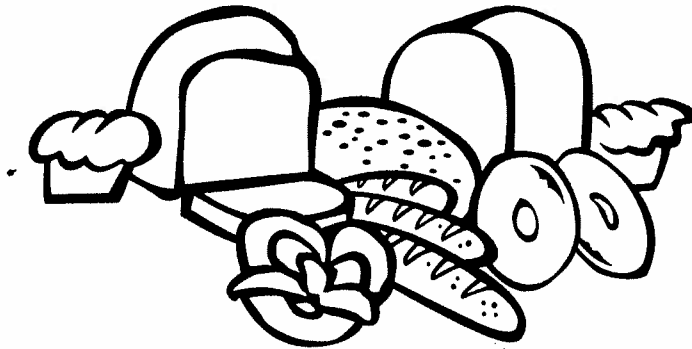


REGAL®



BREADMAKER GUIDE & COOKBOOK

Model No. K6731
MAKES 1 TO 1½ POUND LOAVES

KSPL14829

Printed in China

Introduction

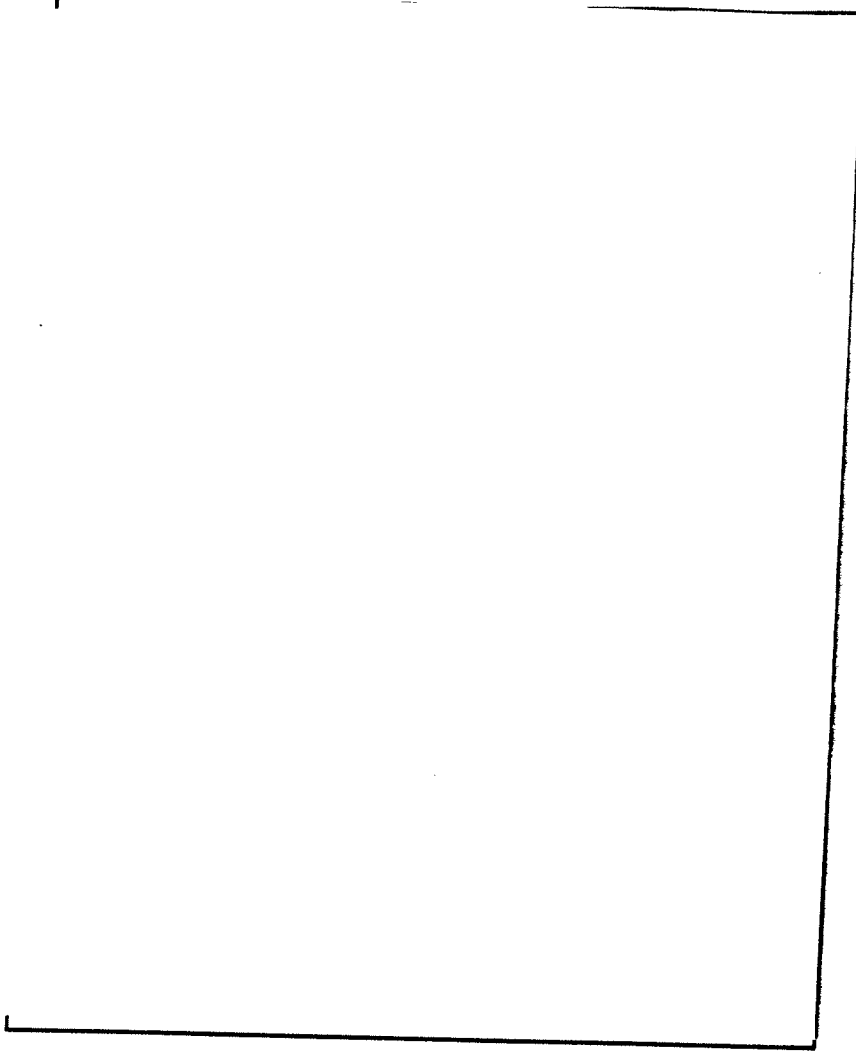
Welcome to machine breadmaking! Now you can enjoy the homemade goodness of freshly baked bread without the time-consuming mixing and kneading. And, there are no sticky bowls or floured boards to clean. The breadmaker does all the work for you in just one pan.

Before you start, please read the instructions and make certain you have all the proper measuring tools on hand. Although the machine does the work, you still have to do your part by using the correct ingredients and measuring accurately. . . using a soup spoon in place of a measuring spoon practically guarantees a failure. Other factors, such as the temperature of the ingredients and humidity can also affect the finished loaf. Even the brand of flour or yeast may alter the end result. Keep in mind, breadmaking is not a beauty contest. Even the not-so-perfect loaves are quite tasty. Your next loaf will probably be even better.

During our extensive testing and recipe development, we simulated some less-than-ideal conditions and have attempted to tell you how to compensate for them. We've shared that information with you in this book. We know you'll find this added information useful and we encourage you to read it thoroughly and refer to it often, especially when making a recipe for the first time, or altering a recipe.

If there are three (or fewer) people in your household, you'll probably want to make one of the smaller loaf sizes when possible, so it doesn't get stale before you finish it. With the Regal Super Rapid™ Breadmaker, it's so easy to make fresh bread almost any time. Warm, homemade bread is a thoughtful gift for a friend who needs a "day brightener," or for a new neighbor. But be prepared – they'll want more!

Homemade bread is great – and making it in the Regal Super Rapid™ Breadmaker is great fun!



**The model number of my
breadmaker is _____.**

Table of Contents

	Page
Introduction	2
Important Safeguards	5
Caution for Use and Safety	6
Description of Parts	7
Control Panel	8
Settings	9
General Operating Instructions	10-12
To Clean Breadmaker	13
Cleaning Help For Over-Rising	14
How to Use Timer	14, 15
Cycle Times	16
Display Information	17
Ingredients	18-20
Tips for Making Bread.	21
Recipe Conversions	22
High Altitude Adjustments	23
Adjusting Recipes	24, 25
Sources for Ingredients	25
Super Rapid Bread Recipes	26-28
Traditional Bread Recipes	29-38
Quick Bread Instructions	39
Quick Bread Recipes	39-41
Dough Instructions.	42
Variations for Shaping Dough.	43, 44
Rising, Freezing, Storing	45, 46
Dough Recipes	47-55
Pasta Recipes	56
Jam Recipes	57
Recipe Index	58

Before Using Your Breadmaker

IMPORTANT SAFEGUARDS

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

1. READ ALL INSTRUCTIONS.
2. To protect against electrical hazards, do not immerse cord, plug or appliance in water or other liquids.
3. Do not touch hot surfaces. Use handles or knobs. Always use pot holders or oven mitts to handle hot bread pan or hot bread.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Avoid contacting moving parts.
7. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
8. Do not use attachments not recommended or sold by the appliance manufacturer. This may cause fire, electrical shock or injury.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Do not place appliance on or near a hot gas or electric burner or in a heated oven.
12. To disconnect, grip plug and pull from wall outlet. Never pull on the cord.
13. Do not use appliance for other than its intended use.
14. This product is intended for household use only.

SAVE THESE INSTRUCTIONS

NOTICE: A short cord is provided to reduce the risks of becoming tangled in or tripping over a longer cord. Extension cords may be used if care is exercised in their use and the wattage rating is at least as great as the wattage stamped on the base of the appliance. If an extension cord is used, it should be arranged so that it will not drape over the counter or tabletop where it can be reached by children or tripped over accidentally.

Household Use Only

Caution for Use and Safety

Do not use breadmaker on a surface that is not heat resistant, or in an area that is exposed to direct sunlight.

Place the breadmaker to allow for 4 inches of clearance on all sides.

Plug it into a properly wired wall outlet (120 volts AC only). Keep the breadmaker away from babies and children. They might touch the control buttons and the breadmaker cover and side panels get hot during operation.

Do not cover the breadmaker with anything during operation as this may cause a malfunction.

Do not open the cover unnecessarily or remove the dough during operation. The cover may be opened to add extra ingredients at the indicated time. Extra water or extra flour may be added during the first kneading cycle if dough appears too dry or too moist. (See Adjusting Recipes.)

Do not touch cover or side panels of breadmaker during operation. It will be hot.

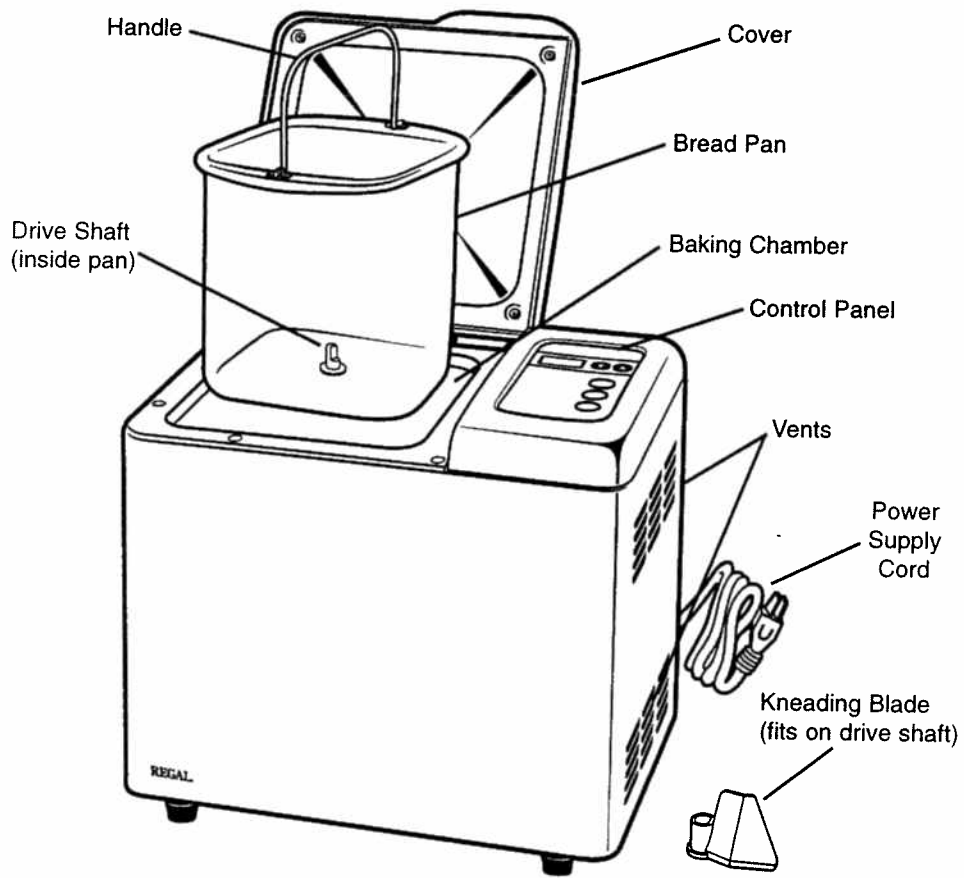
Do not dent or damage the bread pan. The breadmaker will not operate properly. Call the phone number provided for replacement information.

Do not immerse the bread pan in water or wash it in a dishwasher. This could cause malfunction of the shaft, or rusting. To clean the outside of the pan, use a damp cloth.

Do not immerse the breadmaker, cord or plug in water at any time. This could cause an electrical shock or malfunction.

To reduce the hazard of potential shock, this item has a polarized plug (one blade is wider than the other), which will fit only one way in a polarized outlet. If the plug does not fit the outlet properly, turn the plug the other way; if it still does not fit, contact a qualified electrician for assistance. Never use this plug with an extension cord unless it fits properly. DO NOT ATTEMPT TO DEFEAT THIS SAFETY FEATURE.

