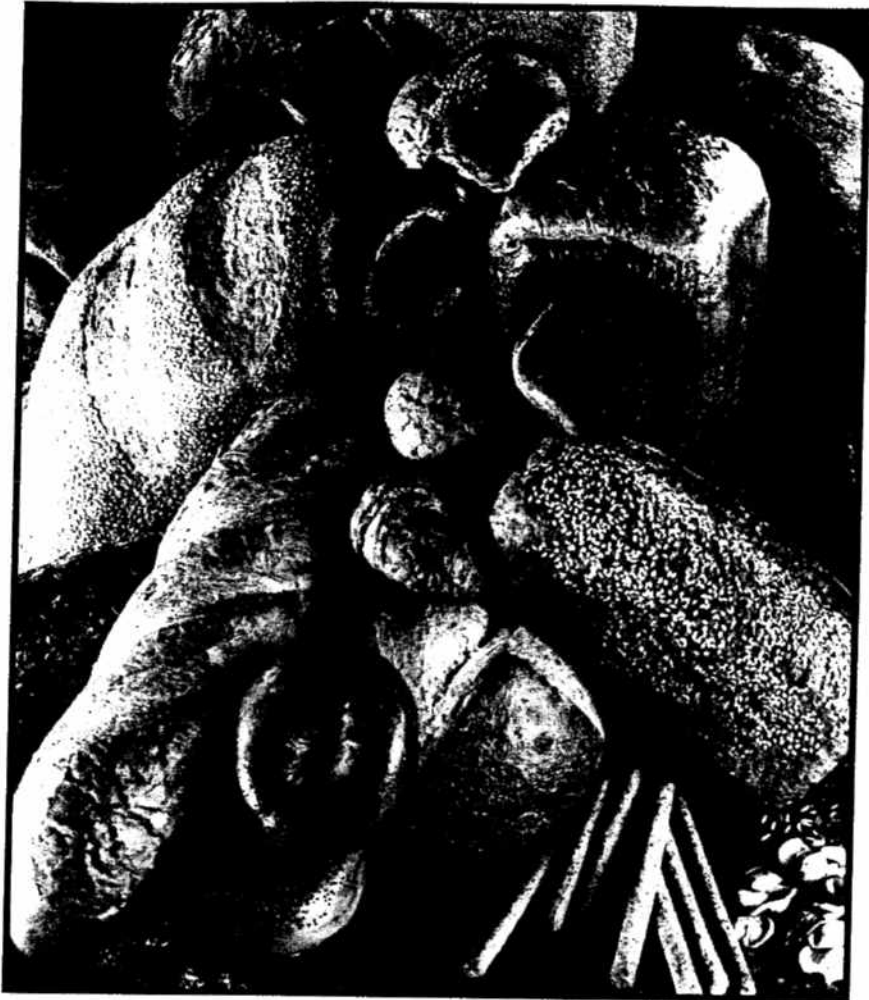


REGAL[®]



BREADMAKER GUIDE & COOKBOOK

Model No. K6783

MAKES A 1½ POUND LOAF

KSPL14066

Printed in China

Introduction

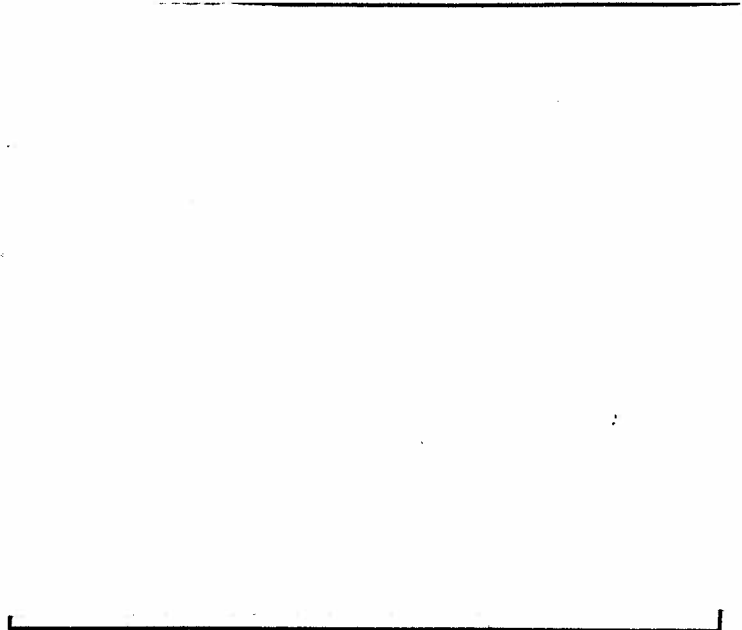
Welcome to machine breadmaking! Now you can enjoy the homemade goodness of freshly baked bread without the time consuming mixing and kneading. And, there are no sticky bowls or floured boards to clean. The breadmaker does all the work for you in just one pan.

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. And, with the Regal 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 Breadmaker is great fun!



**The model number of my
breadmaker is K6783.**

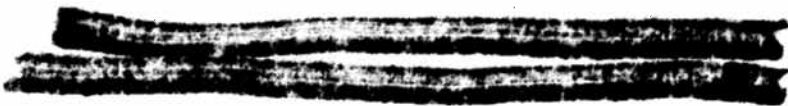


Table of Contents

	Page
Introduction	2
Important Safeguards	5
Caution for Use and Safety	6
Description of Parts	7
Control Panel	8-10
Settings	11
General Operating Instructions	12-14
To Clean Breadmaker	15
Cleaning Help For Over-Rising	16
How to Use the Timer	16, 17
Cycle Times	18
Troubleshooting	19
Ingredients	20-22
Tips for Making Bread	23
Recipe Conversions	24
High Altitude Adjustments	25
Adjusting Recipes	26, 27
Sources For Ingredients	27
Bread Recipes	28-37
Gluten Free Bread Instructions	38, 39
Tips for Gluten Free Bread	39
Recipes for Gluten Free Bread	40-43
Quick Bread Instructions	44
Recipes for Quick Breads	45, 46
Dough Instructions	47-51
Rising	50
Freezing	50
Storing	51
Dough Recipes	52-58
Pasta Recipes	59
Jam Recipes	60

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. They will be hot.

