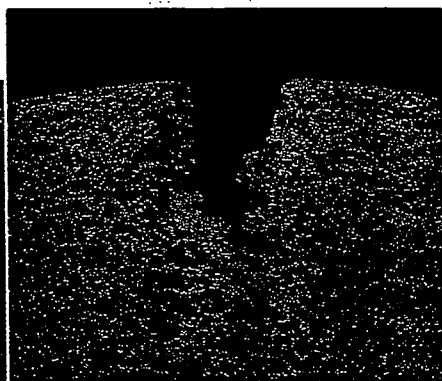


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INTRODUCTION

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 food guideline recommends that whole grains comprise a large percentage 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 Maker. Specially designed to handle whole grains, your Bread Maker makes delicious and healthy, nutrient-rich breads and doughs 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, 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 *Healthy Bread Recipes & 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 disease 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.

KNOW YOUR INGREDIENTS

It has been said that cooking is an art that relies on the creativity of the chef. Baking bread is much more of a science, since the process of combining flour, water and yeast results in a chemical reaction that produces bread. You must remember that when the ingredients combine with each other, they produce a specific result. Read the following information carefully to gain a better understanding of the importance each ingredient plays in the bread making process.

All-Purpose Flour

All-purpose flour is a blend of refined hard and soft wheat flours ideally suited for making quick breads and cakes. The most popular brands of flour have been tested for quick bread and cakes in the Automatic Bread Maker with excellent results.

Bran

Bran (unprocessed) is the coarse outer portion of the wheat or rye grains that is separated from flour by sifting or bolting. It is often added to bread in small quantities for nutritional enrichment, heartiness and flavor. It is also used to enhance bread texture.

Bread Flour

Bread flour is a high gluten/protein flour that typically has a higher gluten concentration than all-purpose flour. Using bread flour with the Automatic Bread Maker will produce loaves with better volume and structure.

Cornmeal and Oatmeal

Cornmeal and oatmeal come from coarsely ground white or yellow corn and from rolled or steel-cut oats. They are used primarily to enhance the flavor and texture of the bread.

Cracked Wheat

Cracked wheat has a very coarse texture. It comes from wheat kernels cut into angular fragments. It gives whole grain breads a nutty flavor and crunchy texture.

Rye Flour

Rye flour must always be mixed with a high proportion of bread flour, as it does not contain enough gluten to develop the structure for a high, even-grained loaf.

Self-Rising Flour

Self-rising flour contains leavening ingredients that will interfere with bread and cake making. **Self-Rising Flour is NOT RECOMMENDED for use with your Bread Maker.**

7 Grain Cereal Blend

7 grain cereal blend is a blend of cracked wheat, oats, bran, rye, cornmeal, flax seeds and hulled millet.

KNOW YOUR INGREDIENTS (CONTINUED)

Vital Wheat Gluten

Gluten is manufactured from wheat flour that has been treated to remove nearly all of the starch, which leaves a very high protein content. (Gluten is the protein in the wheat that makes the dough elastic.) Gluten is available at most health food stores and in the baking aisle in many markets. It is sometimes used in small portions with dense, low-gluten flours (such as whole wheat) to increase volume and lighten texture.

Whole Wheat Flour

Whole wheat flour is milled from the entire wheat kernel, which contains the bran and germ. This high fiber flour is richer in nutrients than all-purpose or bread flour. Breads made with this flour are usually smaller and heavier than white loaves. Many recipes mix whole wheat flour with bread flour or vital wheat gluten to produce a high, light-textured bread.

Flour Storage

Keep flour in a secure, airtight container. Keep rye and whole wheat flours stored in a refrigerator, freezer or a cool area to prevent them from becoming rancid. Allow flour to come to room temperature before using.

NOTE: Flours, while visibly similar, can be very different by virtue of how they were ground, milled, stored, etc. You may have to experiment with different brands of flour to help you make the perfect loaf. See RECIPE TIPS Section.

Yeast

Active yeast, through a fermentation process, produces carbon dioxide gas necessary to make bread rise. Yeast feeds on carbohydrates in sugar and flour to produce this gas. Three different types of yeast are available: fresh (cake), active dry and quick rise. Quick or rapid rise or bread machine yeasts are faster-acting. **Fresh (cake) yeast is NOT RECOMMENDED for use with your Bread Maker.**

Ensure your yeast is fresh by checking its expiration date. Once a package or jar of yeast is opened, it is important that the remaining contents be immediately resealed and refrigerated or frozen for future use. Often dough that fails to rise is due to stale yeast.

The following test can be used to determine if your yeast is stale and inactive.

1. Place 1/2 cup of hot (110°-115°F/43°-46°C) water into a liquid measuring cup.
2. Stir 1 teaspoon of sugar into the water and then sprinkle 2 teaspoons of yeast over the surface.
3. Allow mixture to sit for 10 minutes undisturbed.
4. The mixture should foam and rise to the 1 cup mark. If this does not occur, discard this yeast and purchase fresh yeast.