Description of Parts



Control Panel

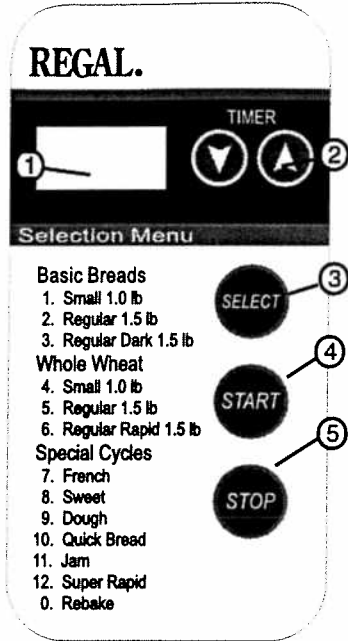
Important: When using the touchpad controls, be sure to press the pad until you hear a beep.

1. DISPLAY WINDOW

The display will indicate cycle selected (number from 0 to 12) until Start button is pressed. Then display shows minute-by-minute countdown during cycle. The display will show END when cycle is complete.

2. TIMER

Use the Timer to delay baking. The Timer can be set up to 12 hours longer than the cycle time selected. Display shows forward (▲) and reverse arrows (▼). Arrows move time forward or backward in 10-minute increments.



3. SELECT

Press the Select button to choose the setting you desire. Each time you press the button, you will hear a beep and the setting will advance in the following sequence: Small, Regular, Regular Dark, Whole Wheat Small, Whole Wheat Regular, Whole Wheat Regular Rapid, French, Sweet, Dough/Pasta, Quick Bread, Jam, Super Rapid and Rebake.

4. START

Press the Start button to start operation or begin the Timer countdown for delayed completion.

5. STOP

Press the Stop button and hold until you hear a beep to stop the operation or cancel a Timer setting.

Note: Do not press Stop when you are just checking the progress of your bread as this will cancel the cycle.

Settings

Thirteen menu settings allow for making a wide range of breads, doughs, jam, pasta, quick breads and more.

BASIC – These settings are probably used more often than any others because they give the best results with virtually every recipe. Choose these settings for breads which primarily use white bread flour, or only small amounts of whole wheat or other flours.

Setting 1 – Small (2 hours 45 minutes) 1 pound loaf

Setting 2 – Regular (2 hours 50 minutes) 1½ pound loaf

Setting 3 – Regular Dark (3 hours 10 minutes) 1½ pound loaf

WHOLE WHEAT – Choose these settings for recipes with a significant amount of whole wheat, rye or other whole grain flour. They begin with a 30-minute delay period (15 minutes on Rapid), to allow the flour and grains to soak in the liquids. Soaking helps the flour and grains to soften and combine more easily. These settings also have an extra rise cycle to accommodate the slower rising action of breads containing whole grain flours.

Setting 4 – Small (4 hours 20 minutes) 1 pound loaf

Setting 5 – Regular (4 hours 30 minutes) 1½ pound loaf

Setting 6 – Regular Rapid (3 hours 20 minutes) 1½ pound loaf with a blend of wheat and white bread flour

SPECIALTY – Choose the specific setting, as described, for the recipe being prepared.

Setting 7 – French (3 hours 30 minutes) 1½ pound loaf – This setting produces a crisper, heartier crust with a lighter texture inside.

Setting 8 – Sweet (3 hours 25 minutes) 1½ pound loaf – Use this setting to bake breads with a large amount of sugar, fruit juice or other sweet ingredients. Baking temperature is reduced to prevent burning.

Setting 9 – Dough/Pasta (1 hour 30 minutes) Maximum 3¼ cups flour – This setting mixes and raises the dough but will not bake. The dough is shaped (or rolled and cut) by hand and baked in a conventional oven (or dried conventionally).

Setting 10 – Quick Bread (1 hour 50 minutes) Maximum 2¾ cups flour – When using this setting, select a recipe using a quick-acting leavening agent (baking powder or baking soda) rather than yeast. This setting mixes and bakes without a rising time.

Setting 11 – Jam (1 hour) – This setting cooks jam only, stirring constantly.

KEEP WARM – When baking is completed, the unit will automatically keep bread warm for 60 minutes, or until you press Stop (except when using Dough or Jam settings).

Setting 12 – Super Rapid (59 minutes) 1 pound and 1½ pound loaf – With this setting, you will use warm water (100-110°F/38-43°C). We suggest you use a yeast designed for automatic breadmakers or a fast-acting yeast. The increased amount of yeast and the fast-acting yeast will speed the rising process.

Setting 0 – Rebake (1 minute to 60 minutes) – Use this setting only after a bread has finished baking. Press Stop at the end of the cycle before selecting Rebake. The timer arrows are used to increase the time, which increases in one-minute increments.

General Operating Instructions

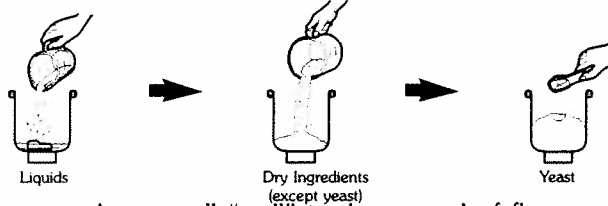
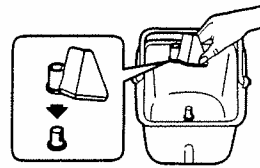
Power Interruption

If the breadmaker is accidentally unplugged, or in the event of a power outage, the breadmaker will not resume operation. When you cannot determine how long the power has been off, discard the ingredients and start over.

Before using your breadmaker for the first time, wash inside of bread pan and kneading blade with hot, soapy water; rinse and dry thoroughly. Using a damp dishcloth or sponge, wipe exterior of bread pan, inside of cover and exterior of breadmaker. **Do not immerse bread pan or breadmaker in water.**

To bake a loaf of bread using one of the standard bread settings (0 through 12), follow these instructions:

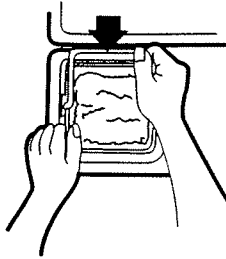
1. Open the cover and remove the bread pan. To remove the bread pan, grasp the handle firmly and lift.
2. Remove any crumbs that may be on the drive shaft. Position the kneading blade on the drive shaft as shown. If the blade is not securely positioned, the ingredients will not be mixed or kneaded properly.
3. All ingredients should be at room temperature (70-80°F/21-27°C). Always measure ingredients into bread pan in the order listed in the recipe.
 - A. Measure and add the water or other liquids first, except where otherwise directed.
 - B. Then add salt, shortening, flour and other dry ingredients, except yeast. Do not exceed 4½ cups (total) of dry ingredients (ie. flour, sugar, oatmeal, etc.) as bread could overflow the pan.
 - C. Add yeast last to keep it dormant. It is very important to keep the yeast dry and away from the salt as long as possible, especially when using the timer. Do not mix; see illustrations below.



To add yeast, make a small "well" in the mound of flour and pour the dry yeast into it. Do not let the yeast touch the water or salt too early as the dough may not rise properly. The water will activate the yeast before the ingredients are properly mixed and kneaded.

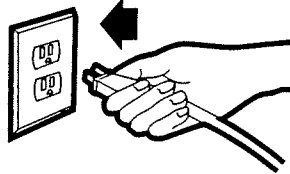
NOTE: When the room temperature is under 65°F/18°C, use lukewarm water (about 100-110°F/38-43°C) to assist the yeast.

4. Wipe water or other spills from the outside of the bread pan. Position bread pan so the word "Front," printed on the lip of the pan, is forward. Place the bread pan into the baking chamber with the pan aligned with brackets in chamber. Press pan down to lock securely into position. Make sure the pan has been set securely in the oven chamber to ensure proper mixing and kneading.



5. Close the cover.

6. Plug into outlet. The unit will beep and display will flash SEL. This indicates that the desired setting can be chosen.



7. To choose the proper setting, press the Select button. Each time the button is pressed you will hear a beep and the number of the setting will advance in the order listed below.

No. on Display	Setting	Time
1	Small (1 pound)	2:45
2	Regular (1½ pound)	2:50
3	Regular Dark (1½ pound)	3:10
4	Whole Wheat Small (1 pound)	4:20
5	Whole Wheat Regular (1½ pound)	4:30
6	Whole Wheat Regular Rapid (1½ pound)	3:20
7	French	3:30
8	Sweet	3:25
9	Dough/Pasta	1:30
10	Quick Bread	1:50
11	Jam	1:00
12	Super Rapid	0:59
0	Rebake	0:01-0:60

8. Press Start. The read-out on the display will begin counting down the minutes from the amount of time required for the setting you have selected. When baking is finished, the unit will signal three times and the display will read END.

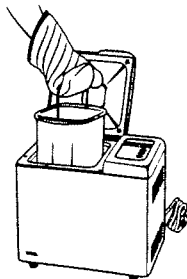
Note: Once the Start button is pressed the selected function(s) cannot be altered. To make any changes at this point, the unit must be stopped, reset and restarted.

Caution: Steam will escape when the cover is opened. Use a pot holder or oven mitts to open cover to avoid steam burns.

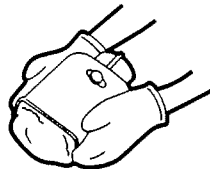
9. When the signal stops, press the Stop button to cancel the keep-warm cycle and, using pot holders or oven mitts, carefully open the cover of the breadmaker.

Note: For the Stop button to activate, hold down button for a full 2 to 3 seconds. Keep-warm cycle will operate for 60 minutes after baking is completed (on all but Dough and Jam settings), until cancelled with the Stop button.

To remove the bread pan, using potholders or oven mitts, lift and firmly grasp the handle, then lift the pan out of the breadmaker. Place bread pan on heatproof surface.



10. Remove bread from pan as soon as possible after baking. If left in the pan, the crust may become soggy and the flavor will be reduced. Using potholders or oven mitts, hold the bread pan upside down and gently shake it to remove the bread. The surface of the bread pan is slippery, so be sure you have a firm grip.

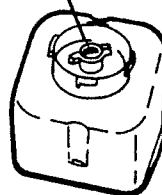


If the bread cannot be easily removed, using an oven mitt or potholder, turn the drive shaft on the bottom of the bread pan in both directions to loosen the bread.

Caution: The drive shaft will be hot.

If the kneading blade comes out with the bread, use a plastic or wooden utensil to remove it from the bread to avoid scratching the nonstick surface. Place bread on a wire rack to cool before slicing.

Drive Shaft



CAUTION: The kneading blade will be hot! Do not attempt to remove it with bare hands.

Note: If you wish to make another loaf of bread right away, allow the breadmaker to cool down for 10 to 15 minutes with the cover open and pan removed. Wash and thoroughly dry the bread pan before starting the next loaf.

11. Remove plug from outlet. When removing the plug, always grasp the plug itself and do not pull on the cord.



Note: On all cycles, except Dough and Jam, the keep-warm cycle will run for 60 minutes after the bread is done, or until you cancel it by **pressing the Stop button and holding it 2 to 3 seconds until signal sounds and display clears.**

To Clean Breadmaker

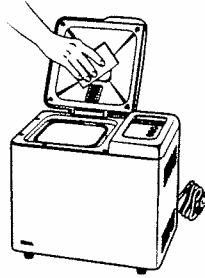
Unplug the breadmaker and allow it to cool before cleaning.