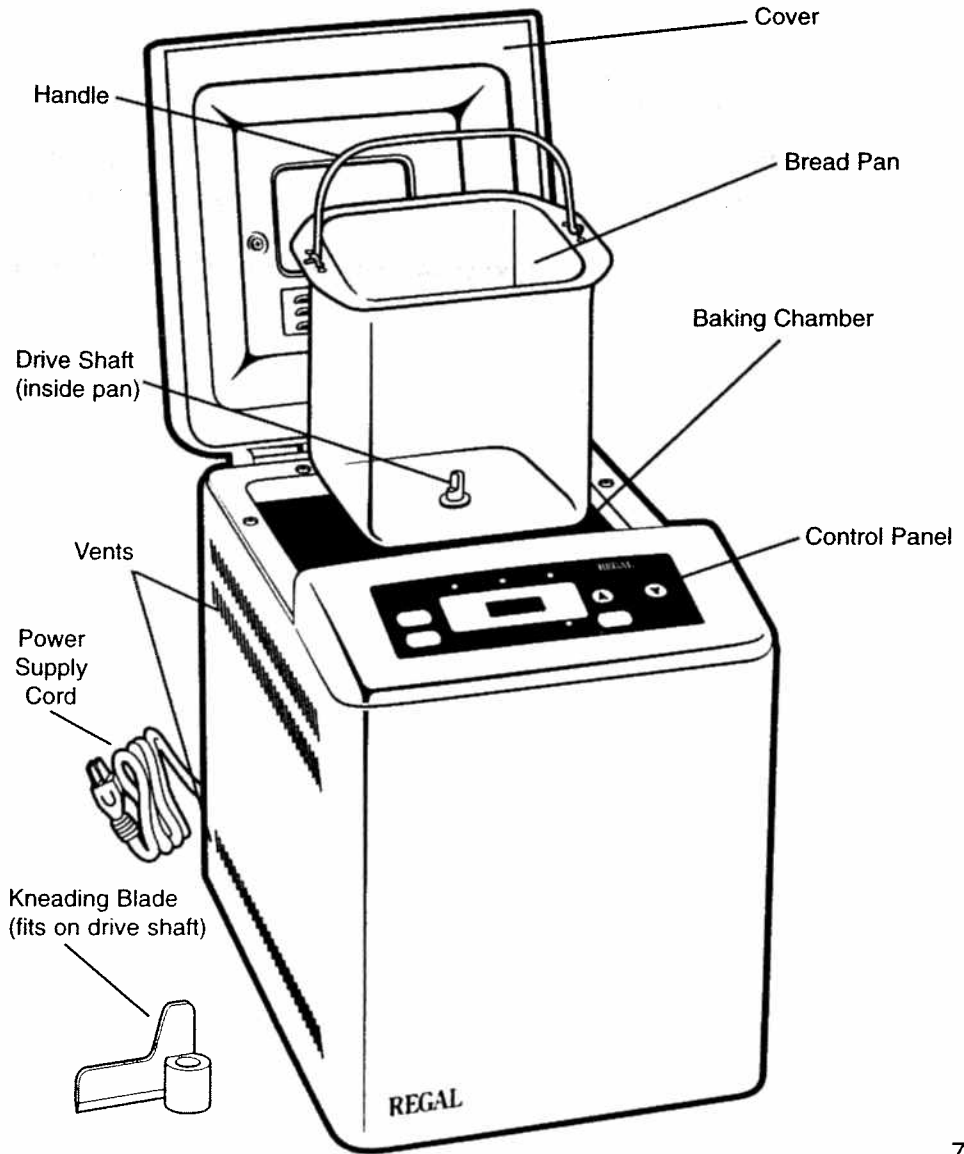
Do not dent or damage the bread pan. The breadmaker will not operate properly. Call the toll-free number provided for replacement information.

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.

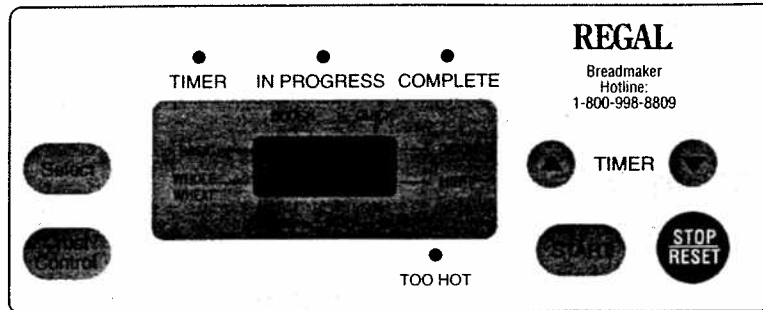
Description of Parts



Control Panel

The control panel is designed to perform several functions: The LCD display indicates completion time and the various buttons are used to set the functions and to start and stop the breadmaker. The buttons should be pressed firmly.

A flashing bar indicates which action is being performed. A solid bar indicates cycles to be performed.

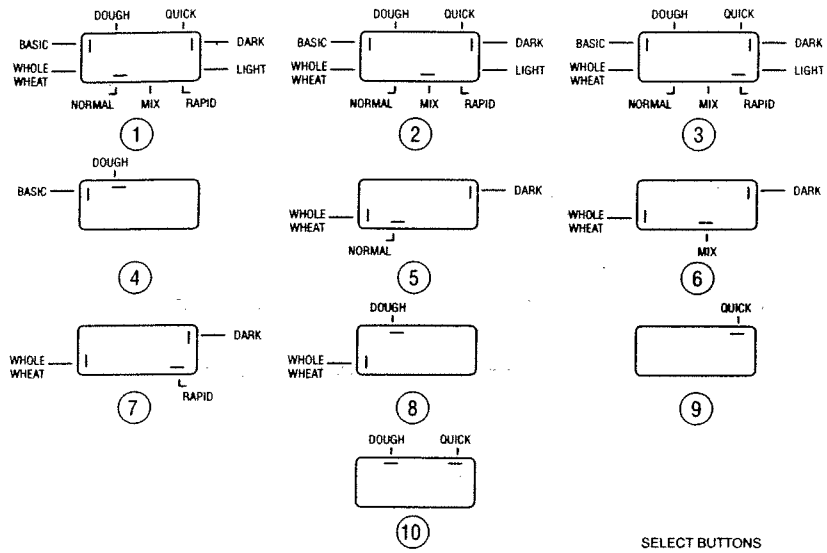


K6783 CONTROL PANEL

- **DISPLAY WINDOW**
The display will indicate cycle selected until Start button is pressed. If no cycle is selected, the display will show "Basic Normal Dark" setting. Then display shows minute-by-minute countdown during cycle. When cycle is in progress, the colon (:) will be flashing. When cycle is complete, display will read "0:00", with the colon flashing to indicate the keep-warm feature is engaged.
- **TIMER**
Use the Timer to delay baking. The timer can be set up to thirteen hours in advance of completion time. Panel shows forward (▲) and reverse (▼) arrows. Arrows move time forward or backward in 5 minute increments. Indicator light will light up when Timer is engaged.

- **SELECT**

Press the Select button to choose the setting you desire. Each time you press the button, the settings will advance in the following sequence:



- ① BASIC NORMAL
- ② BASIC MIX
- ③ BASIC RAPID
- ④ BASIC DOUGH
- ⑤ WHOLE WHEAT NORMAL
- ⑥ WHOLE WHEAT MIX
- ⑦ WHOLE WHEAT RAPID
- ⑧ WHOLE WHEAT DOUGH
- ⑨ QUICK (Bread)
- ⑩ QUICK DOUGH

- **BREAD COLOR**
Use this feature to select light or dark crust colors. Unit will automatically bake a dark crust unless the light setting is chosen.

NOTE: "LIGHT" will not show up on the control panel unless bread color is changed.