KNOW YOUR INGREDIENTS (CONTINUED)

NOTE: The basic bread and dough recipes in this booklet were developed using active dry yeast. You may use the chart below to substitute any quick rise yeast (quick rise, fast rise or Bread Maker yeast) for the active dry yeast or vice versa.

Conversion Chart for Quick Rise Yeast

3/4 tsp. active dry yeast	=	1/2 tsp. quick rise yeast
1 tsp. active dry yeast	=	3/4 tsp. quick rise yeast
1-1/2 tsp. active dry yeast	=	1 tsp. quick rise yeast
2-1/4 tsp. active dry yeast	=	1-1/2 tsp. quick rise yeast
1 Tbsp. active dry yeast	=	2 tsp. quick rise yeast

Rapid Bread Additional Yeast Amounts

The Basic, French, Whole Wheat and Fruit & Nut Rapid Cycle decreases the time for making your favorite bread by approximately 1 hour. Choose a recipe, then simply ADD an additional 3/4 teaspoon active dry or 1/2 teaspoon quick rise yeast, whichever one you are using, to the recipe. The bread may be shorter and denser.

Deluxe Super Rapid Bread Yeast Amounts

By changing to quick rise yeast, and adding 6-1/2 tsp. for a 2.0 LB loaf, or by adding 7-1/2 tsp. for a 2.5 LB. loaf, you will be able to produce a loaf of bread in as little as 69 minutes!

Sugar

Sugar is important for the color and flavor of breads. It also serves as food for the yeast since it supports the fermentation process. Recipes in this book that call for sugar require granulated sugar. Do not substitute powdered sugar unless indicated. In addition, artificial sweeteners cannot be used as a substitute for sugar as the yeast will not react properly with them.

Salt

Salt is necessary to balance the flavor of breads and cakes. Salt limits the growth of yeast. Do not increase or decrease the amount of salt shown in the recipes.

Liquids

All liquids should be warm 80°F/27°C for all recipes. Liquids, such as milk (1%, 2%, whole and skim), water or a combination of powdered milk and water, can be used when making bread. Milk will improve flavor, provide a velvety texture and soften the crust, while water alone will produce a crispier crust. Vegetable or fruit juices and potato water may be used for flavor variety.

Eggs

Eggs add richness and a velvety texture to bread dough and cakes. When the recipe calls for egg(s) at room temperature, large egg(s) should be used.

KNOW YOUR INGREDIENTS (CONTINUED)

Fats

Shortening, butter and oil shorten, or tenderize, the texture of yeast breads. French bread gets its unique crust and texture from the lack of fat added. However, breads that call for fat stay fresh longer. If butter is used directly from the refrigerator, it should be cut into small pieces for easier blending during the kneading process.

Baking Powder

Double-acting baking powder is a leavening agent used in quick breads and cakes. This type of leavening agent does not require rising time before baking, as the chemical reaction works when liquid ingredients are added and again when heat is applied.

Baking Soda

Baking soda is another leavening agent, not to be confused or substituted for baking powder. It also does not require rising time before baking as the chemical reaction works during baking process.

MEASURING YOUR INGREDIENTS

The most important step when using your Automatic Bread Maker for making bread is measuring your ingredients. It is very important to measure each liquid and dry ingredient accurately. For best results, add ingredients into the Bread Pan in the order given in each recipe.

Liquid Measurements

Use transparent plastic or glass liquid measuring cups to measure all liquid ingredients. Place the cup on a horizontal flat surface and view markings at eye level. The level of the liquid must be aligned to the appropriate mark of measurement. A "guesstimate" is not good enough, as it could throw off the critical balance of the recipe.

Dry Measurements

Dry ingredients must be measured using standard size dry measuring cups. These cups are available in various sizes. Gently spoon dry ingredients into the measuring cup and level off with a knife. Do not scoop or tap measuring cup, as this will pack the ingredients. This extra amount could affect the balance of the recipe. Do not sift flour in bread making.

When measuring small amounts of dry or liquid ingredients (i.e. yeast, sugar, salt, dry milk, honey or molasses), a standard measuring spoon must be used. Measurements must be level, not heaping.

The Bread Maker produces delicious baked goods with ease. This marvelous appliance asks only that you carefully follow the recipe instructions. In most cooking, a pinch of this and a dash of that is fine, but this is not the case for automatic bread makers. Using this Automatic Bread Maker requires that you accurately measure each ingredient.

RECIPE TIPS

Special Glazes for Yeast Breads

Give your just-baked bread a professional finish. After glazing, generously sprinkle with your choice of poppy, sesame or caraway seeds, if desired. Select 1 of the following special glazes to enhance your bread.