NEVER use scouring powder, steel wool pads, or other abrasive materials. NEVER use any chemicals such as benzine, paint thinner, alcohol, etc.

DO NOT IMMERSE BREADMAKER IN WATER

Body

- Clean your breadmaker, inside and outside, by wiping it with a soft cloth using water and a mild detergent.
- After each use remove crumbs from the baking chamber with a damp cloth.

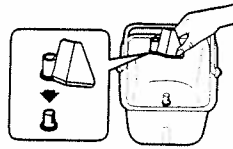


Bread Pan/Kneading Blade

- Wash inside of bread pan and kneading blade with warm, soapy water; rinse and dry thoroughly. Do not immerse base of bread pan in water as this could cause the drive shaft to malfunction.

DO NOT USE METAL OBJECTS TO CLEAN THE BREAD PAN.

- As with any of the non-stick cooking utensils in your kitchen, treat the bread pan gently. Do not use metal objects or steel wool, etc., to clean it.
- If the kneading blade does not come loose, hold blade with one hand and turn the drive shaft on the bottom of the pan with the other hand. If the kneading blade still sticks to the drive shaft, pour warm water in the pan and let stand 15 to 20 minutes to loosen it.



DO NOT USE EXCESSIVE FORCE.

- If the hole of the kneading blade is filled with dough, clean it with a wooden toothpick or small brush.

Note: The coating inside the bread pan may change color after repeated use. This is caused by heat, moisture and steam, and will not affect the release properties or performance of the unit.

Storage

- Cool breadmaker completely. Wipe off crumbs and moisture before storing.

Cleaning Help For Over-Rising

If the bread should over-rise and hit the cover, extra cleaning will be necessary. Unplug the breadmaker and, using a nylon spatula or wooden utensil, scrape all loose dough from inside the cover. Move breadmaker to countertop next to kitchen sink; place on backside with cover hanging over the sink. Use a pastry brush to "sweep" crumbs from inside the breadmaker and around the hinges. Wipe inside of breadmaker with a damp cloth.

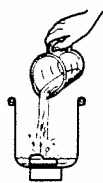
Support the cover with one hand and, using a wet dishcloth or sponge, soak all remaining dry or burned-on dough to loosen. Use a plastic scrub pad to remove any stubborn spots. Do not use abrasive cleansers or metal scouring pad which could damage the finish. Rinse well with a wet dishcloth or sponge and dry thoroughly. If any water has accumulated in the vent of the cover, wipe with a dishcloth or sponge to prevent it from running down the inside or outside of the breadmaker when you stand the unit upright and close the cover.

How to Use Timer

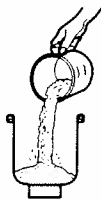
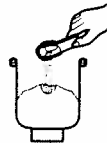
You can preset your breadmaker for up to 12 hours plus the desired cycle time.

Note: Do not use the timer if your recipe includes fresh eggs, milk or other ingredients that may spoil.

1. Measure ingredients into bread pan in the sequence specified in the recipe. Take special care not to let the yeast and liquid ingredients contact one another.
2. Calculate the number of hours and minutes until the time you want to have fresh baked bread. Example: If it is 8 o'clock and you want the bread to finish baking at 2 o'clock, your machine will need 6 hours to bake your bread.



Liquids

Dry Ingredients
(except yeast)

Yeast

- Press Stop to clear display, then select the desired setting. The cycle length for the selected setting will appear in the display window when you press Timer button once.

Baking Cycle	Cycle Length
1 Small 1 pound	2:45
2 Regular 1½ pound	2:50
3 Regular Dark 1½ pound	3:10
4 Whole Wheat Small 1 pound	4:20
5 Whole Wheat Regular 1½ pound	4:30
6 Whole Wheat Regular Rapid 1½ pound	3:20
7 French	3:30
8 Sweet	3:25
9 Dough/Pasta	1:30
10 Quick Bread	1:50
11 Jam	1:00
12 Super Rapid	0:59
0 Rebake	0:01-0:60

- Press the ▲ Timer button once for each additional 10 minutes needed to reach the closest interval to the time required. (Use the ▼ Timer button to subtract time from the timer, if necessary.)
 Example: You have chosen the Sweet Setting and 3:25 appears in the display window. If you wish your bread to be done in 4 hours, you will press the ▲ Timer button 3 times (once for each 10-minutes), until 3:55 appears in the display window. This would be the closest possible interval to 4 hours.
- Press start to begin the Timer. The colon (:) in the time displayed begins to flash, indicating that the Timer is engaged.
- When unit beeps three times and END appears in the display window, press Stop to cancel the keep-warm cycle and remove the bread.
- If you make an error and wish to start over, press Stop and hold until beep sounds and display clears. Timer is cancelled and you may begin again.

NOTE: If you forget to press Start, the Timer will not function.

Important:

- Do not use fresh milk, eggs or fruit and vegetables purées when using the Timer. They could spoil.
- Always add carefully-measured ingredients in the same sequence: liquids, salt, dry ingredients and yeast (in a well in center of dry ingredients).
- When using the Timer cycle for more than a couple of hours, during times of high humidity or hot weather, reduce the liquid by one or two tablespoonfuls 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 amount called for in the recipe. Make sure the yeast is kept away from the liquid and the salt.

Cycle Times

* These cycles (2, 3 and 8) include a fruit and nut signal which sounds 32 minutes after the cycle begins. When this signal sounds you may add any fruit and/or nuts your recipe calls for. This feature keeps your fruit and/or nuts from being pulverized by the kneading blade.

Time on display: 2:18 - Setting 2
 2:28 - Setting 3
 2:53 - Setting 8

Setting	Phase	1	2*	3*	4	5	6	7	8*	9	10	11	12	0
	Rest	-	-	-	30 min.	30 min.	15 min.	-	-	-	-	-	-	-
	Knead	33 min.	37 min.	37 min.	24 min.	31 min.	31 min.	28 min.	37 min.	30 min.	20 min.	60 min.	14 min.	-
	Rise 1	23 min.	29 min.	29 min.	76 min.	79 min.	39 min.	34 min.	40 min.	60 min.	-	-	20 min.	-
	Punch	-	-	-	10 sec.	15 sec.	15 sec.	20 sec.	20 sec.	-	-	-	-	-
	Rest	-	-	-	30 min.	30 min.	15 min.	29 min.	29 min.	-	-	-	-	-
	Shape	20 sec.	20 sec.	20 sec.	3 sec.	3 sec.	3 sec.	20 sec.	20 sec.	-	-	-	-	-
	Rise 2	64 min.	54 min.	54 min.	55 min.	45 min.	45 min.	54 min.	49 min.	-	-	-	-	-
	Bake	45 min.	50 min.	70 min.	45 min.	55 min.	56 min.	65 min.	50 min.	-	90 min.	60 min.	25 min.	-
	Total Cycle Time	2:45	2:50	3:10	4:20	4:30	3:20	3:30	3:25	1:30	1:50	1:00	0:59	0:01-0:60
	Keep Warm	60 min.	60 min.	60 min.	60 min.	60 min.	60 min.	60 min.	60 min.	-	60 min.	-	60 min.	60 min.

Display Information

Always use the breadmaker in a room that is free of drafts and is at least 55°F/13°C, but not warmer than 90°F/32°C. Do not use breadmaker in an unheated garage, outdoors, near a heat vent, or in direct sunlight.

Generally the display window will tell you what is happening with your breadmaker. Here are some points to consider.

Message	Reason	Solution
END	Cycle complete; unit is in keep-warm mode	Press Stop button and unplug breadmaker
SEL	Cycle has not been chosen	Press Select for the desired setting
E-H	Baking chamber too hot	Allow unit to cool
E-L	Baking chamber too cold	Move unit to a warmer room
E-S	Short circuit	Call Regal Ware, Inc. for service
Display Blank	Power has been interrupted	Unplug unit and plug back into outlet

Before Calling for Service

Problem	Possible Reasons
The unit does not operate after pushing the Start button	<ul style="list-style-type: none"> • Unplugged • Setting was not selected • Did not push Stop to clear display.
The bread rose too high	<ul style="list-style-type: none"> • Too much yeast or moisture
The bread didn't rise high enough	<ul style="list-style-type: none"> • Too much flour, not enough yeast (See Adjusting Recipes)

Ingredients

FLOUR:

Store flour in a cool dry place (70°F/21°C or less). For maximum shelf life, flour may be stored in the refrigerator or freezer. If stored correctly, flour will stay fresh up to two years. Always bring flour to room temperature before using it in your breadmaker. To measure accurately, spoon decanted flour into a standard dry measuring cup, then level off with the straight edge of a knife or spatula.

- **Bread Flour** is milled from hard wheat and contains a higher percentage of protein than regular all-purpose flour, usually 14% or higher. This is also referred to as the gluten content, which gives structure and height to bread. If bread flour is not available in your area, all-purpose flour with a protein content of 14% or higher is an acceptable substitution. Bread flour requires no sifting.
- **Whole Wheat Flour**, sometimes called graham flour, is milled from the entire wheat kernel. It is light brown in color and contains all natural nutrients. It is lower in gluten and is usually used with bread flour. Vital gluten may be added to give the whole wheat flour a lift especially in 100% whole wheat bread recipes. No sifting is required.
- **Rye Flour** is a heavy flour milled from rye grain. It is low in gluten and needs to be combined with bread flour to get an acceptable loaf. Many rye bread recipes include vinegar or lemon juice to assist the structuring of the dough. Rye flour usually produces a stickier dough. No sifting is required.

LEAVENING:

- **Yeast** is the primary leavening agent used in the recipes in this booklet. Too little yeast can result in improper rising. Too much yeast can cause over-rising and the dough could stick to the inside of the cover; or it could collapse during baking. When combined with sugar and water at the right temperature, yeast generates carbon dioxide which makes the dough rise. The recipes in this booklet have been developed using bread machine or fast-acting yeast.
- **Baking powder and baking soda** may be used to assist yeast or on their own as leavening in quick breads which require no kneading or rising. Recipes with baking powder and baking soda are different than yeast recipes. Leavening agents cannot be substituted for one another.

LIQUIDS:

Liquid is necessary to moisten and bind the proteins in flour together and to assist the yeast to flourish. Liquids such as beer, fruit juice or purées can be used as the liquid in bread recipes.

- **Water** is the most common liquid used in bread making. It produces a heavier, crisper crust and a more open texture.
- **Milk** enhances flavor and increases the nutritional value of the bread but it is not a necessary ingredient. Other liquids can be substituted. For best results, always bring milk, or other liquid to room temperature.
- **Buttermilk** results in a light, high rising and tender bread. Buttermilk also helps bread stay fresh longer. To offset the acidity, add ¼ teaspoon baking soda per cup of buttermilk.

SALT:

Salt controls the action of the yeast, enhances flavor and aids in producing a firm dough. If you are on a restricted diet, feel free to cut the amount of salt in the recipe in half or use a low sodium salt. If you elect to use a "light salt" it must contain both potassium chloride and sodium. Plain potassium chloride will not work. You may decide to eliminate the salt, but this will affect the size, texture and taste of the bread.

SWEETENERS:

- **Sugar** boosts yeast action, adds sweetness and aroma, and makes the crust brown and the bread soft.
- **Brown sugar, honey, molasses or syrups** produced from maple, corn or cane are also suitable sweeteners that add vitamin B and minerals.

FATS:

Any form of solid shortening or oil can be substituted for one another in same amounts. Fat enriches breads' flavor, and keeps it tender and moist. Do not use diet spreads or tub-type margarines as they will affect quality.