- **START**
Press the Start button to begin operation, or set the Timer for delayed completion. "Operation" light will indicate when cycle is in progress. "Complete" light will indicate when cycle is finished.
- **STOP/RESET**
Press the Stop button once to pause during operation. (Operation light will begin flashing when cycle is paused.) Press the Stop button and hold it to cancel operation or Timer. Stop button must be pressed to cancel the keep-warm mode at the end of baking.
- **TOO HOT**
Your breadmaker will not function if it has not cooled sufficiently from the last bake cycle. If you attempt to use the unit when it is too hot, the unit will signal and the "Too Hot" light will come on. Remove bread pan and allow unit to cool with lid open for 10-15 minutes before using again.

Settings

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

Settings	Description
BASIC	Use this setting for white breads and mixed white breads. Results in golden brown crust and tender interior texture. NORMAL - The unit automatically mixes the ingredients, kneads the dough, allows the dough to rise and then bake. You may use the delayed timer with this setting. MIX - The unit will automatically mix the ingredients and knead the dough. Near the end of the 2nd and final knead cycle the unit will signal indicating when to add raisins or nuts , if desired. The delayed timer feature <i>cannot</i> be used on this setting. RAPID - When you are in a hurry, the Rapid setting will make bread faster than the other bread settings. The time during the first rise is shortened. Note: The delayed timer feature <i>cannot</i> be used on this setting. DOUGH - This setting is used to prepare dough for rolls and specialty breads which are shaped by hand, allowed to rise a final time and then baked in a conventional oven. (See section on using the Automatic Dough Setting.) The delayed timer feature <i>cannot</i> be used on this setting.
WHOLE WHEAT	Use this setting for breads which contain 51% to 100% whole wheat flour. The kneading and rise cycles are longer than the Basic settings to accommodate this type of flour. The Whole Wheat settings also offer a choice of Normal, Mix, Rapid and Dough . The delayed timer feature <i>can</i> be used for the Whole Wheat Normal setting only.
QUICK (BREAD)	Use this setting for breads which use chemical leaveners (such as baking soda or baking powder) and steam instead of yeast. Generally these breads are sweet and contain fruit and/or nuts. These breads do not require kneading or rising cycles. The unit automatically mixes the ingredients and then bakes it according to the amount of time you select.
QUICK DOUGH	The unit will mix ingredients for as long as six minutes. (Does not bake or rise.) The batter is then put onto a prepared baking pan and baked in the conventional oven. This setting is also used for mixing pasta dough.

General Operating Instructions

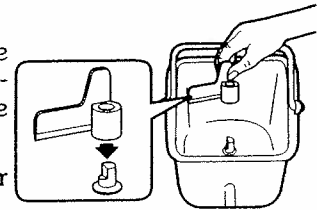
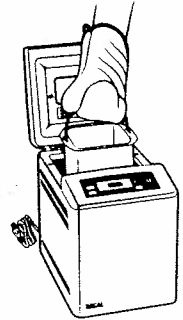
Power Interruption

If the breadmaker is accidentally unplugged, or in the event of a power outage, the breadmaker will resume operation if power returns within 10 seconds. 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 (Basic or Whole Wheat), follow these instructions:

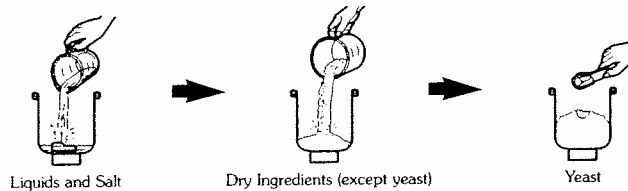
1. Open the cover of the breadmaker and remove the bread pan. To remove the bread pan, grasp the handle firmly and lift.
2. Remove any crumbs that may be on the drive shaft from your last loaf of bread. Position the kneading blade on the drive shaft as shown. If the blade is not securely positioned, 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 3½ cups (total) of dry ingredients (ie. flour, sugar, oatmeal, etc.) as bread could overflow the pan.

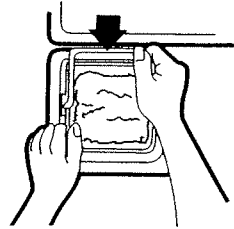
C. Add yeast last to keep it dormant. It is very important to keep the yeast dry and away from the salt as long as possible, especially when using the timer. Do not mix; see illustrations below.



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.

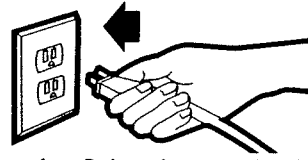
NOTE: When the room temperature is under 65°F/18°C, use lukewarm water (about 100-110°F/38-43°C) to assist the yeast.

- Wipe water or other spills from the outside of the bread pan. Place the bread pan into the baking chamber aligning the pan with the 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.



- Close the cover.

- Plug into outlet. The display will indicate "Basic-Normal-Dark."



- To choose the proper setting, press the Select button. Each time the button is pressed the settings will advance in the order listed below:

Setting	Time
Basic Normal	3:35
Basic Mix	3:35
Basic Rapid	2:25
Basic Dough	1:35
Whole Wheat Normal	4:00
Whole Wheat Mix	4:00
Whole Wheat Rapid	3:20
Whole Wheat Dough	1:50
Quick (Bread)	:30 - 2:00 (Baking time must be selected and entered for this setting)
Quick Dough	:06

- Your breadmaker will automatically bake on the dark crust mode unless you wish to select a light crust. Select crust by pressing Bread Color. Indicator light will switch from dark to light.
- Press Start. The read-out on the display will begin counting down the minutes for the setting you have selected. When baking is finished, the unit will signal and the display will read 0:00. The complete indicator will be lit up.

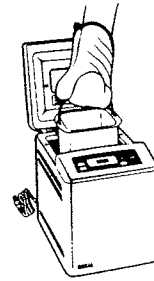
NOTE: Once the Start button is pressed the selected function(s) cannot be altered. To make any changes at this point, the unit must be stopped, reset and restarted.

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

10. 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 it down for a full 2 to 3 seconds. Keep-warm cycle will operate for 60 minutes after baking is completed (on all but Dough and Quick Dough settings), unless cancelled with the Stop button.

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

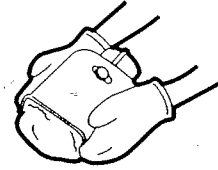


11. Remove bread from pan as soon as possible after baking. If left in the pan, the crust may become soggy and the flavor will be reduced. Using potholders or oven mitts, hold the bread pan upside down and gently shake it to remove the bread. The surface of the bread pan is slippery, so be sure you have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

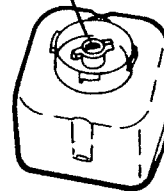
If the bread cannot be easily removed, using an oven mitt or potholder, turn the drive shaft on the bottom of the bread pan in both directions to loosen the bread.

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.

12. 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 Quick Dough, 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.

To Clean Breadmaker

Unplug the breadmaker and allow it to cool before cleaning.

NEVER use scouring powder, steel wool pads, or other abrasive materials. And, 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.

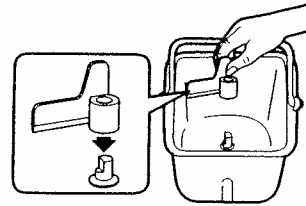


Bread Pan/Kneading Blade

- 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. Carefully remove cover and place unit on its side next to a sink. To keep from scratching the breadmaker, place it on a towel instead of directly on 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.