- **Egg Glaze:** Beat 1 large egg and 1 tablespoon of water together, brush generously over dough.
NOTE: Apply to breads just before baking.
- **Melted Butter Crust:** Brush melted butter over just-baked bread for a softer, more tender crust.
- **Milk Glaze:** For a softer, shiny crust, brush just-baked bread with milk or cream.
- **Sweet Icing Glaze:** Mix 1 cup sifted icing sugar with 1 to 2 tablespoons of milk until smooth to make a consistent glaze. Drizzle the glaze over raisin bread or sweet breads when they are almost cool.

Bread Mixes and Other Recipe Books

You can use prepackaged bread mixes or other bread maker recipes in your Bread Maker. Follow package or recipe directions for making 2.0 LB or 2.5 LB loaves. Do not exceed the Bread Pan capacity.

Checking Dough Consistency

Although the Bread Maker will mix, knead, and bake bread automatically, when baking bread from scratch, it is necessary that you learn to recognize the condition of your dough. The ratio of flour to liquid is the most critical factor in any bread recipe, yet most easily remedied. After 5 to 8 minutes into the kneading process, open the Bread Maker to check the consistency of the dough. The dough should be in a soft, tacky ball (feel sticky like scotch tape). If it is too dry, add liquid 1/2 to 1 teaspoon at a time. If it is too wet, add 1/2 to 1 tablespoon of flour at a time.

RECIPE TIPS (CONTINUED)

High-Altitude Baking

In high-altitude areas, over 3,000 feet, dough tends to rise faster as there is less air pressure. Therefore, less yeast is necessary. For more information on High Altitude Baking guides contact:

Colorado Cooperative Extension Resource Center

Toll free: (877) 692-9358

E-mail: CERC@vines.colostate.edu

Website: www.ext.colostate.edu/depts/coopext

In dry climates, flour is drier and requires slightly more liquid.

In humid climates, flour is wetter and will absorb less liquid. Therefore less liquid is required.

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.

Measurement/Conversion Chart

1-1/2 tsp	=	1/2 Tbsp.	8 Tbsp.	=	1/2 cup
3 tsp	=	1 Tbsp.	12 Tbsp.	=	3/4 cup
1/2 Tbsp.	=	1-1/2 tsp	16 Tbsp.	=	1 cup
2 Tbsp.	=	1/8 cup	3/8 cup	=	1/4 cup + 2 Tbsp.
4 Tbsp.	=	1/4 cup	5/8 cup	=	1/2 cup + 2 Tbsp.
5 Tbsp.+ 1 tsp	=	1/3 cup	7/8 cup	=	3/4 cup + 2 Tbsp.

SAMPLE MENUS USING WHOLE GRAIN BREADS

Sample 1

Breakfast

Fresh orange-grapefruit juice.
1 slice Banana Granola Bread
(page 9) toasted,
with 1 tablespoon peanut butter.
Banana

Mid-Morning

1 slice Sunflower & Sesame Bread
(page 11)
with 1 tablespoon apple butter.

Lunch

Sandwich with humus, celery,
sprouts, tomato, cucumber
on Dairy Whole Wheat Bread.
(page 11)

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.
1 slice Two Cheese Bread.
(page 13)
Raw mixed vegetable salad.

Evening Snack

Air-popped popcorn
or fresh fruit.

Sample 2

Breakfast

Fresh pineapple juice.
1 slice Spiced Pumpkin Bread,
(page 13) toasted.
1/2 cup plain low or non-fat yogurt.

Mid-Morning

1 slice Sunny Mediterranean Bread.
(page 16)

Lunch

Wild greens salad with
rice vinegar dressing.
1 slice Caraway Rye Bread.
(page 12)
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.
1 slice Eight Grain Bread. (page 14)
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 breads may be substituted in any of the above meal plans.

TASTY RECIPES FOR YOUR GOOD HEALTH

Here are just a few of the many recipes you can quickly and easily make using your Automatic Bread Baker. You add the ingredients and the Bread Maker does the rest! You'll find these breads are full of delicious wholesome flavors as well as fiber, vitamins and minerals. They are truly the basis for a healthy diet.

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.

Banana Granola Bread

Ingredients:

	2.0 LB	2.5 LB
Water 80°F/27°C	1-1/2 Cups	1-3/4 Cups + 2 Tbsp.
Oil	3 Tbsp.	1/4 Cup
Honey	3 Tbsp.	1/4 Cup
Banana Extract	1 tsp.	1-1/2 tsp.
Salt	1-1/2 tsp.	2 tsp.
Dry Milk	3 Tbsp.	1/4 Cup
Bread Flour	4 Cups	5 Cups
Banana Chips, crushed	2/3 Cup	1 Cup
Granola Cereal	1 Cup	1-1/4 Cups
Active Dry Yeast	2-1/4 tsp.	2-1/2 tsp.
Select BASIC Cycle		
*Select BASIC RAPID Cycle		
Active Dry Yeast	1 Tbsp.	1 Tbsp. + 1/4 tsp.
*Select DELUXE SUPER RAPID Cycle		
Quick Rise Yeast	6-1/2 tsp.	7-1/2 tsp.