- **Butter** adds flavor. The same amount of vegetable shortening or oil can be substituted. Salted or unsalted butter may be used. Soft spreads will NOT work.

- **Margarine** is an acceptable substitute for butter. Do not use whipped or diet margarines.
- **Vegetable shortening** is a solid, white shortening that gives a slightly crispier crust than butter or oil.
- **Oil** in a recipe can be vegetable, canola, corn, peanut, olive, safflower, soy or sunflower oil. Olive oil produces a softer crust than butter or margarine. Peanut oil keeps bread fresh longer. Unsaturated safflower oil is a good substitute in health breads.

EGGS:

Eggs are often used in bread, adding additional protein and producing a richer but tighter dough. Large-size eggs were used in developing the recipes in this booklet. One-quarter cup of egg substitute equals one large egg.

ENHANCERS:

The term 'enhancer' indicates any ingredient added to assist the primary ingredients in producing a loaf of bread.

- **Vital gluten** is the dried protein taken from the flour by getting rid of the starch. It usually contains 75% protein and is a good dough enhancer or conditioner for breads that use yeast; especially for whole grain breads, or when using all-purpose flour in place of bread flour. As a guide, add 1 teaspoon vital gluten per cup of all-purpose flour and 1½ teaspoons per cup of whole grain flours in the recipe. Gluten flour is half vital gluten. It is expensive and does not seem to enhance the bread as well as vital gluten. Vital gluten and gluten flour are usually available in health food stores and through the mail. (See Sources for Ingredients.)
- **Vinegar and lemon juice** are also good dough enhancers. They are frequently added to rye bread, and others, to improve the structure.

Tips for Making Bread

■ Standard Measures

• Measure ingredients exactly.
 Dry ingredients: Spoon into standard dry measuring cup or spoon until overflowing. Level off with straight-edged spatula.

Brown sugar or shortening: Press firmly into standard dry measuring cup, or measuring spoon. Level off with straight-edged spatula.

Liquid ingredients: Place standard liquid measuring cup (8 fluid ounces) on level surface. Fill to specified mark and check measurement at eye level, top of liquid should be even with indicator line on the cup.

- Use only fresh ingredients.
- **Timer:** When using the timer for delayed baking in warm weather conditions, you may need to reduce the yeast by $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon and use only half the amount of sugar called for in the recipe to prevent over-rising.
- For best results always allow bread to cool before slicing. To slice warm bread, use a sharp serrated-edge knife or electric knife.
- After cooling bread completely on a wire rack, store immediately in a tightly sealed plastic bag, plastic wrap or covered container. Do not store in the refrigerator as this will cause the bread to dry out faster.
- For longer storage, tightly seal bread in a moisture-proof wrap or bag and store in freezer.
- **Cheese** melts into liquid during baking. Allow for that by reducing liquid when adding cheese to a recipe. Do not pack grated cheese into the measuring cup; lightly spoon into cup.
- Before measuring honey or molasses, coat the measuring spoon or cup with cooking oil or vegetable spray.
- Add spices and herbs after flour, away from liquid to avoid altering the liquid/flour action.
- To make yeast breads last longer and rise slightly higher, use water in which you have cooked potatoes (cool to room temperature – 70-80°F/21-27°C).
- To reuse the breadmaker immediately after baking, allow unit to cool down for 10 to 15 minutes with the lid open and the pan removed. Yeast will not function properly if machine is too hot at the start.
- To substitute dry milk for fresh milk, use approximately 2 tablespoons dry milk plus 1 cup water for every cup of milk.
- **Temperature:** If making bread in a cool room (under 65°F/18°C), use warmer water (100-110°F/38-43°C).
- For best results when using **bread mixes** in your Regal Super Rapid™ breadmaker, select the Basic setting. If you want to make a mix on the Super Rapid setting, the following adjustments need to be made to allow the bread to rise properly:

1. Use warm water (100-110°F) or liquid specified in the directions.
 2. Increase the amount of liquid by **3 tablespoons for a 1½-pound loaf.**
 3. Use the amount of yeast included with your mix **PLUS add 1¼teaspoons fast-acting yeast or bread machine yeast.**
- **Eggs:** If you wish to add an egg to a recipe that does not call for one, crack the egg into a liquid measuring cup, then fill it with liquid to level specified in the recipe.

Recipe Conversions

Most of your old family favorites as well as your new bread recipes can be prepared in the Regal breadmaker.

Here are some recipe conversion tips:

1. If the recipe yields two conventional loaves, cut the recipe in half to make one loaf. The breadmaker only makes one loaf at a time.
2. Do not exceed the maximum flour amounts for the loaf size selected. As a guide follow these amounts:

1.0 lb. loaf = about 2½ cups flour
1.5 lb. loaf = about 3¼ cups flour

Use the recipes in this book as your guide when converting or adapting other recipes.

3. Always measure and add water and other liquids first, followed by the salt. Then measure dry ingredients into the bread pan in the order listed. Finally place bread machine yeast or fast-acting yeast on top of dry ingredients, avoiding contact with the liquid and salt. The order in which ingredients are added is important, especially when using the timer. The yeast must remain dry until the unit begins mixing.

4. **NOTE:** Fresh milk, cream, eggs, sour cream, etc., should not be used if using the timer on your breadmaker for delayed baking. Ingredients may spoil before baking takes place.

High Altitude Adjustments

At altitudes above 3,000 feet, flour tends to be drier and absorbs less liquid. Slightly more liquid or less flour may be required.

Dough rises faster at higher altitudes. Either sugar, yeast or liquid should be adjusted slightly to prevent over-rising. See Table for guidelines.

Adjustment	Altitude		
	3,000 ft.	5,000 ft.	7,000 ft.
Reducing yeast. For each teaspoon, decrease by:	1/8 tsp.	1/8 - 1/4 tsp.	1/4 tsp.
Reducing sugar. For each tablespoon, decrease by:	0-1 tsp.	0-2 tsp.	1-3 tsp.
Increasing liquid. For each cup, add:	1-2 tbsp.	2-4 tbsp.	3-4 tbsp.

NOTE: Since every recipe is different, some experimentation may be necessary to give you the desired result.

Equivalents				
Cup = Fluid Ounces = Tablespoons = Teaspoons = Milliliters				
1	=	8	=	16 = 48 = 240
7/8	=	7	=	14 = 42 = 210
(3/4 + 2 Tbsp.)				
3/4	=	6	=	12 = 36 = 180
2/3	=	5 1/3	=	10 2/3 = 32 = 158
5/8	=	5	=	10 = 30 = 150
(1/2 + 2 Tbsp.)				
1/2	=	4	=	8 = 24 = 120
1/3	=	2 2/3	=	5 1/3 = 16 = 79
1/4	=	2	=	4 = 12 = 60
1/8	=	1	=	2 = 6 = 30
		1	=	3 = 15
		1/2	=	1 1/2 = 7.5

Adjusting Recipes

Weather conditions, storage of ingredients, the temperature of ingredients and exactness of measuring ingredients can alter the size, shape or texture of the bread. Once you recognize the cause, adjustments can be made to compensate for variables.

About 5 minutes after you press Start, lift the cover and check the contents of the bread pan. The ingredients will be mixing and starting to form a ball. The dough ball should have an even consistency, if not, an adjustment may be necessary.

When making bread by hand, the old fashioned way, the amount of flour is the control for adjusting. For example, most conventional bread recipes read: 6 to 7 cups flour. That 1 cup difference is the allowance to adjust the dough to the correct consistency. In the Regal Super Rapid™ Breadmaker, we recommend using the liquid amount to make the adjustment. Start with the least amount of liquid in your recipe. Make the adjustment, adding 1 tablespoon at a time, during the first knead cycle while the machine is still kneading.

If adjusted ingredient did not completely mix into the dough, press Stop (hold down the button until the display clears). Restart, by pressing the select button to reach the desired setting then press Start.

If the baked loaf falls while baking, too much liquid was used. Next time, reduce liquid by one or two tablespoons. If the bread is small, heavy or has a dense, moist texture, the dough was too dry. Next time, increase liquid.

Not all recipes will produce the same size loaf. When using whole grain flours, wheats and grains, the loaf will be shorter.

Dry Dough

If your breadmaker begins to "knock" while kneading, the dough is too dry. This may occur during cold months. Simply add warm water (100-110°F/38-43°C), 1 tablespoon at a time, until the dough looks soft and smooth.

A dough that is dry will remain in a dense ball irregularly shaped instead of a soft ball. When baked, dry doughs will have an uneven or irregular top, possibly cracked, and the finished loaf will be short.

At the end of the kneading, the dough should be soft enough to very slowly relax toward the corners of the bread pan. As the dough rises, it fills the corners.

When using the Dough cycle, the dough can be a little wetter than when you bake bread in the machine. Because it will be removed and shaped by hand, the dough should be manageable, not sticky.

Moist Dough

If the dough contains too much liquid, it will look more like batter rather than dough. If too wet, the dough may rise okay, but then fall during the bake cycle. Or, it could over-rise and "mushroom" over the bread pan, or hit the cover.

If the dough looks too wet and sticky, add flour during the

initial mix cycle, 1 tablespoon at a time, until the dough forms a soft pliable ball.*

Flour also absorbs moisture from the air, so you may need to adjust the liquid to compensate for humidity and altitude.

* The dough for a loaf of Super Rapid bread may be moister. Do not add more flour.

Sources for Ingredients

Sources (For vital gluten, whole grains and other ingredients)

King Arthur Flour Bakers Catalog
P. O. Box 876
Norwich, VT 05055
HTTP://www.kingarthurfLOUR.com
1-800-777-4434 (for catalog)

Jaffe Brothers
P.O. Box 636
Valley Center, CA 92082
(619) 749-1133

Bob's Red Mill
5209 S.E. International Way
Milwaukie, OR 97222
(503) 654-3215

Walnut Acres
Dennis Creek, PA 17862
(800) 433-3998

Kenyon Corn Meal Company
Usquepaugh, RI 02892
(401) 783-4054

Sources (For wheat free flours)

Ener-G Foods, Inc.
P.O. Box 84487
Seattle, WA 98124
(800) 331-5222

TAD Enterprises
9356 Pleasant
Tinley Park, IL 60477
(800) 438-6153

Garden Spot Distributors
438 White Oak Road
New Holland, PA 17551
(800) 829-5100

Super Rapid Bread Recipes

Important

Weather conditions (i.e., temperature and humidity), altitude or accuracy in measuring can affect the outcome of a loaf. To allow you to compensate, we have created each recipe with a water range.

We recommend you use warm water (100-110°F/38-43°C) for best results on the Super Rapid Setting. We also recommend using a quick-rise or rapid-rise yeast, which will speed the rising action. Breads containing more than 50% whole wheat flour require a longer rising time, and therefore are not recommended on the Super Rapid Setting.

Helpful Hints for the Super Rapid Setting:

- Dough may look wet; do not add flour.
- Scrape sides of pan with a rubber scraper.
- Use warm water with these breads.
- A shred or cap may form on top of the bread, due to the increased proofing temperature and fast-acting yeast.

Classic White

**Super Rapid Setting
Not for Timer**

All ingredients at room temperature (70-80°F/21-27°C)
Water should be warm (100-110°F/38-43°C)

	1 Pound Setting 12	1½ Pound Setting 12
Warm water	7-8 ounces	8-9 ounces
Salt	½ teaspoon	½ teaspoon
Butter or margarine	1 tablespoon	1½ tablespoons
Bread flour	2¼ cups	3 cups
Dry milk	1 tablespoon	1½ tablespoons
Sugar	1 tablespoon	1½ tablespoons
Bread machine or fast-acting yeast	2½ teaspoons	3 teaspoons

Press Select until desired setting appears on the display. Press Start. When unit signals and the display reads END, press Stop and remove bread.