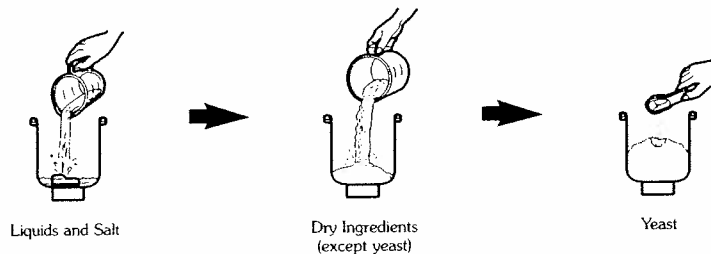
Support the cover with one hand and, using a wet dishcloth or sponge, soak all remaining dry or burned-on dough to loosen. Use a plastic scrub pad to remove any stubborn spots. Do not use abrasive cleansers or metal scouring pad which could damage the finish. Rinse well with a wet dishcloth or sponge 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 replace the cover.

How to Use Timer

You can preset your breadmaker for up to 13 hours in advance. The Timer feature can be used only on the Basic Normal or Whole Wheat Normal settings.

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 you want fresh baked bread ready. 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.

3. 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 the Timer button once.

Baking Cycle

Basic Normal
Whole Wheat Normal

Cycle Length

3:35
4:00

4. Press the ▲ Timer button once for each additional 5 minutes needed to reach the closest interval to the time required. (Use the ▼ Timer button to subtract time from the timer, if necessary.) Holding the buttons down continuously will advance or subtract time faster.

Example: You have chosen the Setting and 3:35 appears in the display window. If you wish your bread to be done in 6 hours, you will press the ▲ Timer button until 6:00 appears in the display window.

5. Press start to begin the Timer. The colon (:) in the time displayed begins to flash, and the Timer light will glow, indicating that the Timer is engaged.
6. When unit beeps and the display reads 0:00, press Stop to cancel the keep-warm cycle and remove the bread.
7. If you make an error and wish to start over, press Stop and hold until 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 $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon to keep the dough from rising to 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

The following table shows how long each course setting will take.

COURSE SETTING		1st Knead	1st Rise	2nd Knead	2nd Rise	Shape	Final Rise	Baking Time	TOTAL TIME
BASIC BREAD	Normal*	8 min.	5 min.	22 min.	60 min.	20 Sec.	60 min.	60 min.	3 hours 35 min.
	Mix**	8 min.	5 min.	22 min.	60 min.	20 Sec.	60 min.	60 min.	3 hours 35 min.
	Rapid	6 min.	5 min.	14 min.	15 min.	20 Sec.	45 min.	60 min.	2 hours 25 min.
	Dough	8 min.	5 min.	22 min.	60 min.	20 Sec.			1 hour 35 min.
WHOLE WHEAT	Normal*	13 min.	5 min.	20 min.	70 min.	20 Sec.	72 min.	60 min.	4 hours
	Mix**	13 min.	5 min.	20 min.	70 min.	20 Sec.	72 min.	60 min.	4 hours
	Rapid	13 min.	5 min.	20 min.	30 min.	20 Sec.	72 min.	60 min.	3 hours 20 min.
	Dough	13 min.	5 min.	20 min.	72 min.	20 Sec.			1 hour 50 min.
QUICK BREAD	Bread	6 min.						24-114 min.	30 sec. to 2 hours
	Dough	6 min.							6 sec.

* 1-hour keep warm feature is available with these course settings.

**These cycles feature a signal to indicate when you should add fruit or nuts:

Basic Mix - 27 minutes into cycle display reads 3:08

Whole Wheat Mix - 30 minutes into cycle display reads 3:30

Troubleshooting

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)
Display blank	<ul style="list-style-type: none">• Power surge or outage

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.

Ingredients

FLOUR:

Should be stored 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.
- **Rice Flour, Tapioca Flour or Potato Starch** are used primarily in making gluten-free breads to accommodate those with certain allergies. Other proteins are usually added to make up for the lack of gluten (i.e. cheese, xanthan gum, etc.).

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 active dry yeast which we recommend using as it is the most stable and forgiving of all the different types available. If you prefer to use a fast-rising yeast, such as Quick Rise or Rapid Rise, merely decrease the amount used. As a general guide, we recommend using ½ teaspoon of fast-rising yeast per cup of flour. Example: 3 cups bread flour would require 1½ teaspoons of fast-rising 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).
- **Bread mixes** may also be used in your breadmaker. Follow package instructions. Select the loaf size on breadmaker to match the loaf size of the mix. Do not exceed the bread pan capacity.
- **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:

1.5 lb. loaf = about 3 cups flour
2.0 lb. loaf = about 4 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 active dry 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
1/8	=	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 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 didn't 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 into 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.

Sources for Ingredients

Sources (For Gluten, Whole Grains and other Ingredients)

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

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

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

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

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

Sources (For Gluten Free and Wheat Free Flours)

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

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

Gluten Free Pantry
22 Kreiger Lane
Glastonbury, CT 06033
(203) 633-3826

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

Bread Recipes

Important

Weather conditions such as temperature, altitude or accuracy in measuring can affect the outcome of a loaf. In order 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 3½ cups (total) of dry ingredients.

Classic White

**Basic Normal, or Rapid Setting
Timer OK**

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

1.5 Pound

8 to 10 ounces water
1½ teaspoons salt
1½ tablespoons butter or margarine
¾ cups bread flour
1½ tablespoons dry milk
1½ tablespoons sugar
¾ teaspoons active dry yeast

Press Stop to clear display. Press Select until desired setting appears on the display. Press Start. When unit signals and the display reads 0:00, press Stop and remove the bread.

Old-Fashioned White

**Basic Normal, or Rapid Setting
Not for Timer**

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

1.5 Pound

6 to 7 ounces milk
1¼ teaspoons salt
1 egg
1 tablespoon butter or margarine
3 cups bread flour
1 tablespoon sugar
2 teaspoons active dry yeast

Press Stop to clear display. Press Select until desired setting appears on the display. Press Start. When unit signals and the display reads 0:00, press Stop and remove the bread.

Cottage Cheese and Chives

**Basic Normal Setting, Light Crust
Not for Timer**

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

1.5 Pound

¾ cup cottage cheese
1 egg
1 teaspoon salt
1 tablespoon butter or margarine
3 to 4 ounces water
2¾ cups bread flour
2 tablespoons dried chives
1 tablespoon sugar
1¾ teaspoons active dry yeast

Press Stop to clear display. Press Select until desired setting appears on the display. Adjust Crust Color to Light. Press Start. When unit signals and the display reads 0:00, press Stop and remove the bread.

Raisin**Basic Normal Setting, Light Crust
Not for Timer**

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

1.5 Pound

6 to 7 ounces water
1 teaspoon salt
1½ tablespoons butter or margarine
3 cups bread flour
2 tablespoons sugar
1½ tablespoons dry milk
1 teaspoon cinnamon
1¾ teaspoons active dry yeast
¾ cup raisins

Press Stop to clear display. 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 0:00, press Stop and remove the bread.