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

gg Bread

Ingredients:

Egg, room temperature
Water 80°F/27°C
Oil
Salt
Sugar
Dry Milk
Bread Flour
Active Dry Yeast
Select **BASIC** Cycle

2.0 LB

2
1 Cup + 2 Tbsp.
3 Tbsp.
2 tsp.
3 Tbsp.
1/4 Cup
4 Cups
2-1/4 tsp.

2.5 LB

3
1-1/4 Cups + 2 Tbsp.
1/4 Cup
2-1/2 tsp.
1/4 Cup
5 Tbsp.
5 Cups
2-1/2 tsp.

*Select **BASIC RAPID** Cycle

Active Dry Yeast

1 Tbsp.

1 Tbsp. + 1/4 tsp.

*Select **DELUXE SUPER RAPID** Cycle

Quick Rise Yeast

6-1/2 tsp.

7-1/2 tsp.

Whole Wheat Bread with Gluten

Ingredients:

Egg, large, room temperature
Water 80°F/27°C
Oil
Molasses
Salt
Dry Milk
Whole Wheat Flour
Gluten
Active Dry Yeast
Select **WHOLE WHEAT** Cycle

2.0 LB

1
1-1/2 Cups + 1 Tbsp.
3 Tbsp.
3 Tbsp.
2 tsp.
2-1/2 Tbsp.
4-1/2 Cups
1-1/2 Tbsp.
2-1/4 tsp.

2.5 LB

1
1-3/4 Cup + 1 Tbsp.
1/4 Cup
1/4 Cup
2-1/2 tsp.
3 Tbsp.
5-1/2 Cups
2 Tbsp.
2-1/2 tsp.

*Select **WHOLE WHEAT RAPID** Cycle

Active Dry Yeast

1 Tbsp.

1 Tbsp. + 1/4 tsp.

*Select **DELUXE SUPER RAPID** Cycle

Quick Rise Yeast

6-1/2 tsp.

7-1/2 tsp.

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

Dairy Whole Wheat Bread

Ingredients:

	2.0 LB	2.5 LB
Water 80°F/27°C	1/4 Cup	1/4 Cup
Milk 80°F/27°C	1 Cup	1-1/4 Cups
Cottage Cheese 80°F/27°C	1/3 Cup	1/2 Cup
Oil	1/4 Cup	5 Tbsp.
Honey	1/4 Cup	5 Tbsp.
Salt	2 tsp.	2-1/2 tsp.
Bread Flour	2-3/4 Cups	3 Cups
Whole Wheat Flour	1-1/4 Cups	2 Cups
Active Dry Yeast	2-1/4 tsp.	2-1/2 tsp.
Select WHOLE WHEAT Cycle		

*Select **WHOLE WHEAT RAPID** Cycle

Active Dry Yeast 1 Tbsp.

*Select **DELUXE SUPER RAPID** Cycle

Quick Rise Yeast 6-1/2 tsp.

1 Tbsp. + 1/4 tsp.

7-1/2 tsp.

Sunflower & Sesame Seed Bread

Ingredients:

	2.0 LB	2.5 LB
Egg, large, room temperature	1	1
Water 80°F/27°C	1-1/4 Cups	1-1/2 Cups + 2 Tbsp.
Oil	3 Tbsp.	1/4 Cup
Molasses	2 Tbsp.	3 Tbsp.
Salt	2 tsp.	2-1/2 tsp.
Sugar	2 Tbsp.	3 Tbsp.
Bread Flour	3 Cups	3-1/2 Cups
Whole Wheat Flour	1 Cup	1-1/2 Cups
Sesame Seeds	2-1/2 Tbsp.	3 Tbsp.
Cumin Seeds	1/4 tsp.	1/2 tsp.
Sunflower Seeds, hulled	2 Tbsp.	2-1/2 Tbsp.
Active Dry Yeast	2-1/4 tsp.	2-1/2 tsp.
Select WHOLE WHEAT Cycle		

*Select **WHOLE WHEAT RAPID** Cycle

Active Dry Yeast 1 Tbsp.

*Select **DELUXE SUPER RAPID** Cycle

Quick Rise Yeast 6-1/2 tsp.

1 Tbsp. + 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.

Caraway Rye Bread

Ingredients:

	2.0 LB	2.5 LB
Egg(s), large, room temperature	1	2
Water 80°F/27°C	1-1/4 Cups	1-1/2 Cups
Oil	1/4 Cup	5 Tbsp.
Honey	1/4 Cup	5 Tbsp.
Salt	2 tsp.	2-1/2 tsp.
Dry Milk	3 Tbsp.	1/4 Cup
Bread Flour	2 Cups	2-1/2 Cups
Whole Wheat Flour	1 Cup	1-1/4 Cups
Rye Flour	1 Cup	1-1/4 Cups
Caraway Seeds	3 Tbsp.	1/4 Cup
Active Dry Yeast	2-1/4 tsp.	2-1/2 tsp.
Select WHOLE WHEAT Cycle		
*Select WHOLE WHEAT RAPID Cycle		
Active Dry Yeast	1 Tbsp.	1 Tbsp. + 1/4 tsp.
*Select DELUXE SUPER RAPID Cycle		
Quick Rise Yeast	6-1/2 tsp.	7-1/2 tsp.