Deluxe White

**Super Rapid Setting
Not for Timer**

All ingredients at room temperature (70-80°F/21-27°C)
Milk should be warm (100-110°F/38-43°C)

	1 Pound Setting 12	1½ Pound Setting 12
Warm milk	7-8 ounces	9-10 ounces
Salt	½ teaspoon	½ teaspoon
Butter or margarine	1 tablespoon	1½ tablespoons
Bread flour	2⅓ cups	3 cups
Sugar	1 tablespoon	1½ tablespoons
Bread machine or fast-acting yeast	2½ teaspoons	3 teaspoons

Press Select until desired setting appears on the display. Press Start. When unit signals and the display reads END, press Stop and remove bread.

Honey Wheat

**Super Rapid Setting
Not for Timer**

All ingredients at room temperature (70-80°F/21-27°C)
Water should be warm (100-110°F/38-43°C)

	1 Pound Setting 12	1½ Pound Setting 12
Warm water	7-8 ounces	8-9 ounces
Salt	½ teaspoon	½ teaspoon
Vegetable oil	1 tablespoon	1½ tablespoons
Honey	1½ tablespoons	2 tablespoons
Whole wheat flour	¼ cup	½ cup
Bread flour	2 cups	2½ cups
Bread machine or fast-acting yeast	2½ teaspoons	3 teaspoons

Press Select until desired setting appears on the display. Press Start. When unit signals and the display reads END, press Stop and remove bread.

Oatmeal

**Super Rapid Setting
Not for Timer**

All ingredients at room temperature (70-80°F/21-27°C)
Water should be warm (100-110°F/38-43°C)

	1 Pound Setting 12	1½ Pound Setting 12
Warm water	7-8 ounces	8-9 ounces
Salt	½ teaspoon	½ teaspoon
Honey	1 tablespoon	1½ tablespoons
Butter or margarine	1 tablespoon	1½ tablespoons
Quick cook oats	¼ cup	½ cup
Bread flour	2 cups	2½ cups
Bread machine or fast-acting yeast	2½ teaspoons	3 teaspoons

Press Select until desired setting appears on the display. Press Start. When unit signals and the display reads END, press Stop and remove bread.

Cinnamon Raisin

**Super Rapid Setting
Not for Timer**

All ingredients at room temperature (70-80°F/21-27°C)
Water should be warm (100-110°F/38-43°C)

	1 Pound Setting 12	1½ Pound Setting 12
Warm water	6-7 ounces	8-9 ounces
Salt	½ teaspoon	½ teaspoon
Butter or margarine	1 tablespoon	1½ tablespoons
Bread flour	2¼ cups	3 cups
Dry milk	1 tablespoon	1½ tablespoons
Sugar	1 tablespoon	1½ tablespoons
Cinnamon	½ teaspoon	1 teaspoon
Bread machine or fast-acting yeast	2½ teaspoons	3 teaspoons
Raisins	½ cup	¾ cup

Press Select until desired setting appears on the display. Press Start. When unit signals and the display reads END, press Stop and remove bread.

Traditional Bread Recipes

Important

Weather conditions (i.e., temperature and humidity), altitude or accuracy in measuring can affect the outcome of a loaf. To allow you to compensate, we have created each recipe with a liquid range.

We recommend you start with the smaller amount of liquid. Allow unit to mix for a few minutes and check the dough consistency. If the dough is dense, irregularly shaped, or the unit is making a knocking noise, add 1 tablespoon of water at a time until the dough is soft and pliable. (See section on Adjusting Recipes.)

Do not exceed 3¼ cups (total) of dry ingredients.

Classic White

Timer OK

All ingredients at room temperature (70-80°F/21-27°C)

	1 Pound Setting 1	1½ Pound Setting 2 or 3
Water	6-7 ounces	7-9 ounces
Salt	1 teaspoon	1½ teaspoons
Butter or margarine	1 tablespoon	1½ tablespoons
Bread flour	2¼ cups	3¼ cups
Dry milk	1 tablespoon	1½ tablespoons
Sugar	1 tablespoon	1½ tablespoons
Bread machine or fast-acting yeast	1½ teaspoons	2 teaspoons

Press Select until desired setting appears on the display. Press Start. When unit signals and the display reads END, press Stop and remove bread.

Old-Fashioned White

Not for Timer

All ingredients at room temperature (70-80°F/21-27°C)

	1 Pound Setting 1	1½ Pound Setting 2 or 3
Milk	5-6 ounces	6-7 ounces
Salt	1 teaspoons	1¼ teaspoons
Egg	1	1
Butter or margarine	1 tablespoon	1½ tablespoons
Bread flour	2¼ cups	3 cups
Sugar	1 tablespoon	1½ tablespoons
Bread machine or fast-acting yeast	1½ teaspoons	2 teaspoons

Press Select until desired setting appears on the display. Press Start. When unit signals and the display reads END, press Stop and remove bread.

Cottage Cheese and Chives

Not for Timer

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound Setting 8
Cottage cheese	¾ cup
Egg	1
Salt	1 teaspoon
Butter or margarine	1 tablespoon
Water	3-4 ounces
Bread flour	2¾ cups
Dried chives	2 tablespoons
Sugar	1 tablespoon
Bread machine or fast-acting yeast	1½ teaspoons

Press Select until 8 appears on the display for the Sweet setting. Press Start. When unit signals and the display reads END, press Stop and remove bread.

French

Timer OK

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound
	Setting 7
Water	6-8 ounces
Salt	1 teaspoon
Vegetable oil	1½ tablespoons
Bread flour	3 cups
Sugar	1½ teaspoons
Bread machine or fast-acting yeast	2 teaspoons

Press Select until 7 appears on the display for the French setting. Press Start. When unit signals and the display reads END, press Stop and remove the bread.

Country White

Not for Timer

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound
	Setting 8
Milk	6-8 ounces
Salt	1½ teaspoons
Butter or margarine	1½ tablespoons
Bread flour	3 cups
Sugar	1½ tablespoons
Bread machine or fast-acting yeast	2 teaspoons

Press Select until 8 appears on the display for the Sweet setting. Press Start. When unit signals and the display reads END, press Stop and remove the bread.

Italian Herb

Timer OK

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound Setting 7
Water	7-9 ounces
Salt	1 teaspoon
Vegetable oil	1½ tablespoons
Bread flour	3 cups
Grated Parmesan cheese	¼ cup
Dried parsley	1 tablespoon
Sugar	2 teaspoons
Dried onion flakes	2 teaspoons
Basil	½ teaspoon
Garlic powder	½ teaspoon
Bread machine or fast-acting yeast	2 teaspoons

Press Select until 7 appears on the display for the French setting. Press Start. When unit signals and the display reads END, press Stop and remove the bread.

Yogurt Rye

Not for Timer

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound Setting 5* or 6*
Water	3-4 ounces
Salt	1 teaspoon
Large egg	1
Plain yogurt	⅓ cup
Butter or margarine	1½ tablespoons
Molasses	1½ tablespoons
Bread flour	2 cups
Rye flour	1 cup
Caraway seed (optional)	1 tablespoon
Baking soda	⅛ teaspoon
Bread machine or fast-acting yeast	1¾ teaspoons

Press Select until desired setting appears on the display. Press Start. When unit signals and the display reads END, press Stop and remove the bread.

* Setting 5 has a 30-minute delay before mixing begins and Setting 6 has a 15-minute delay before mixing begins.

Pumpnickel

Not for Timer

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound Setting 2 or 6*
Milk	3 ounces
Water	5-6 ounces
Salt	1 teaspoon
Molasses	1½ tablespoons
Butter or margarine	1 tablespoon
Bread flour	2 cups
Rye flour	¾ cup
Onion powder, optional	½ teaspoon
Cocoa	2 teaspoons
Bread machine or fast-acting yeast	2 teaspoons

Press Select until desired setting appears on the display. Press Start. When unit signals and the display reads END, press Stop and remove bread.

*Setting 6 has a 15-minute delay before mixing begins.

Oatmeal

Timer OK

All ingredients at room temperature (70-80°F/21-27°C)

	1 Pound Setting 1	1½ Pound Setting 2 or 3
Water	6-7 ounces	7-9 ounces
Salt	¾ teaspoon	1¼ teaspoons
Honey	1 tablespoon	1½ tablespoons
Butter or margarine	1 tablespoon	1½ tablespoons
Quick cook oats	⅓ cup	½ cup
Bread flour	2 cups	2½ cups
Oat bran	1 tablespoon	1½ tablespoons
Dry milk	1 tablespoon	1½ tablespoons
Bread machine or fast-acting yeast	1½ teaspoons	2 teaspoons

Press Select until desired setting appears on display. Press Start. When unit signals and the display reads END, press Stop and remove the bread.

Raisin

Not for Timer

All ingredients at room temperature (70-80°F/21-27°C)

	1 Pound Setting 1	1½ Pound Setting 2 or 3
Water	6-7 ounces	7-9 ounces
Salt	¾ teaspoon	1 teaspoon
Butter or margarine	1 tablespoon	1½ tablespoons
Bread flour	2¼ cups	3 cups
Sugar	1 tablespoon	1½ tablespoons
Dry milk	1 tablespoon	1½ tablespoons
Cinnamon	¾ teaspoon	1 teaspoon
Bread machine or fast-acting yeast	1½ teaspoons	2 teaspoons
Raisins	⅓ cup	½ cup

Press Select until desired setting appears on the display. Press Start. When unit signals during the kneading cycle, add the raisins a few at a time. When the unit signals and the display reads END, press Stop and remove bread.

Honey Grain

Timer OK

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound Setting 5* or 6*
Water	8-10 ounces
Salt	1 teaspoon
Butter or margarine	2 tablespoons
Honey	1½ tablespoons
Bread flour	2 cups
Whole wheat flour	1 cup
Quick cook oats	¼ cup
Bread machine or fast-acting yeast	2 teaspoons

Press Select until desired setting appears on the display. Press Start. When the unit signals and the display reads END, press Stop and remove bread.

* Setting 5 has a 30-minute delay before mixing begins and Setting 6 has a 15-minute delay before mixing begins.

Honey Wheat

Timer OK

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound Setting 6*
Wheat flakes	¾ cup
Wheat bran	1 tablespoon
Water	6-8 ounces
Honey	1½ tablespoons
Salt	1 teaspoon
Butter or margarine	1 tablespoon
Bread flour	2¾ cups
Bread machine or fast-acting yeast	2 teaspoons

Press Select until 6 appears on the display for the Whole Wheat Rapid Setting. Press Start. When unit signals and the display reads END, press Stop and remove bread.

* Setting 6 has a 15-minute delay before mixing begins.

Cracked Wheat

Timer OK

All ingredients at room temperature (70-80°F/21-27°C)

	1 Pound Setting 4*	1½ Pound Setting 5* or 6*
Water	6-8 ounces	7-9 ounces
Salt	¾ teaspoon	1 teaspoon
Cracked wheat	¼ cup	⅓ cup
Butter or margarine	1 tablespoon	1 tablespoon
Honey	1 tablespoon	1½ tablespoons
Bread flour	1¾ cups	2 cups
Whole wheat flour	½ cup	1 cup
Bread machine or fast-acting yeast	1½ teaspoons	2 teaspoons

Press Select until 4, 5 or 6 appears on the display for the Whole Wheat Setting. Press Start. When the unit signals and the display reads END, press Stop and remove bread.