Honey Grain**Basic Normal,
Whole Wheat Normal, or Rapid Setting
Timer OK**

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

1.5 Pound

8 to 10 ounces water
1 teaspoon salt
2 tablespoons butter or margarine
1½ tablespoons honey
2¼ cups bread flour
1 cup whole wheat flour
½ cup quick cook oats
2 teaspoons active dry yeast

Press Stop to clear display. Press Select until desired setting appears on the display. Press Start. When the unit signals and the display reads 0:00, press Stop and remove the bread.

Classic Potato Bread

Basic Normal Setting
Timer OK

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

1.5 Pound

8 to 10 ounces water
1 teaspoon salt
1½ tablespoons butter or margarine
3 cups bread flour
¼ cup instant potato flakes
1½ tablespoons nonfat dry milk
2 tablespoons sugar
1¾ teaspoons active dry yeast

Press Stop to clear display. Press Select until desired setting appears on the display. Press Start. When the unit signals and the display reads 0:00, press Stop and remove the bread.

Italian Herb

Basic Normal Setting
Timer OK

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

1.5 Pound

7 to 9 ounces water
1 teaspoon salt
1½ teaspoons vegetable oil
3 cups bread flour
¼ cup grated parmesan cheese
1 tablespoon dried parsley
2 teaspoons sugar
2 teaspoons dried onion flakes
1 teaspoon basil
½ teaspoon garlic powder
1¾ teaspoons active dry yeast

Press Stop to clear display. Press Select until the Basic Normal setting appears on the display. Press Start. When the unit signals and the display reads 0:00, press Stop and remove the bread.

Yogurt Rye

Basic Normal,
Whole Wheat Normal, or Rapid Setting
Timer OK

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

1.5 Pound

3 to 4 ounces water
1 teaspoon salt
1 large egg
1/3 cup plain yogurt
1 1/2 tablespoons butter or margarine
1 1/2 tablespoons molasses
2 cups bread flour
1 cup rye flour
1 tablespoon caraway (optional)
1/8 teaspoon baking soda
2 teaspoons active dry yeast

Press Stop to clear display. Press Select until desired setting appears on the display. Press Start. When the unit signals and the display reads 0:00, press Stop and remove the bread.

Pumpernickel

Basic Normal Setting
Not for Timer

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

1.5 Pound

3 ounces milk
5 to 6 ounces water
1 teaspoon salt
2 tablespoons molasses
1 tablespoon butter or margarine
2 cups bread flour
3/4 cup rye flour
1/2 teaspoon onion powder
2 teaspoons cocoa, optional
2 teaspoons active dry yeast

Press Stop to clear display. Press Select until desired setting appears on the display. Press Start. When the unit signals and the display reads 0:00, press Stop and remove the bread.

Oatmeal**Basic Normal Setting**
Timer OK

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

1.5 Pound

7 to 9 ounces water
1¼ teaspoons salt
2 tablespoons honey
1½ tablespoons butter or margarine
½ cup quick cook oats
3 cups bread flour
1½ tablespoons oat bran
1½ tablespoons dry milk
1¾ teaspoons active dry yeast

Press Stop to clear display. Press Select until the desired setting appears on the display. Press Start. When the unit signals and the display reads 0:00, press Stop and remove the bread.

Sesame Wheat Bread**Whole Wheat Normal Setting**
Timer OK

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

1.5 Pound

7 to 9 ounces water
1½ teaspoons salt
3 tablespoons honey
1 tablespoon vegetable oil
1½ tablespoons sesame oil
1½ cups bread flour
1½ cups whole wheat flour
⅓ cup sesame seeds*
2¼ teaspoons active dry yeast

Press Stop to clear display. Press Select until desired setting appears on the display. Press Start. When the unit signals and the display reads 0:00, press Stop and remove the bread.

* For more flavor, toast sesame seeds lightly in a moderate oven. Cool before adding to bread pan.

Cracked Wheat

**Whole Wheat Normal
or Rapid Setting
Timer OK**

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

1.5 Pound

7 to 9 ounces water
1 teaspoon salt
1/3 cup cracked wheat
1 tablespoon butter or margarine
1 tablespoon honey
2 cups bread flour
1 cup whole wheat flour
1 3/4 teaspoons active dry yeast

Press Stop to clear display. Press Select until desired setting appears on the display. Press Start. When the unit signals and the display reads 0:00, press Stop and remove the bread.

**100% Whole Wheat -
Fat Free**

**Whole Wheat Normal Setting
Timer OK**

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

1.5 Pound

8 to 9 ounces water
1 1/2 teaspoons salt
1 1/2 tablespoons honey
1 1/2 tablespoons molasses
3 cups whole wheat
1 tablespoon vital gluten
2 teaspoons active dry yeast

Press Stop to clear display. Press Select until the Whole Wheat setting appears on the display. Press Start. When the unit signals and the display reads 0:00, press Stop and remove the bread.

Multi-Grain**Whole Wheat Mix Setting
Not for Timer**

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

1.5 Pound

6 to 7 ounces buttermilk
1 teaspoon salt
2 tablespoons butter
2 tablespoons honey
¼ cup carrots, shredded
¼ cup wheat germ
¼ cup oats, quick cook
2 tablespoons wheat berries, cooked, optional*
1¼ cups whole wheat flour
1¼ cups bread flour
1½ tablespoons sugar
⅛ teaspoon baking soda
2 teaspoons yeast
⅓ cup raisins

Press Stop to clear display. Press Select until the Whole Wheat Mix setting appears on the display. Press Start. When the unit signals add the raisins slowly. When unit signals and display reads 0:00, press Stop and remove the bread.

* 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**Basic Normal Setting, Light Crust
Not for Timer**

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

1.5 Pound

4 ounces unsweetened applesauce
2 to 4 ounces apple juice
¾ teaspoon salt
2 tablespoons butter or margarine
1 large egg
3 cups bread flour
3 tablespoons packed brown sugar
1 teaspoon cinnamon
¼ teaspoon baking soda
1¾ teaspoons active dry yeast
¾ cup chopped walnuts

Press Stop to clear display. Press Select until desired setting appears on the display. 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 0:00, press Stop and remove the bread.

Panettone

Basic Normal Setting, Light Crust
Not for Timer

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

1.5 Pound

5 to 6 ounces water
 $\frac{3}{4}$ teaspoon salt
3 tablespoons butter or margarine
1 large egg
 $1\frac{1}{4}$ teaspoons vanilla extract
1 teaspoon almond extract
3 cups bread flour
 $\frac{1}{3}$ cup sugar
2 tablespoons dry milk
 $1\frac{3}{4}$ teaspoons active dry yeast
 $\frac{1}{2}$ cup raisins
 $\frac{1}{3}$ cup candied orange peel

Press Stop to clear display. Press Select until desired setting appears on the display. Press Start. When unit signals during the kneading cycle, add the raisins and orange peel slowly. When the unit signals and the display reads 0:00, press Stop and remove the bread.

1.5 Pound

10 ounces sourdough starter
3 to 5 ounces warm water
1¼ teaspoons salt
3¾ cups bread flour
2 tablespoons sugar
1½ teaspoons active dry yeast

Press Stop to clear display. Select desired setting. Press Start. When unit signals and the display reads 0:00, press Stop and remove the bread.