Variation: Onion Rye Bread

ADD:

Dehydrated Onion	1/4 Cup	5 Tbsp.
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Two Cheese Bread

Ingredients:

Egg, large, room temperature
 Water 80°F/27°C
 Oil
 Honey
 Salt
 Dry Milk
 Bread Flour
 Whole Wheat Flour
 Cheddar Cheese, shredded
 Parmesan Cheese, grated
 Sesame Seeds
 Active Dry Yeast
 Select **WHOLE WHEAT** Cycle

2.0 LB
 1
 1-1/4 Cups
 1-1/2 Tbsp.
 2 Tbsp.
 2 tsp.
 2 Tbsp.
 3 Cups
 1 Cup
 1 Cup
 1/4 Cup
 1 Tbsp.
 2-1/4 tsp.

2.5 LB
 1
 1-1/2 Cups + 2 Tbsp.
 2 Tbsp.
 3 Tbsp.
 2-1/2 tsp.
 3 Tbsp.
 3-1/2 Cups
 1-1/2 Cups
 1-1/4 Cups
 5 Tbsp.
 1 Tbsp. + 1 tsp.
 2-1/2 tsp.

*Select **WHOLE WHEAT RAPID** Cycle

Active Dry Yeast 1 Tbsp.

1 Tbsp. + 1/4 tsp.

*Select **DELUXE SUPER RAPID** Cycle

Quick Rise Yeast 6-1/2 tsp.

7-1/2 tsp.

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

Spiced Pumpkin Bread

Ingredients:

Eggs, large, room temperature
 Water 80°F/27°C
 Canned Pumpkin
 Oil
 Salt
 Brown Sugar
 Clove
 Nutmeg
 Cinnamon
 Bread Flour
 Active Dry Yeast
 Select **FRUITS & NUTS** Cycle

2.0 LB
 2
 3/4 Cup
 1-1/4 Cups
 3 Tbsp.
 2 tsp.
 1/4 Cup
 1/4 tsp.
 3/4 tsp.
 1-1/4 tsp.
 4 Cups
 2-1/4 tsp.

2.5 LB
 2
 1 Cup
 1-1/2 Cups
 1/4 Cup
 2-1/2 tsp.
 5 Tbsp.
 1/4 tsp.
 1 tsp.
 1-1/2 tsp.
 5 Cups
 2-1/2 tsp.

*Select **FRUITS & NUTS RAPID** Cycle

Active Dry Yeast 1 Tbsp.

1 Tbsp. + 1/4 tsp.

*Select **DELUXE SUPER RAPID** Cycle

Quick Rise Yeast 6-1/2 tsp.

7-1/2 tsp.

Eight Grain Bread

Ingredients:

Egg, large, room temperature

Water 80°F/27°C

Oil

Honey

Salt

Whole Wheat Flour

Bread Flour

Brown Rice Flour

Spelt Flour

Buckwheat Flour

Rye Flour

Oatmeal

Cornmeal

Gluten

Active Dry Yeast

Select **WHOLE WHEAT** Cycle

*Select **WHOLE WHEAT RAPID** Cycle

Active Dry Yeast

*Select **DELUXE SUPER RAPID** Cycle

Quick Rise Yeast

2.0 LB

1

1-1/4 Cups

3 Tbsp.

1 Tbsp.

2 tsp.

1-1/2 Cups

1-1/2 Cups

1/3 Cup

1/3 Cup

1/3 Cup

1/3 Cup

1/3 Cup

1/4 Cup

1/4 Cup

2-1/4 tsp.

2.5 LB

1

1-1/2 Cups + 2 Tbsp.

1/4 Cup

1-1/2 Tbsp.

2-1/2 tsp.

2 Cups

2 Cups

1/4 Cup + 2 Tbsp.

1/4 Cup + 2 Tbsp.

1/4 Cup + 2 Tbsp.

1/4 Cup + 2 Tbsp.

1/4 Cup + 2 Tbsp.

5 Tbsp.

5 Tbsp.

2-1/2 tsp.

1 Tbsp.

1 Tbsp. + 1/4 tsp.

6-1/2 tsp.

7-1/2 tsp.