* Setting 4 and 5 have a 30-minute delay before mixing begins and Setting 6 has a 15-minute delay before mixing begins.

100% Whole Wheat - Fat Free**Timer OK**

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound Setting 5*
Water	8-9 ounces
Salt	1½ teaspoons
Honey	1½ tablespoons
Molasses	1½ tablespoons
Whole wheat	3 cups
Vital gluten	1½ tablespoons
Bread machine or fast-acting	2 teaspoons

Press Select until 5 appears on the display for the Whole Wheat Setting. Press Start. When the unit signals and the display reads END, press Stop and remove bread.

Multi-Grain**Not for Timer**

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound Setting 5*
Buttermilk	5-6 ounces
Salt	1 teaspoon
Butter	2 tablespoons
Honey	2 tablespoons
Carrots, shredded	¼ cup
Wheat germ	¼ cup
Oats, quick-cook	¼ cup
Wheat berries, cooked, optional**	2 tablespoons
Whole wheat flour	1¼ cups
Bread flour	1¼ cups
Sugar	1½ tablespoons
Baking soda	⅛ teaspoon
Bread machine or fast-acting yeast	2 teaspoons
Raisins	⅓ cup

Press Select until 5 appears on the display for the Whole Wheat Setting. Press Start. When the unit signals and the display reads END, press Stop and remove bread.

* Setting 5 has a 30-minute delay before mixing begins.

** To cook wheat berries, soak overnight in water, then drain and add to boiling water. Bring back to boil, cover, reduce heat and simmer 60 minutes or until tender. Drain and cool completely under running water. Drain well before adding to bread pan.

Apple Walnut**Not for Timer**

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound Setting 8
Unsweetened applesauce	4 ounces
Apple juice	2-4 ounces
Salt	1 teaspoon
Butter or margarine	1½ tablespoons
Large egg	1
Bread flour	3 cups
Packed brown sugar	2 tablespoons
Cinnamon	1 teaspoon
Baking soda	¼ teaspoon
Bread machine or fast-acting yeast	2 teaspoons
Chopped walnuts	⅓ cup

Press select until 8 appears on the display for the Sweet Setting. Press Start. When unit signals during the kneading cycle, add the nuts a few at a time. When the unit signals and the display reads END, press Stop and remove bread.

Panettone**Not for Timer**

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound Setting 8
Water	6-8 ounces
Salt	1 teaspoon
Butter or margarine	2 tablespoons
Large egg	1
Vanilla extract	1 teaspoon
Almond extract	1 teaspoon
Bread flour	3 cups
Sugar	¼ cup
Dry milk	1½ tablespoons
Bread machine or fast-acting yeast	2 teaspoons
Raisins	⅓ cup
Candied orange peel	⅓ cup

Press Select until 8 appears on the display for the Sweet Setting. Press Start. When unit signals during the kneading cycle, slowly add the raisins and orange peel. When the unit signals and the display reads END, press Stop and remove bread.

Sourdough

Timer OK

	1 pound Setting 1	1½ pound Setting 2 or 3
Sourdough starter	6 ounces	8 ounces
Warm water	1-3 ounces	3-5 ounces
Salt	1 teaspoon	1¼ teaspoons
Bread flour	2½ cups	3¾ cups
Sugar	1½ tablespoons	2 tablespoons
Bread machine or fast-acting yeast	1½ teaspoons	2 teaspoons

Select desired setting: 1, 2 or 3. Press Start. When unit signals and the display reads END, press Stop and remove bread.

Sourdough Starter

2¼ teaspoons bread machine or fast-acting yeast
16 ounces warm water
2 cups all-purpose flour

In a 2 or 3 quart glass bowl, using a wooden or nylon spoon, mix yeast and warm water, let stand 10 minutes. Add flour; mix until thick batter forms. Batter need not be smooth. Cover loosely with cheesecloth, lightweight kitchen towel or plastic wrap; let stand in warm place for 24 hours. Stir; cover loosely. Place starter in a warm place for 2 to 3 days or until it bubbles and smells sour; stir once a day. Cover loosely with plastic wrap or plastic cover; refrigerate.

To Replenish Starter

After using a portion of starter, replenish with equal amounts of flour and warm water. For example, if 10 ounces (1¼ cups) of starter were removed to make bread, replenish remaining starter with 10 ounces (1¼ cups) warm water and 10 ounces (1¼ cups) flour. Stir well to blend, cover and let stand in warm place until bubbly, 3 to 5 hours. Store starter in loosely covered glass container in refrigerator. If not used at the end of one week, remove 1 cup starter and discard; then replenish with equal amounts of flour and warm water as instructed above.

Hints for Successful Sourdough Baking

1. Always make starter in a glass container. Never store in metal containers or use metal utensils. The starter will react to the metal.
2. All ingredients, including starter, should be at room temperature (70-80°F/21-27°C). Cold ingredients slow down the activity.
3. When removing starter, always replenish it. Let stand at room temperature for 3 to 5 hours, until mixture bubbles. Cover and refrigerate.
4. If starter separates (liquid forms on surface), stir until blended before using.
5. If the liquid that forms on surface of starter turns pink in color at any time, discard the starter and start over again with fresh ingredients.
6. Sourdough bread made in an automatic breadmaker requires the addition of yeast. The starter's strength and the rising times in the breadmaker are not long enough to allow proper rising without it.

Quick Bread Instructions

Unlike yeast breads, quick breads do not use yeast as the rising agent. Therefore, the knead and rise cycles have been omitted. Instead, quick breads use baking powder or baking soda along with steam to act as a leavening agent.

Instructions for making Quick Bread:

1. Measure all ingredients into bread pan. Position pan in baking chamber.
2. Select Setting 10. Press Start; let ingredients mix for 5 minutes. Using rubber spatula, scrape down sides of the bread pan to eliminate flour pockets in the corners.
3. When the quick bread has finished baking, remove pan to heatproof surface and let cool in pan 5 minutes to allow bread to "set." Remove bread from pan to wire rack and cool completely before slicing.

Quick Bread Recipes

Cranberry Nut

Not for Timer
Setting 10

All ingredients at room temperature (70-80°F/21-27°C)

Milk	10 ounces
Large egg	1
Vegetable oil	3 tablespoons
All-purpose flour	2½ cups
Sugar	¾ cup
Baking powder	3½ teaspoons
Salt	1 teaspoon
Coarsely chopped dried cranberries	1 cup
Chopped walnuts	1 cup

Measure milk, egg and oil into bread pan and set aside. In a medium mixing bowl, combine remaining dry ingredients except cranberries and nuts. Mix well and add to bread pan. Then add cranberries and nuts.

Press Select until 10 appears on the display for the Quick Bread setting. Press Start. When unit signals and the display reads END, press Stop and remove bread.

Banana Chocolate Chip

Not for Timer
Setting 10

All ingredients at room temperature (70-80°F/21-27°C)

Bananas, ripe, mashed	3
Butter or margarine, melted	1/3 cup
Eggs, slightly beaten	2
Sour milk	3 tablespoons (1 tablespoon vinegar and 2 tablespoons milk)
All-purpose flour	2 cups
Sugar	1/2 cup
Baking soda	1 teaspoon
Baking powder	1 teaspoon
Salt	1/2 teaspoon
Chopped nuts	1/2 - 3/4 cup
Chocolate chips	1/2 cup

Measure banana, milk, eggs and butter into bread pan. In a medium mixing bowl, combine remaining ingredients, stir together. Add to bread pan.

Press Select until 10 appears on the display for the Quick Bread setting. Press Start. When unit signals and the display reads END, press Stop and remove bread.

Zucchini

Not for Timer
Setting 10

All ingredients at room temperature (70-80°F/21-27°C)

2-3 medium zucchini, shredded	2 cups
Vegetable oil	1/2 cup
Eggs, slightly beaten	2
Vanilla	2 teaspoons
All-purpose flour	1 1/2 cups
Sugar	1 cup
Baking soda	3/4 teaspoon
Cinnamon, optional	1/2 teaspoon
Baking powder	1/4 teaspoon
Chopped nuts	1/2 cup

Measure zucchini, oil, eggs and vanilla into bread pan. In a medium mixing bowl, combine remaining ingredients, stir together. Add to bread pan.

Press Select until 10 appears on the display for the Quick Bread setting. Press Start. When unit signals and the display reads END, press Stop and remove bread.

Nut Bread

**Not for Timer
Setting 10**

All ingredients at room temperature (70-80°F/21-27°C)

Milk	10 ounces
Large egg	1
Vegetable oil	3 tablespoons
All-purpose flour	2 ³ / ₄ cups
Sugar	1/3 cup
Packed brown sugar	1/3 cup
Baking powder	3 ¹ / ₂ teaspoons
Salt	1 teaspoon
Cinnamon	1 teaspoon
Chopped nuts	1 cup

Measure milk, egg and oil into bread pan and set aside. In medium mixing bowl, combine remaining ingredients, stir together. Add to bread pan.

Press Select until 10 appears on the display for the Quick Bread setting. Press Start. When unit signals and the display reads END, press Stop and remove bread.

Apricot Nut

**Not for Timer
Setting 10**

All ingredients at room temperature (70-80°F/21-27°C)

Orange juice	6 ounces
Large egg	1
Butter or margarine	2 tablespoons
All-purpose flour	2 cups
Sugar	3/4 cup
Baking powder	2 teaspoons
Baking soda	1/4 teaspoon
Salt	1 teaspoon
Chopped dried apricots	1 cup
Slivered almonds	3/4 cup

Measure orange juice, egg and butter into bread pan and set aside. In medium mixing bowl, combine remaining ingredients, stir together. Add to bread pan.

Press Select until 10 appears on the display for the Quick Bread setting. Press Start. When unit signals and the display reads END, press Stop and remove bread.

Dough Instructions

1. Follow Operating Instructions, Steps 1 through 6.
2. Press the Select button to reach the dough setting 9 (the number 9 appears on the display). Each time the Select button is pressed, you will hear a beep and the cycle number will advance.
3. Press Start. The read-out on the display will begin counting down the time on the Dough setting. When dough is ready, the unit will signal and the display will read END.
4. Press Stop, holding it down until you hear a beep and the display clears.
5. To remove the bread pan, grasp handle firmly and lift pan out of breadmaker.

Note: The pan does not get hot when using the dough setting.

PREPARE DOUGH FOR BAKING

1. Lightly sprinkle all-purpose flour onto a pastry mat or board. Using a rubber spatula or wooden spoon, remove dough from the bread pan and place on lightly floured surface. Knead by hand 2 or 3 times to release the air. If the dough is easy to handle without flour, shape on a lightly oiled, clean countertop.
2. Shape dough into your favorite rolls, coffee cake, etc. (suggestions follow). Place on greased baking pan. Cover dough with a clean cloth and let rise until almost doubled in size, about 1 hour.
3. Bake as directed in recipe. Remove from pan and cool on a wire rack, or serve warm.

CRUST TREATMENTS AND GLAZES

After rolls rise, just before baking, gently apply desired glaze with a pastry brush. Bake as directed in recipe.

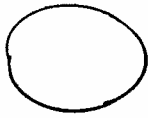
- For a shiny golden crust, use Egg Glaze or Egg Yolk Glaze.
- For a shiny chewy crust, use Egg White Glaze (crust will be lighter in color).

Egg Glaze	Egg Yolk Glaze	Egg White Glaze
Mix 1 slightly beaten egg with 1 tablespoon water or milk.	Mix 1 slightly beaten egg yolk with 1 tablespoon water or milk.	Mix 1 slightly beaten egg white with 1 tablespoon water.