Sourdough Starter

2¼ teaspoons active dry 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.

Gluten Free Bread Instructions

These Gluten Free recipes and guidelines were developed especially for Regal Ware, Inc. by Red Star® Yeast & Products.

Instructions for Making Gluten Free Breads

1. In a medium sized mixing bowl, combine all wet ingredients; whisk together and carefully pour into bread pan.
2. Measure dry ingredients into large bowl; mix well. Add to wet ingredients in bread pan.
3. Carefully seat pan in bread-maker.
4. Select Whole Wheat Normal or Mix Setting. Press Start.
5. If possible, once or twice during the first kneading cycle, using a rubber spatula, scrape down the sides of the bread pan.
6. When the unit signals and the display reads 0:00, remove bread pan and place on heat resistant surface. Cool bread in pan for 10 to 15 minutes.
7. Invert pan and gently shake to remove bread. Cool upright on a wire rack before slicing.

Substitutions when Making Gluten Free Breads

- Fructose, molasses and honey can be used in place of sugar.
- Any vegetable oil or butter can be used in place of canola oil.
- Rice flour can be used in place of potato starch.
- Tofu can be used in place of ricotta cheese.
- Lactose-free milk can be used in place of dry milk or water: use equal proportions.
- Pulverized Nut-quick and dry baby formulas such as Isomil, Prosobee and Pregestimil, may be used in place of dry milk for soy and lactose intolerance. Use ½ cup to replace ½ cup dry milk.
- Egg replacer can be used in place of eggs. To substitute 3 eggs, use 8 teaspoons egg replacer. Mix with dry ingredients; add ¾ cup water with wet ingredients.

NOTE: Red Star® Active Dry Yeast does not contain wheat gluten or other cereal proteins that cause an allergic reaction in people with gluten intolerance.

Tips for Successful Gluten Free Breads

1. Yeast may be used cold. All other ingredients should be at room temperature (70-80°F/ 21-27°C).
2. Combine the liquid ingredients in a mixing bowl and whisk together before adding to bread pan.
3. All dry ingredients, including the RED STAR® Active Dry Yeast, should be thoroughly blended together before adding on top of the wet ingredients.
4. The consistency of the dough for gluten free breads is similar to that of quick breads - stiffer than a cake batter, but not as stiff as a cookie dough. A finished loaf generally appears flat across the top. This is normal.
5. Humidity, the type of flour and the brand all influence the amount of liquid necessary for the proper consistency.
6. Xanthan gum and guar gum may be interchanged, although some people have a laxative effect from guar gum. Methylcellulose is not a practical substitute.
7. To correct grainy or crumbly bread, increase egg replacer or xanthan gum. Unflavored gelatin is another choice, however, a moister bread will result.
8. One teaspoon cider vinegar added to the wet ingredients of any bread recipe acts as a preservative.
9. Eggs used in these recipes should measure ¼ cup each.
10. Potato starch is excellent for baking when combined with other flours. Often potato starch is labeled potato starch flour. Potato flour is much heavier and cannot be substituted for potato starch.
11. For best results, cool gluten free breads completely before attempting to slice.
12. Gluten-free breads are usually flat-topped. This is normal and does not alter the flavor of the bread.

Gluten Free White Bread**Whole Wheat Normal Setting
Not for Timer**

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

Wet Ingredients

3 eggs
1²/₃ cups water
3 tablespoons canola oil
1 teaspoon cider vinegar

Dry Ingredients

1 pkg. (2¹/₄ teaspoons) RED STAR® Active Dry Yeast
3³/₄ cups white rice flour
2¹/₂ teaspoons xanthan gum
1¹/₂ teaspoons salt
½ cup dry milk powder
3 tablespoons sugar

Follow instructions for making gluten free bread.

**Gluten Free
Cheddar Cheese Bread****Whole Wheat Normal Setting
Not for Timer**

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

Wet Ingredients

3 eggs
1³/₄ cups water
2 tablespoons canola oil

Dry Ingredients

1 pkg. (2¹/₄ teaspoons) RED STAR® Active Dry Yeast
2 cups white rice flour
1 cup brown rice flour
¼ cup dry milk powder
2 tablespoons sugar
1 tablespoon instant minced onions (optional)
1 tablespoon poppy seeds (optional)
3¹/₂ teaspoons xanthan gum
1¹/₂ teaspoons celery seeds (optional)
1¹/₂ teaspoons dried dill weed (optional)
1 teaspoon salt
1¹/₂ cups (6 ounces) grated sharp Cheddar cheese

Follow instructions for making gluten free bread.

**Gluten Free
Cinnamon Raisin Bread****Whole Wheat Mix Setting
Not for Timer**

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

Wet Ingredients

3 eggs
1⅓ cups water
3 tablespoons canola oil
1 teaspoon cider vinegar

Dry Ingredients

1 pkg. (2¼ teaspoons) RED STAR® Active Dry Yeast
2 cups white rice flour
⅔ cup potato starch
⅔ cup tapioca flour
2½ teaspoons xanthan gum
1½ teaspoons salt
3 tablespoons sugar
2 teaspoons ground cinnamon
½ cup raisins

Follow instructions for making gluten free bread.

**Gluten Free
Mock Limpa Bread****Whole Wheat Normal Setting
Not for Timer**

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

Wet Ingredients

3 eggs
3 tablespoons molasses
1 teaspoon cider vinegar
1½ cups water
3 tablespoons canola oil

Dry Ingredients

1 pkg. (2¼ teaspoons) RED STAR® Active Dry Yeast
2 cups brown rice flour
½ cup tapioca flour
½ cup potato starch
1 tablespoon xanthan gum
1 tablespoon fennel seeds
1½ teaspoons salt
⅔ cup dry milk powder
3 tablespoons sugar
2 teaspoons grated orange zest

Follow instructions for making gluten free bread.

Gluten Free Sourdough Starter

Rice flour has the ability to ferment easily, creating a wonderful base for delicious breads with a slightly sour flavor. Once made, sourdough starter can be used over and over again. Replenish it each time it is used to nourish the yeast and keep the starter alive. As the starter gets older, the flavor will become tangier. Therefore, baked products made with aged starters will have more sourdough flavor. The starter serves as the leavening, so no additional yeast is needed for gluten-free sourdough breads.

To make a starter: In a 4 cup glass, plastic or stainless steel container, combine 1 cup water (110-115°F/43-46°C) with 1 package (2¼ teaspoons) RED STAR® Active Dry Yeast and 1½ cups white rice flour. The mixture will be thick. Cover loosely with plastic wrap or foil. Let stand in a warm place 1 to 3 days, stirring 2 or 3 times each day. The starter will rise and fall during the fermentation period; it becomes thinner as it stands. When the starter is developed, it is bubbly and may have a liquid layer on top; stir liquid into the starter before using. The starter can then be used for baking or placed in the refrigerator to use later.

To replenish starter: Always have at least 1 cup of starter left over. Add 1 cup of warm water (110-115°F/43-46°C) and 1½ cups white rice flour; mix well. Cover loosely and let stand in a warm place for 12 hours. The starter can then be used for baking or placed in the refrigerator to use later.

NOTE: If starter turns pink in color at any time, discard and start over with fresh ingredients.