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

Multi-Grain Bread

Ingredients:

	2.0 LB	2.5 LB
Water 80°F/27°C	1-1/2 Cups	1-3/4 Cups + 2 Tbsp.
Oil	3 Tbsp.	1/4 Cup
Molasses	3 Tbsp.	1/4 Cup
Honey	2 Tbsp.	3 Tbsp.
Salt	2 tsp.	2-1/2 tsp.
Bulgar, cooked, 80°F/27°C	1-1/2 Tbsp.	2 Tbsp.
Dry Milk	3 Tbsp.	4 Tbsp.
7 Grain Cereal	1/2 Cup	3/4 Cup
Bread Flour	2-1/2 Cups	3 Cups
Whole Wheat Flour	3/4 Cup	1-1/4 Cup
Rye Flour	1/2 Cup	1/2 Cup
Soy Flour	3 Tbsp.	1/4 Cup
Vital Wheat Gluten	1-1/2 Tbsp.	2 Tbsp.
Sesame Seeds	2 tsp.	1 Tbsp.
Poppy Seeds	2 tsp.	1 Tbsp.
Caraway Seeds	1-1/2 tsp.	2 tsp.
Wheat Germ	2 tsp.	1 Tbsp.
Active Dry Yeast	2-1/4 tsp.	2-1/2 tsp.
Select WHOLE WHEAT Cycle		
*Select WHOLE WHEAT RAPID Cycle		
Active Dry Yeast	1 Tbsp.	1 Tbsp. + 1/4 tsp.
*Select DELUXE SUPER RAPID Cycle		
Quick Rise Yeast	6-1/2 tsp.	7-1/2 tsp.

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

Sunny Mediterranean Bread

NOTE: Bread can also be prepared as Dough; Use **DOUGH** Cycle and prepare as round bread.

Ingredients:

	2.0 LB	2.5 LB
Water 80° F/27° C	1-1/4 Cups	1-1/2 Cups
Sun Dried Tomatoes in oil (drained and chopped)	1/2 Cup	2/3 Cup
Oil from Tomatoes	1-1/2 Tbsp.	2 Tbsp.
Olive Oil	1-1/2 Tbsp.	2 Tbsp.
Tomato Paste	2 tsp.	2-1/2 tsp.
Olives, rinsed, chopped	1/3 Cup	1/2 Cup
Salt	1-1/2 tsp.	2 tsp.
Sugar	1-1/2 Tbsp.	2 Tbsp.
Bread Flour	4 Cups	5 Cups
Active Dry Yeast	2-1/4 tsp.	2-1/2 tsp.
Select FRENCH Cycle		
*Select FRENCH Cycle		
Active Dry Yeast	1 Tbsp.	1 Tbsp. + 1/4 tsp.
*Select DELUXE SUPER RAPID Cycle		
Quick Rise Yeast	6-1/2 tsp.	7-1/2 tsp.

Russian Black Bread

Ingredients:

Water 80°F/27°C
Coffee, strong, 80°F/27°C
Oil
Molasses, dark
Salt
Bread Flour
Rye Flour, dark
Vital Wheat Gluten
Cocoa
Anise Seed, ground
Caraway Seed
Active Dry Yeast
Select **WHOLE WHEAT** Cycle

2.0 LB

1 Cup + 3 Tbsp.
1/3 Cup
3 Tbsp.
3 Tbsp.
2 tsp.
3 Cups
1 Cup
2 tsp.
1/3 Cup
1 Tbsp.
2 tsp.
2-1/4 tsp.

2.5 LB

1-1/4 Cup + 2 Tbsp.
1/2 Cup
1/4 Cup
1/4 Cup
2-1/2 tsp.
3-1/2 Cups
1-1/2 Cups
1 Tbsp.
1/2 Cup
1-1/2 Tbsp.
1 Tbsp.
2-1/4 tsp.

*Select **WHOLE WHEAT RAPID** Cycle

Active Dry Yeast

1 Tbsp.

1 Tbsp. + 1/4 tsp.

*Select **DELUXE SUPER RAPID** Cycle

Quick Rise Yeast

6-1/2 tsp.

7-1/2 tsp.

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

Sour Dough

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

Sour Dough Starter

Active Dry Yeast	2-1/4 tsp.
Water 110°F/43°C	2 Cups
Bread Flour	3-1/2 Cups
Sugar	1 Tbsp.

In a 4 quart glass container, dissolve yeast in water 110°F/43 C; let stand 5 minutes, add flour and sugar. Stir with plastic or wooden spoon until blended. Mixture will be thick; remaining lumps will dissolve during fermentation process. Cover loosely with plastic wrap and let stand in warm place for 5 days, stirring 3 times a day. The starter will "rise and fall" during the fermentation period and become thinner as it stands. A temperature of 80°F/27°C is best for the sour flavor to develop. An ideal place to keep mixture is on the counter next to your range. When the starter is developed, it is bubbly and may have a yellow liquid layer on top; stir before using. Mixture may be used for baking or placed in the refrigerator to use later; cover loosely.

To use starter, measure the amount specified in the recipe. After refrigeration, let container of starter come to room temperature before measuring - about 4 hours. If baking in the morning, leave the starter out overnight.

Replenish with 1 cup flour, 2/3 cup water 110°F/43 C and 1 teaspoon sugar. Stir until blended; some lumps may remain. Cover loosely and let stand in warm place for 10 to 12 hours or overnight. The starter will rise and become bubbly. Stir, then place in refrigerator to store. Stir in 1 teaspoon sugar to keep active if the starter is not used every week.