Note: To keep unused egg yolk fresh for several days, cover with cold water and store in refrigerator in a covered container.

Variations for Shaping Dough

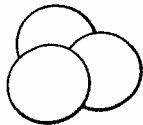
Easy Dinner Rolls



Divide dough into 12 equal pieces, shape into balls and place in greased muffin cups. Cover, let rise and bake as directed.

Makes 12.

Cloverleaves



Lightly grease 12 muffin cups. Divide dough into 36 1-inch pieces. Pull edges under, smoothing tops to shape into balls. Place 3 balls in each muffin cup, smooth-side-up. Cover, let rise and bake as directed.

Makes 12.

Simple Pan Rolls



Lightly grease 8 x 1½-inch, or 9 x 1½-inch, round baking pan. Divide dough into 12 pieces. Shape each piece into a ball, pulling edges under to make a smooth top. Arrange rolls smooth-side-up in prepared pan. Cover, let rise and bake as directed.

Makes 12.

Swirls

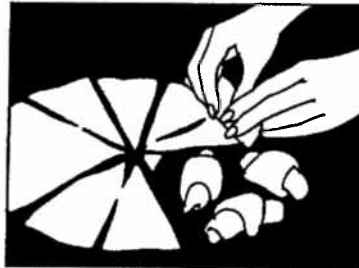


Lightly grease baking sheet. Divide dough into 12 equal pieces. On a lightly floured surface, using your hand, roll each piece into a

pencil-like strand about 9 inches long. Beginning at center, make a loose swirl with each strand. Place rolls 2-3 inches apart on prepared baking sheet. Cover, let rise and bake as directed.

Makes 12.

Butterhorns



Lightly grease baking sheet and set aside. On lightly floured surface, roll dough into a 12-inch circle. Brush dough with melted butter. Cut into 12 wedges. To shape rolls, begin at wide end of wedge and roll toward point. Place rolls point side down, 2 to 3 inches apart, on prepared baking sheet. Cover, let rise and bake as directed.

Makes 12.

Bow Knots



Lightly grease baking sheet. Divide dough into 12 equal pieces. On lightly floured surface, using your hand, roll each piece into a pencil-like strand about 9 inches long. Form a loose knot. Place rolls 2 to 3 inches apart on prepared baking sheet. Cover, let rise and bake as directed.

Makes 12.

Shortcut Cloverleaves



Lightly grease 12 muffin cups. Divide dough into 12 pieces. Shape each piece into a ball, pulling edges under to make a smooth top. Place one ball in each greased muffin cup, smooth-side-up. Using scissors dipped in flour, snip top in half, then snip again crosswise, making 4 points. Cover, let rise and bake as directed.

Makes 12.

Rising

To reduce rising time of dough

- Preheat conventional oven to 200°F/93°C for 5 minutes, then turn off oven. Shape dough, place on baking pan as directed and cover with a clean kitchen towel. Place dough in oven until doubled in size. This will reduce rising time by about one-half.
- Recipes using whole grain or unrefined flours contain less gluten and may not rise as much as those using white bread flour. These heavier breads may fall slightly in the center. This is normal and will not affect the flavor. Vital wheat gluten can also be added to improve the shape and volume of bread made with low gluten flours.

Freezing

For best results, store unbaked yeast dough in the freezer for no more than two weeks.

To freeze unbaked bread dough

- Shape loaves and wrap in plastic wrap or foil. When you shape the loaf, be sure it fits easily into the baking pan as it will spread a little before freezing. Place wrapped loaf on a flat surface in your freezer so it will keep its shape until frozen.
- To bake: Remove dough from freezer, unwrap, and place in greased loaf pan (size specified in recipe). Cover, let thaw and rise in a warm place until almost doubled in size, about 6 hours for a standard size loaf. Or, thaw dough in refrigerator overnight, then unwrap, place dough in pan, and let rise in a warm place for approximately 2 hours.

To freeze unbaked rolls

- Shape rolls and place on greased baking sheets, or in muffin pans as indicated in recipe. Cover rolls with plastic wrap or foil and place in freezer. Rolls shaped in muffin pans are best frozen and stored in the pans. Rolls shaped on baking sheets should be removed as soon as they are completely frozen and placed in freezer bags or wrapped securely. Label each package with date and quantity.
- To bake: Remove rolls from freezer about 2 hours before baking. If not already in a pan, place 1 inch apart on greased baking pan. Cover pan loosely with a clean cloth and set in a warm place to thaw and rise until almost doubled in size (approximately 1½ to 2 hours). Bake as directed in recipe.
- You can also wrap and freeze unshaped dough right after the first rise and after you have punched it down. To use, thaw dough about 3 hours at room temperature, or overnight in the refrigerator; then shape, cover, let rise, and bake as directed in recipe.

Storing

Keeping your bread fresh

- There are no preservatives in your homemade bread, so store cooled loaf in a tightly sealed plastic bag. If desired, enclose a stalk of celery in the bag to keep bread fresh longer. Do not store in the refrigerator as this causes bread to dry out faster.
- Water in which potatoes have been cooked is an excellent variation for other liquid in the recipe. This will aid in keeping the bread fresh longer.

Dough Recipes

Honey & Wheat Rolls

Not for Timer
Setting 9

All ingredients at room temperature (70-80°F/21-27°C)

Water	1 cup
Salt	1 teaspoon
Honey	¼ cup
Egg	1
Bread flour	2 cups
Whole wheat flour	1¼ cups
Bread machine or fast-acting yeast	2 teaspoons

Press Select until 9 appears on the display for the dough setting. Press Start. When unit signals and display reads END, press Stop and remove dough. Shape as desired, see Shaping Dough. Bake at 350°F/177°C for 25 to 30 minutes.

Makes 12 rolls.

Focaccia

Timer OK
Setting 9

All ingredients at room temperature (70-80°F/21-27°C)

Water	8-9 ounces
Olive oil (for dough)	3 tablespoons
Salt	1 teaspoon
Garlic, crushed	1-2 cloves
Dried rosemary	1½ teaspoons
Bread flour	3 cups
Bread machine or fast-acting yeast	1¾ teaspoons
Olive oil (for topping)	1½ tablespoons
Sun-dried tomatoes, reconstituted and chopped	½ cup
Parmesan cheese, grated	½ cup

Measure all ingredients into bread pan except 1½ tablespoons olive oil, tomatoes and Parmesan cheese. Press Select until 9 appears on the display for the Dough setting. Press Start. When the unit signals and the display reads END, press Stop and remove the dough. Pat dough into a greased 9 x 13-inch pan. Cover; let rise for 30 minutes. With the handle of a wooden spoon, make indentations in dough, about 1 inch apart. Brush dough with 1½ tablespoons olive oil, sprinkle with tomatoes and Parmesan cheese. Preheat oven to 400°F/204°C. Bake 15-20 minutes or until edges are golden brown. Let cool, cut into squares to serve.

Bran Buns

**Not for Timer
Setting 9**

All ingredients at room temperature (70-80°F/21-27°C)

Water	6-7 ounces
Salt	$\frac{3}{4}$ teaspoon
Butter or margarine	$\frac{1}{3}$ cup
Egg	1
Bread flour	$2\frac{3}{4}$ cups
Wheat bran	$\frac{1}{3}$ cup
Sugar	3 tablespoons
Bread machine or fast-acting yeast	2 teaspoons

Press Select until 9 appears on the display for the dough setting. Press Start. When unit signals and display reads END, press Stop and remove dough. Shape as desired, see Shaping Dough. Bake at 350°F/177°C for 25 to 30 minutes.

Makes 12 buns or 24 rolls.

Bread Pretzels

**Timer OK
Setting 9**

All ingredients at room temperature (70-80°F/21-27°C)

Water	6-7 ounces
Salt	$\frac{1}{4}$ teaspoon
Bread flour	2 cups
Sugar	$\frac{1}{2}$ teaspoon
Bread machine or fast-acting yeast	$1\frac{1}{2}$ teaspoons
Egg, beaten	1
Coarse salt	1-2 tablespoons

Measure all ingredients into bread pan, except egg and coarse salt. Press Select until 9 appears on the display for the dough setting. Press Start. When unit signals and display reads END, press Stop and remove dough.

Preheat oven to 450°F/232°C. Divide dough into 12 pieces. Roll each into 8-inch rope. Form into pretzel shape or leave in stick shape. Place on a greased cookie sheet, brush each with beaten egg. Sprinkle with coarse salt. Bake in preheated oven for 12 to 15 minutes.



Makes 12 pretzels.

English Muffins**Timer OK
Setting 9**

All ingredients at room temperature (70-80°F/21-27°C)

Water	6-7 ounces
Salt	1 teaspoon
Butter or margarine	2 tablespoons
Bread flour	2¼ cups
Dry milk	¼ cup
Wheat germ	¼ cup
Quick cook oats	¼ cup
Sugar	2 tablespoons
Bread machine or fast-acting yeast	2 teaspoons
Cornmeal	¼ cup

Measure all ingredients into the bread pan, except cornmeal. Press Select until 9 appears on the display for the dough setting. Press Start. When unit signals and display reads END, press Stop and remove dough.

Sprinkle cornmeal over flat surface. Place dough on cornmeal and roll to ¼-inch thickness. Cut into 2½ to 3-inch circles. Place dough, cornmeal-side-down, on an ungreased baking sheet. Cover and let rise in a warm, draft-free place for 30 minutes. Preheat electric griddle or fry pan to 250°F/121°C. Cook, cornmeal-side-down about 8 minutes or until golden brown. Turn and cook another 8 minutes.

Makes 10 to 12 3-inch muffins.

Butter Rolls**Not for Timer
Setting 9**

All ingredients at room temperature (70-80°F/21-27°C)

Milk	6-7 ounces
Salt	1 teaspoon
Water	¼ cup
Butter	¼ cup
Egg	1
Bread flour	3 cups
Sugar	2 tablespoons
Bread machine or fast-acting yeast	2 teaspoons

Press Select until 9 appears on the display for the dough setting. Press Start. When unit signals and display reads END, press Stop and remove dough. Shape as desired, see Shaping Dough. Bake at 350°F/177°C for 25 to 30 minutes.

Makes 12 rolls.

Addie's Coffee Cake

Not for Timer
Setting 9

All ingredients at room temperature (70-80°F/21-27°C)

Milk	6-7 ounces
Salt	1 teaspoon
Egg yolk	1
Butter or margarine	1 tablespoon
Bread flour	2¼ cups
Sugar	¼ cup
Bread machine or fast-acting yeast	2 teaspoons

Press Select until 9 appears on the display for the dough setting. Press Start. When unit signals and display reads END, press Stop and remove dough. Pat dough into greased 9-inch round, or 5 x 7-inch oblong cake pan. Add topping.

Topping

Butter, melted	2 tablespoons
Sugar	½ cup
Ground cinnamon	1 teaspoon
Chopped pecans	½ cup
Powdered Sugar Glaze, optional	

Drizzle butter over dough. In small bowl, mix sugar, cinnamon and nuts; sprinkle onto butter. Cover; let rise in warm place about 30 minutes. Bake in preheated oven (375°F/191°C) 20 to 25 minutes, until golden brown. Cool 10 minutes in pan on rack. Drizzle with powdered sugar glaze if desired.

12 servings.