**Gluten Free
Sourdough White Bread****Whole Wheat Normal Setting
Not for Timer**

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

Wet Ingredients

- 3 eggs
- ¾ cups sourdough starter
- 1 cup water
- ¾ cup ricotta cheese (whole, part skim or nonfat)
- ¼ cup honey
- 2 tablespoons canola oil
- 1 teaspoon cider vinegar

Dry Ingredients

- 2 cups white rice flour
- ⅔ cup potato starch
- ⅓ cup tapioca flour
- ½ cup dry milk powder
- 3½ teaspoons xanthan gum
- 1½ teaspoons salt

Follow instructions for making gluten free bread.

**Gluten Free
Sourdough Rye Bread****Whole Wheat Normal Setting
Not for Timer**

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

Wet Ingredients

- 3 eggs
- ¼ cup molasses
- ¾ cup sourdough starter
- 1 cup water
- ¾ cup ricotta cheese (whole, part skim or nonfat)
- 2 tablespoons canola oil
- 1 teaspoon cider vinegar

Dry Ingredients

- 2 cups white rice flour
- ⅔ cup potato starch
- ⅓ cup tapioca flour
- ½ cup dry milk powder
- 3½ teaspoons xanthan gum
- 1½ teaspoons salt
- 1 tablespoon caraway seeds
- .2 teaspoons instant coffee

Follow instructions for making gluten free bread.

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.

Hints:

- On the Quick setting, the crust control and loaf size do not need to be selected.
- After the first few minutes of mixing, press the Stop/Reset button once to pause the mixing action. Using a plastic spatula, scrape the sides and corners of the bread pan to pick up any loose flour deposits. Press the Start button to resume operation.
- When using a recipe of your own, set the baking time 30 minutes longer than the recommended baking time for conventional ovens. Begin testing for doneness when the instructions recommend, but longer time may be necessary. If the baking time ends before the bread is finished baking, the bread must then be finished in a conventional oven as additional time cannot be added after the breadmaker shuts off.
- When the quick bread has finished baking, let it cool in the pan for 10 to 15 minutes before removing. This allows the bread to set.

Instructions for making Quick Bread:

1. Measure all ingredients into bread pan. Position pan in baking chamber.
2. Press Select to reach Quick Setting.
3. Press Start. Press HR (hour) and MN (minutes) buttons until 1:30 appears in the display. Press Start.
4. After 2 to 3 minutes of mixing, press Stop/Reset button to momentarily stop the mixing. Scrape the sides and corners of the bread pan to pick up any loose flour deposits. To resume operation, press Start.
5. When the remaining time on the display reads :30 minutes, (after 1 hour) begin testing for doneness. Bread is done when a wooden pick inserted in center comes out clean. When bread is done, hold Stop/Reset button down until display clears, about 5 seconds. Cool slightly before removing bread from pan, and cool on rack 15 minutes before slicing.

NOTE: Because of the high sugar content of quick breads, it may be necessary to run a plastic spatula around the edges of the pan to loosen the bread before removing.

Quick Bread Recipes

Cranberry Nut

Quick Setting
Not for Timer

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

- 10 ounces milk
- 1 large egg
- 3 tablespoons vegetable oil
- 2½ cups all-purpose flour
- ¾ cup sugar
- 3½ teaspoons baking powder
- 1 teaspoon salt
- 1 cup coarsely chopped cranberries
- 1 cup chopped walnuts

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.

Follow instructions for making Quick Bread.

Banana Chocolate Chip

Quick Setting
Not for Timer

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

- 3 ripe bananas, mashed
- ½ cup butter or margarine, melted
- 2 eggs, slightly beaten
- 3 tablespoons sour milk (1 tablespoon vinegar and 2 tablespoons milk)
- 2 cups all-purpose flour
- ½ cup sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ to ¾ cup chopped nuts
- ½ cup chocolate chips

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

Follow instructions for making Quick Bread.

Zucchini

**Quick Setting
Not for Timer**

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

2 cups shredded zucchini, about 2 to 3 medium
1/2 cup vegetable oil
2 eggs, slightly beaten
2 teaspoons vanilla
1 3/4 cups all-purpose flour
1 cup sugar
3/4 teaspoon baking soda
1/2 teaspoon cinnamon, optional
1/4 teaspoon baking powder
1/2 cup chopped nuts

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

Follow instructions for making Quick Bread.

Dough Instructions

1. Follow Operating Instructions.
2. Press the Select button to reach the dough setting.
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 0:00.
4. Press Stop, holding it down until 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

Mix 1 slightly beaten egg with 1 tablespoon water or milk.

Egg Yolk Glaze

Mix 1 slightly beaten egg yolk with 1 tablespoon water or milk.

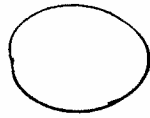
Egg White Glaze

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

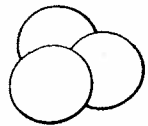
Easy Dinner Rolls



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.
- If television is in use, stand pan of dough on top of TV to rise. It is a good source of heat and, if you are watching a program, you will not forget about the dough.
- 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. 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

Whole Wheat Dough Setting
Not for Timer

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

- 1 cup water
- 1 teaspoon salt
- ¼ cup honey
- 1 egg
- 2 cups bread flour
- 1¼ cups whole wheat flour
- 2 teaspoons active dry yeast

Press Stop to clear display. Press Select until Whole Wheat dough setting appears on the display. Press Start. When unit signals and display reads 0:00, 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

Basic Dough Setting
Not For Timer

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

- 8 to 9 ounces water
- 3 tablespoons olive oil (for dough)
- 1 teaspoon salt
- 1 to 2 cloves garlic, crushed
- 1½ teaspoons dried rosemary
- 3 cups bread flour
- 1¾ teaspoons active dry yeast
- 1½ tablespoons olive oil (for topping)
- ½ cup sun dried tomatoes, reconstituted and chopped
- ½ cup Parmesan cheese, grated

Measure all ingredients into bread pan except 1½ tablespoons olive oil, tomatoes and Parmesan cheese. Press Stop to clear the display. Press Select until Basic Dough setting appears on the display. Press Start. When the unit signals and the display reads 0:00, 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.

Light Rye Rolls

Whole Wheat Dough Setting
Not for Timer

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

6 to 7 ounces water
1½ teaspoons salt
1½ tablespoons butter or margarine
3 tablespoons molasses
1½ cups bread flour
¾ cup whole wheat flour
¾ cup rye flour
1½ tablespoons nonfat dry milk
1 tablespoon sugar
2 tablespoons caraway seed
1¾ teaspoons active dry yeast

Press Stop to clear display. Press Select until desired setting appears on the display. Press Start. When unit signals and display reads 0:00, 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.