Sour Dough Bread

Ingredients:

	2.0 LB	2.5 LB
Water 80°F/27°C	3/4 Cup	3/4 Cup + 1 Tbsp.
**Starter	1 Cup	1-1/4 Cups
Sugar	1 Tbsp.	4 tsp.
Salt	1-1/2 tsp.	2 tsp.
Bread Flour	3 Cups	4 Cups
Active Dry Yeast	2 tsp.	2-1/4 tsp.
Select BASIC Cycle		

*Select **BASIC RAPID** Cycle

Active Dry Yeast	1 Tbsp.	1 Tbsp. + 1/4 tsp.
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*Select **DELUXE SUPER RAPID** Cycle

Quick Rise Yeast	6-1/2 tsp.	7-1/2 tsp.
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**Only use Sour Dough Starter recipe above.

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

Banana Wheat Bagel Dough

Ingredients:

	12 Bagels	18 Bagels
Egg, large, room temperature	1	1
Water 80°F/27°C	1 Cup + 2 Tbsp.	1-1/2 Cups + 1 Tbsp.
Oil	3 Tbsp.	5 Tbsp.
Honey	3 Tbsp.	5 Tbsp.
Salt	2 tsp.	1 Tbsp.
Banana, mashed	1/2 Cup	3/4 Cup
Bread Flour	2 Cups	3 Cups
Whole Wheat Flour	2 Cups	3 Cups
Active Dry Yeast	2-1/4 tsp.	1 Tbsp.

Select **DOUGH** Cycle

Glaze:

Egg White, beaten	1	1-1/2
Water	1 Tbsp.	1-1/2 Tbsp.

Toppings (optional):

Poppy Seeds, Sesame Seeds

Method:

1. Place on a lightly floured surface. Divide into pieces. Roll each in a smooth ball, making a hole in the center of each with thumbs. Gently pull to make a 1-inch hole.
2. Place on a greased baking sheet. Cover and let rise in a warm place for 10 minutes.
3. In a 3-quart sauce pan, bring to a boil 2 quarts of water and 2 tablespoons sugar. Place a few bagels at a time in boiling Water. Simmer 3 minutes, turning each bagel once. Remove with slotted spoon and put back on greased baking sheet.
4. Brush with egg white and sprinkle with choice of toppings. Bake at 400°F/204°C for 20 to 25 minutes or until done; cool on a wire rack.

Whole Wheat Pizza Crust Dough

Ingredients:

	4 Thin Crusts	6 Thin Crusts
Water 80°F/27°C	1-1/4 Cups	1-3/4 Cups
Oil	2 Tbsp.	3 Tbsp.
Salt	2 tsp.	1 Tbsp.
Brown Sugar	2 Tbsp.	3 Tbsp.
Bread Flour	2 Cups	3 Cups
Whole Wheat Flour	2 Cups	3 Cups
Active Dry Yeast	2-1/4 tsp.	1 Tbsp.

Select **PIZZA DOUGH** Cycle

Method:

1. Place on a lightly floured surface. Divide in half and press onto a 12 inch pizza pan, raising edges. (Sprinkle each pan with 1 tablespoon of cornmeal if desired.) Generously pierce dough with a fork. For one 12 inch thick crust, do not divide.
2. Bake at 425°F/218°C for 10 to 12 minutes or until edges of crust begin to turn a light golden brown. Remove, add toppings and return to oven to bake an additional 15-20 minutes.

Pita Pocket Dough

Ingredients:

Water 80°F/27°C

Olive Oil

Sugar

Salt

Bread Flour

Whole Wheat Flour

Active Dry Yeast

20 Pita Pockets

1-1/3 Cups

8 tsp.

4 tsp.

1-1/4 tsp.

2 Cups

1-1/3 Cups

2-1/2 tsp.

Select **PIZZA DOUGH** Cycle

Method:

1. Place on a lightly floured surface. Divide into 10 pieces. Shape each piece into a smooth ball.
2. Place 5 balls on a large baking sheet. Place the remaining 5 balls on another baking sheet. Let rise about 20 minutes. With fingertips, flatten each ball into a 6 inch circle.
3. Bake at 500°F/260°C for 5 minutes or until puffed and tops begin to brown.
4. Cut each in half to form 2 pockets.

Focaccia Bread Dough

Ingredients:

	1 Loaf	2 Loaves
Water 80°F/27°C	3/4 Cup + 1 Tbsp.	1-3/4 Cups
Olive Oil	2 Tbsp.	1/4 Cup
Salt	1-1/2 tsp.	1 Tbsp.
Sugar	2 Tbsp.	1/4 Cup
Dry Milk	2 Tbsp.	1/4 Cup
Bread Flour	3 Cups	6 Cups
Dried Italian Herbs	1-1/2 tsp.	1 Tbsp.
Parmesan Cheese, grated	2 Tbsp.	1/4 Cup
Active Dry Yeast	2 tsp.	1 Tbsp.