Powdered Sugar Glaze (for Coffee Cakes and Sweet Rolls)

Sifted powdered sugar	1 cup
Butter or margarine, softened	1 teaspoon
Water or milk	1 or 2 tablespoons
Vanilla	½ teaspoon

In a small bowl, combine all ingredients and blend until smooth. Spread or drizzle glaze on slightly warm coffee cake or sweet rolls.

Reuben Bake

**Timer OK
Setting 9**

All ingredients at room temperature (70-80°F/21-27°C)

Water	5-7 ounces
Salt	$\frac{3}{4}$ teaspoon
Oil	2 tablespoons
Molasses	1 tablespoon
Rye flour	1 cup
Bread flour	1 cup
Caraway seed	2 teaspoons
Dried minced onion	2 teaspoons
Bread machine or fast-acting yeast	2 teaspoons

Press Select until 9 appears on the display for the Dough setting. Press Start. When unit signals and display reads END, press Stop and remove dough. Pat dough into greased 9 x 13-inch cake pan. Add topping.

Topping

Mayonnaise	$\frac{1}{2}$ cup
Prepared mustard	3 tablespoons
Prepared horseradish	1 tablespoon
Corned beef, chopped	4-5 ounces
Sauerkraut	1 can (8 ounces), well drained
Swiss cheese, shredded	2 cups (8 ounces)

In small bowl, combine mayonnaise, mustard and horseradish; spread over dough. Cover with waxed paper and let rest 30 minutes.

Preheat oven to 350°F/177°C. Layer corned beef and sauerkraut on dough. Top with cheese. Bake 30 to 35 minutes. Cut into wedges to serve.

6 to 8 servings.

Cinnamon Rolls

**Timer OK
Setting 9**

All ingredients at room temperature (70-80°F/21-27°C)

Classic White dough (p. 29)	1½ pound recipe
Butter or margarine, softened	2 tablespoons
Sugar	¼ cup
Ground cinnamon	2 teaspoons
Powdered Sugar Glaze, page 50	

Combine all ingredients for Classic White recipe in bread pan.

Press Select until 9 appears on the display for Dough setting. Press Start. When unit signals and the display reads END, press Stop and remove dough.

On a lightly floured surface, roll dough into rectangle (15 x 9-inches), spread soft butter on dough. Mix sugar and cinnamon; sprinkle over butter. Roll up tightly, beginning at 15-inch side. Pinch edges to seal. Stretch roll to make even. Cut nine 1½-inch slices. Arrange in greased 9 x 9 x 2-inch square pan, spacing evenly. Cover; let rise until double in size; about 40 minutes. Preheat oven to 375°F/191°C. Bake 25 to 30 minutes or until golden brown. Cool on wire rack for 10 minutes. Top warm rolls with glaze (see page 50).

Makes 9 rolls.

Pizza Crust

**Timer OK
Setting 9**

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound
Water	7-8 ounces
Salt	½ teaspoon
Olive oil or vegetable oil	2 tablespoons
All-purpose flour	3 cups
Bread machine or fast-acting yeast	1½ teaspoons

Press Select until 9 appears on the display for the Dough setting. Press Start. When the unit signals and the display reads END, press Stop and remove dough.

Pat dough into 12 x 15-inch jelly roll pan or greased 12-inch round pizza pan. Let stand 10 minutes. Preheat oven to 400°F. Spread pizza sauce over dough. Sprinkle toppings over sauce (see page 53). Bake 15 to 20 minutes, or until crust is golden brown.

Whole Wheat Pizza Crust

Timer OK
Setting 9

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound
Water	6-7 ounces
Salt	$\frac{3}{4}$ teaspoon
Vegetable oil or olive oil	1 tablespoon
Honey	1 tablespoon
Whole wheat flour	$2\frac{1}{4}$ cups
Wheat germ	$\frac{1}{4}$ cup
Bread machine or fast-acting yeast	2 teaspoons

Press Select until 9 appears on the display for Dough setting. Press Start. When unit signals and display reads END, press Stop and remove dough.

Pat dough into 12 x 15-inch jelly roll pan or greased 12-inch round pizza pan. Let stand 10 minutes. Preheat oven to 400°F. Spread pizza sauce over dough. Sprinkle toppings over sauce. Bake in a preheated oven 15 to 20 minutes, or until crust is golden brown.

Pizza Toppings

- 1 cup (8 oz.) prepared pizza sauce
- 1 pkg. (3-4 oz.) sliced pepperoni
- $\frac{1}{2}$ pound bulk pork sausage browned and drained
- 1 can (4 oz.) mushroom stems and pieces, drained
- $\frac{1}{3}$ cup chopped onions
- 1 cup chopped green peppers
- 1 cup (8 oz.) shredded mozzarella cheese

Multi-Grain Cinnamon Raisin Bagels

Timer OK
Setting 9

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound
Water	6-8 ounces
Salt	1½ teaspoons
Vegetable oil	1 tablespoon
Bread flour	2 cups
Quick cook oatmeal	½ cup
Whole wheat flour	¼ cup
Brown sugar, packed	1 tablespoon
Cinnamon	1½ teaspoons
Bread machine or fast-acting yeast	1½ teaspoons
Raisins	½ cup

Press Select until 9 appears on display for Dough setting. Press Start.
When unit signals and display reads END, press Stop and remove dough.

Divide dough into 6 to 10 equal pieces. Roll each piece into a rope. Wrap rope around four fingers, moisten ends, overlap and join ends. Turn circle inside out. Place shaped bagels on greased baking sheet at least 1 inch apart. Cover with lightly dampened cloth. Allow to rise until puffy, about 30 minutes. Heat 4 to 6 quarts water to a boil in Dutch oven or stockpot. Drop 2 to 3 bagels into boiling water. Boil 1½ minutes on each side. Remove with slotted spoon and drain on towel. Repeat with remaining bagels. Lightly grease baking sheet or dust with cornmeal to prevent sticking. Bake in preheated 400°F oven 20 to 25 minutes or until golden brown. For crustier crust, spritz bagels several times with water during baking.

Basic Egg Bagels**Not for Timer
Setting 9**

All ingredients at room temperature (70-80°F/21-27°C)

	1½ Pound
Water	4-6 ounces
Salt	1½ teaspoons
Large egg	1
Vegetable oil	1½ tablespoons
Bread flour	2½ cups
Sugar	1 tablespoon
Bread machine or fast-acting yeast	1½ teaspoons

Press Select unit 9 appears on display for Bagel Dough setting. Press Start. When unit signals and display reads END, press Stop and remove dough.

Divide dough into 6 to 10 equal pieces. Roll each piece into a rope. Wrap rope around four fingers, moisten ends, overlap and join ends. Turn circle inside out. Place shaped bagels on greased baking sheet at least 1 inch apart. Cover with lightly dampened cloth. Allow to rise until puffy, about 30 minutes. Heat 4 to 6 quarts water to a boil in Dutch oven or stockpot. Drop 2 to 3 bagels into boiling water. Boil 1½ minutes on each side. Remove with slotted spoon and drain on towel. Repeat with remaining bagels. Lightly grease baking sheet or dust with cornmeal to prevent sticking. Bake in preheated 400°F oven 20 to 25 minutes or until golden brown. For crustier crust, spritz bagels several times with water during baking.

Pasta Recipes

Basic Pasta

Not for Timer
Setting 9

All ingredients at room temperature (70-80°F/21-27°C)

All-purpose flour	2 cups
Semolina flour	1 cup
Salt	1 teaspoon
Olive or vegetable oil	1 tablespoon
Water	7 ounces

Press Select until 9 appears on display for Dough setting. Press Start, and allow to mix 8 to 10 minutes; then press Stop. Remove dough and roll out on lightly floured surface. Roll to 1/8-inch thickness. Dust with flour if dough is sticky. Cut into 1/8-inch strips for narrow noodles or 1/4-inch for medium noodles. Cook noodles in large pot of boiling water for 10 to 15 minutes. Drain in colander.

Egg Pasta

Not for Timer
Setting 9

All ingredients at room temperature (70-80°F/21-27°C)

All-purpose flour	2 cups
Semolina flour	1 cup
Salt	1 teaspoon
Olive or vegetable oil	1 teaspoon
Eggs, slightly beaten	4 large
Water	2 tablespoons

Press Select until 9 appears on display for Dough setting. Press Start, and allow to mix 8 to 10 minutes; then press Stop. Remove dough and roll out on lightly floured surface. Roll to 1/8-inch thickness. Dust with flour if dough is sticky. Cut into 1/8-inch strips for narrow noodles or 1/4-inch for medium noodles. Cook noodles in large pot of boiling water for 10 to 15 minutes. Drain in colander.

Jam Recipes

Strawberry Jam

Not for Timer
Setting 11

Fresh strawberries, sliced	1½ cups
Sugar	1 cup
Lemon juice	2 teaspoons
Powdered lo-sugar fruit pectin	1 tablespoon

Combine all ingredients in bread pan. Press Select until 11 appears on display for Jam setting. Press Start. When display reads END, press Stop. Using hot pads, remove bread pan. Pour jam into containers; cover. Refrigerate to set.

Makes about 3 cups.

Orange Marmalade

Not for Timer
Setting 11

Oranges	3 large
Lemon	1
Sugar	1¼ cups
Powdered lo-sugar fruit pectin	2 tablespoons

With a vegetable peeler, shave off the bright layer of peel from one orange and lemon; chop finely. Remove remaining white peel from orange and lemon, discard. Peel remaining oranges, discard peels. Slice fruit into ½-inch pieces. Combine chopped peels, fruit, sugar and pectin in bread pan. Press Select until 11 appears on display for Jam setting. Press Start. When display reads END, press Stop. Using hot pads, remove bread pan. Pour jam into containers and cover. Refrigerate to set.

Makes about 3 cups.

Frozen Berry Jam

Not for Timer
Setting 11

Frozen berries, thawed (strawberries and raspberries are ideal)	1 package (10-12 ounces)
Lemon juice	1 tablespoon
Sugar	1¾ cups
Liquid fruit pectin	1 pouch (3 ounces)

Combine all ingredients in bread pan. Press Select until 11 appears on display for Jam setting. Press Start. When unit signals and display reads END, press Stop. Using hot pads, remove bread pan. Spoon jam into containers; cover. Refrigerate 1 hour to set.

Recipe Index

Super Rapid Bread Recipes

Cinnamon Raisin	28
Classic White	26
Deluxe White	27
Honey Wheat	27
Oatmeal	28

Traditional Bread Recipes

100% Whole Wheat	
- Fat Free	36
Apple Walnut	37
Classic White	29
Country White	31
Cottage Cheese and Chives .	30
Cracked Wheat	35
French	31
Honey Grain	34
Honey Wheat	35
Italian Herb	32
Multi-Grain	36
Oatmeal	33
Old-Fashioned White	30
Panettone	37
Pumpernickel	33
Raisin	34
Sourdough	38
Yogurt Rye	32

Quick Bread Recipes

Apricot Nut	41
Banana Chocolate Chip . . .	40
Cranberry Nut	39
Nut Bread	41
Zucchini	40

Dough Recipes

Addie's Coffee Cake	50
Basic Egg Bagels	55
Bran Buns	48
Bread Pretzels	48
Butter Rolls	49
Cinnamon Rolls	52
English Muffins	49
Focaccia	47
Honey & Wheat Rolls	47
Multi-Grain Cinnamon	
Raisin Bagels	54
Pizza Crust	52
Powdered Sugar Glaze	50
Reuben Bake	51
Whole Wheat Pizza Crust . .	53

Pasta Recipes

Basic Pasta	56
Egg Pasta	56

Jam Recipes

Strawberry Jam	57
Orange Marmalade	57
Frozen Berry Jam	57

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