Bran Buns

Basic Dough Setting
Not for Timer

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

6 to 7 ounces water
¾ teaspoon salt
⅓ cup butter or margarine
1 egg
2¾ cups bread flour
⅓ cup wheat bran
3 tablespoons sugar
2 teaspoons active dry yeast

Press Stop to clear display. Press Select until Basic Dough setting appears on the display. Press Start. When unit signals and display reads 0:00, 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

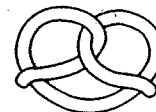
**Basic Dough Setting
Not for Timer**

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

- 6 to 7 ounces water
- ¼ teaspoon salt
- 2 cups bread flour
- ½ teaspoon sugar
- 1½ teaspoons active dry yeast
- 1 egg, beaten
- 1 to 2 tablespoons coarse salt

Measure all ingredients into bread pan, except egg and coarse salt. Press Stop to clear display. Press Select until Basic dough setting appears on the display. Press Start. When unit signals and display reads 0:00, 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

**Basic Dough Setting
Not for Timer**

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

- 6 to 7 ounces water
- 1 teaspoon salt
- 2 tablespoons butter or margarine
- 2¼ cups bread flour
- ¼ cup dry milk
- ¼ cup wheat germ
- ¼ cup quick cook oats
- 2 tablespoons sugar
- 2 teaspoons active dry yeast
- ¼ cup cornmeal

Measure all ingredients into the bread pan, except cornmeal. Press Stop to clear display. Press Select until Basic Dough setting appears on the display. Press Start. When unit signals and display reads 0:00, 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

**Basic Dough Setting
Not for Timer**

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

6 to 7 ounces milk
1 teaspoon salt
¼ cup water
¼ cup butter
1 egg
2¾ cups bread flour
2 tablespoons sugar
2 teaspoons active dry yeast

Press Stop to clear display. Press Select until Basic Dough setting appears on the display. Press Start. When unit signals and display reads 0:00, 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.

Cinnamon Rolls

**Basic Dough Setting
Not for Timer**

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

1½ pound recipe Classic White bread dough
2 tablespoons butter or margarine, softened
¼ cup sugar
2 teaspoons ground cinnamon
Powdered Sugar Glaze, see below

Combine all ingredients for Classic White recipe in bread pan.

Press Stop to clear display. Press Select until Basic Dough setting appears on the display. Press Start. When unit signals and the display reads 0:00, 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 below).

Makes 9 rolls.

Powdered Sugar Glaze (for Coffee Cakes and Sweet Rolls)

1 cup sifted powdered sugar
1 teaspoon softened butter or margarine
1 or 2 tablespoons water or milk
½ teaspoon vanilla

In small bowl, blend ingredients until smooth. Spread or drizzle on slightly warm coffee cake or cinnamon rolls, etc.

Pizza Crust

Basic Dough Setting
Not for Timer

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

1.5 Pound

- 7 to 8 ounces water
- ½ teaspoon salt
- 2 tablespoons olive oil or vegetable oil
- 3 cups all-purpose flour
- 1½ teaspoons active dry yeast

Press Stop to clear display. Press Select until Basic Dough setting appears on the display. Press Start. When the unit signals and the display reads 0:00, press Stop and remove dough.

Pat dough into 12 x 15-inch jelly roll pan or greased 12-inch round (1½ pound recipe), or 14-inch round pizza pan (2 pound recipe). Let stand 10 minutes. Preheat oven to 400°F. Spread pizza sauce over dough. Sprinkle toppings over sauce (see below). Bake 15 to 20 minutes, or until crust is golden brown.

Whole Wheat Pizza Crust

Whole Wheat Dough Setting
Not for Timer

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

1.5 Pound

- 6 to 7 ounces water
- ¾ teaspoon salt
- 1 tablespoon vegetable oil or olive oil
- 1 tablespoon honey
- 2¼ whole wheat flour
- ¼ cup wheat germ
- 2 teaspoons active dry yeast

Press Stop to clear display. Press Select until Whole Wheat Dough setting appears on the display. Press Start. When unit signals and display reads 0:00, press Stop and remove dough.

Pat dough into 12 x 15-inch jelly roll pan or greased 12-inch round (1½ pound recipe), or 14-inch round pizza pan (2 pound recipe). 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
- ½ pound bulk pork sausage browned and drained
- 1 can (4 oz.) mushroom stems and pieces, drained
- ¼ cup chopped onions
- 1 cup chopped green peppers
- 1 cup (8 oz.) shredded Mozzarella cheese

**Multi-Grain
Cinnamon Raisin Bagel**

**Whole Wheat Dough Setting
Not for Timer**

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

1.5 Pound

6 to 8 ounces water
1½ teaspoons salt
1 tablespoon vegetable oil
2 cups bread flour
½ cup quick cook oatmeal
¼ cup whole wheat flour
1 tablespoon brown sugar, packed
1½ teaspoons cinnamon
1½ teaspoons active dry yeast
½ cup raisins

Press Stop to clear display. Press Select until Whole Wheat Dough setting appears on display. Press Start. When unit signals and display reads 0:00, 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

Basic Dough Setting
Not for Timer

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

1.5 Pound

4 to 6 ounces water
1½ teaspoons salt
1 large egg
1½ tablespoons vegetable oil
2½ cups bread flour
1 tablespoon sugar
1½ teaspoons active dry yeast

Press Stop to clear display. Press Select until Basic Dough setting appears on display. Press Start. When unit signals and display reads 0:00, 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

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

- 2 cups all-purpose flour
- 1 cup semolina flour
- 1 teaspoon salt
- 1 tablespoon olive oil or vegetable oil
- 7 ounces water

Press Stop to clear display. Press Select until Quick Dough setting appears on display. Press Start. When unit signals and display clears, 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

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

- 2 cups all-purpose flour
- 1 cup semolina flour
- 1 teaspoon salt
- 1 teaspoon olive oil or vegetable oil
- 4 large eggs, slightly beaten
- 2 tablespoons water

Press Stop to clear display. Press Select until Quick Dough setting appears on display. Press Start. When unit signals and display clears, 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

**Quick Setting
Not for Timer**

- 1½ cups fresh strawberries, sliced
- 1 cup sugar
- 2 teaspoons lemon juice
- 1 tablespoon powdered lo-sugar fruit pectin

Combine all ingredients into bread pan. Press Select until Quick appears in display. Press Start, set timer for 50 minutes. Press Start. When unit signals and display reads 0:00, press Stop to cancel. Remove jam, pour into containers and refrigerate to set. Makes about 3 cups.

Orange Marmalade

**Quick Setting
Not for Timer**

- 3 large oranges
- 1 lemon
- 1¼ cups sugar
- 2 tablespoons powdered lo-sugar fruit pectin

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 Quick appears in display. Press Start, set timer for 50 minutes. Press Start, when unit signals and display reads 0:00, press Stop to cancel. Using hot pads, remove bread pan. Pour jam into containers and cover. Refrigerate to set.

Makes about 3 cups.

Frozen Berry Jam

**Quick Setting
Not for Timer**

- 1 package (10 to 12 ounces) frozen berries, thawed (strawberries and raspberries are ideal)
- 1 tablespoon lemon juice
- 1¾ cups sugar
- 1 pouch (3 ounces) liquid fruit pectin

Combine all ingredients in bread pan. Press Select until Quick appears in display. Press Start, set timer for 45 minutes. Press Start. When unit signals and display reads 0:00, press Stop to cancel. Remove jam, pour into containers, cover and refrigerate until set.

NOTE: If possible, scrape sides of bread pan during mixing to prevent sugar crystals from burning.