Select **PIZZA DOUGH** Cycle

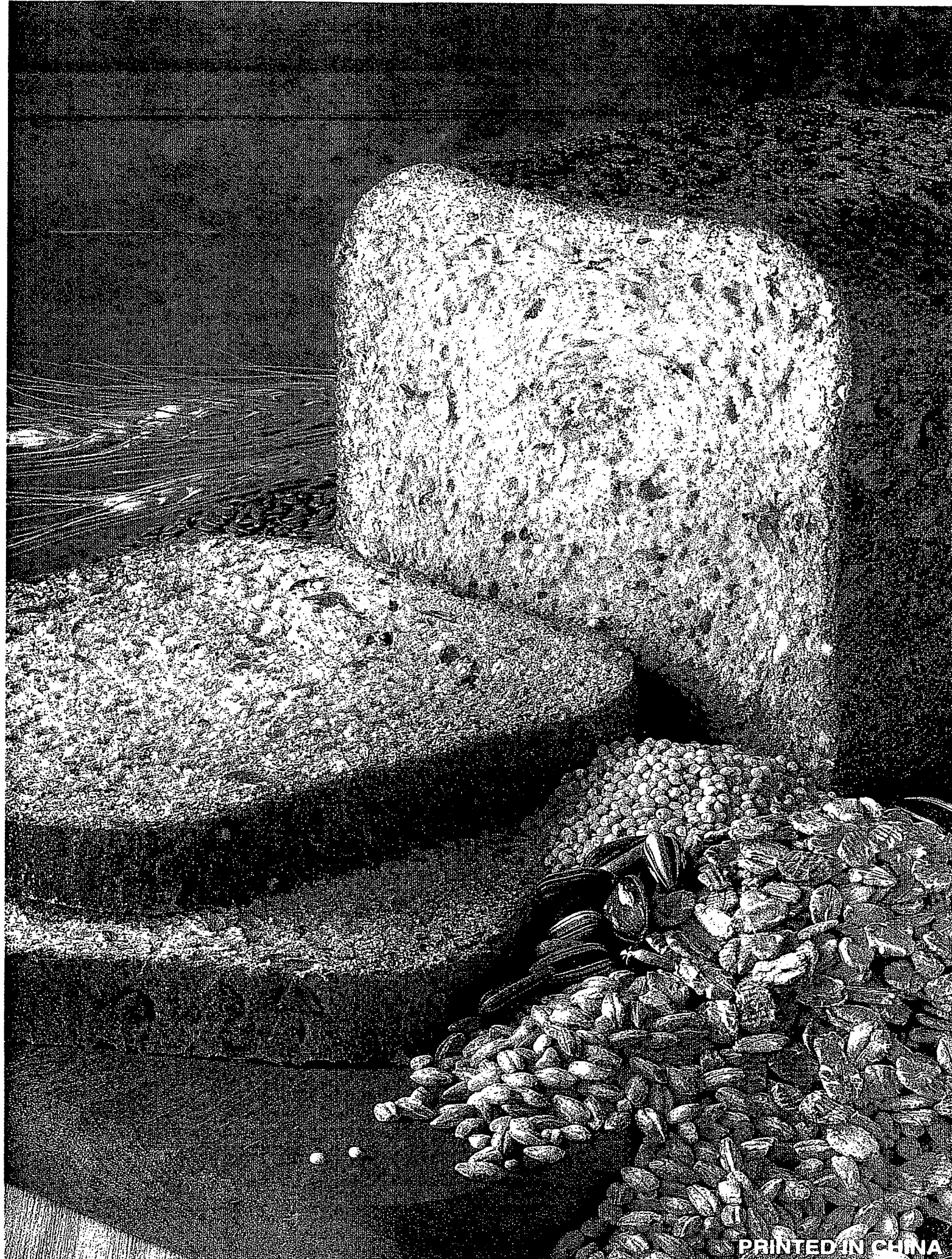
Garlic-Cheese Topping:

Blend together:

Olive Oil	1/4 Cup	1/2 Cup
Dried Oregano	1-1/2 tsp.	1 Tbsp.
Garlic, finely minced	1/4 Cup	1/2 Cup
Parmesan Cheese, grated	1/4 Cup	1/2 Cup
Salt	1/4 tsp.	1/2 tsp.

Method:

1. If making 2 loaves, divide dough in half.
2. With oiled hands evenly press dough into a greased 9-inch x 13-inch pan. Using your fingertips, make indentations in the dough.
3. Cover and let rise in a warm place for 20 minutes or until doubled in size. While the dough is still rising, select the topping of your choice and prepare.
4. In a skillet, heat oil. For Garlic-Cheese Topping, stir in oregano and garlic and then immediately remove from heat.
5. Bake at 400°F/204°C for 20 minutes or until golden brown.



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