

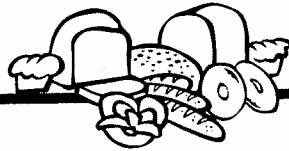
# REGAL

Automatic Breadmaker



## Guide and Cookbook

Model No. K6776



## 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 often quite tasty.

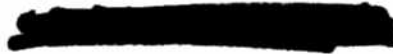
During our extensive testing and recipe development we simulated some less-than-ideal conditions and have attempted to tell you how to compensate for them. We've shared that information with you under "Helpful Hints," in the "Ingredients" and "Substitutions and Tips" sections. We know you'll find this 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 the regular size loaf (1 to 1.5 lbs.), so it doesn't get stale before you finish it. And, with the Regal Breadmaker it's so easy to make fresh bread anytime. 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!

If you have any questions concerning your Regal Breadmaker, or bread recipes, please contact our breadmaking specialists on our toll-free hotline.

**IMPORTANT:** Before placing your call, please jot down the model number of your breadmaker (see label on back of machine)



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# Safety Precautions

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## 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 contact moving parts.
7. Do not operate appliance with a damaged cord or plug, or after appliance has malfunctioned, or is dropped or 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 cord.
13. Do not use appliance for other than its intended use.
14. This product is intended for household use only.

## SAVE THESE INSTRUCTIONS

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.

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## 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 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 cancel the cycle. Also, the breadmaker cover and side panels get hot during operation.

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

Do not open lid unnecessarily or remove the bread during operation. The lid may be opened to add extra ingredients at the indicated time. Extra water or flour may be added during the first 15 minutes of the cycle for a large size or the first 10 minutes for a regular size loaf if dough appears too dry or too moist (see pages 26-27).

Do not touch lid or side panels of breadmaker during operation. They become hot.

Do not dent or damage the bread pan. The breadmaker will not operate properly. Call the toll-free number on page 2 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.

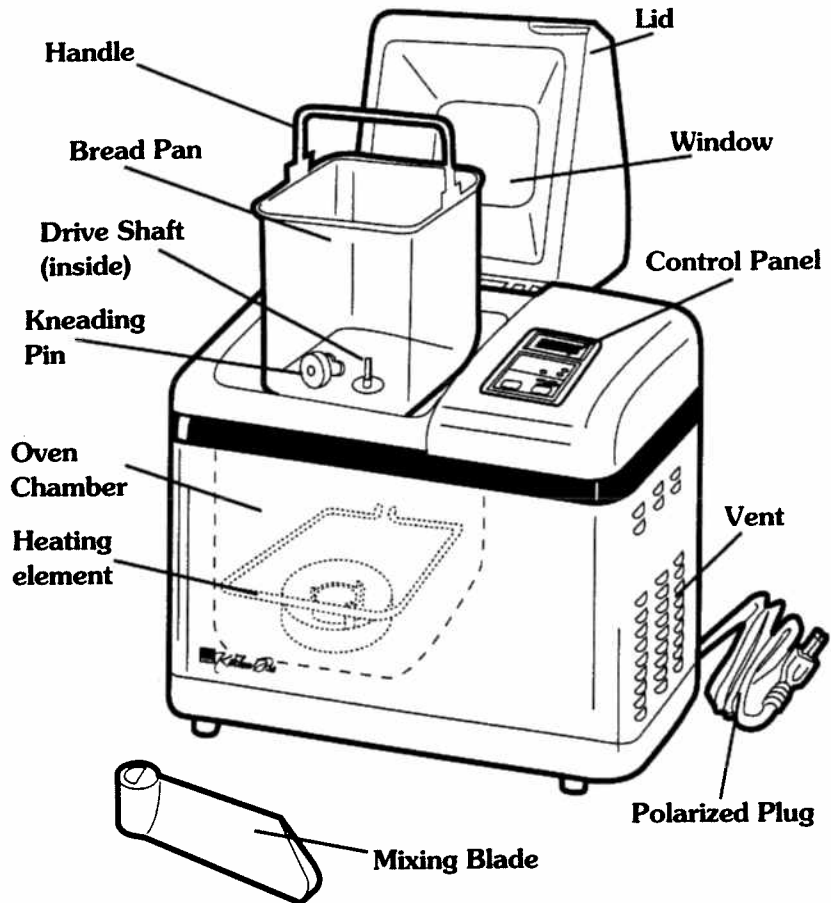
To prevent overloading an electrical circuit, avoid using the same power source shared by other operating appliances.

### Power Interruption

If the breadmaker is accidentally unplugged, or in the event of a power outage, the breadmaker will not automatically resume operation when the power comes on again.

When you cannot determine how long the power has been off, discard ingredients and start over. To restart, you must re-select the desired setting, size and crust type before you press Start. If the power interruption occurred during the first 15 minutes after you pressed Start, it is okay to restart the breadmaker.

# Parts Identification



1. Securely position the mixing blade on the shaft in the bread pan.
2. Plug kneading pin into the Bread Pan. Turn clockwise to lock into position.

## 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 printed on the caution sticker on the back 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.

# Settings

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## **Normal**

This setting is used to produce a large (1½-2 lb.) loaf in 3 hours or a regular (1-1½ lb.) loaf in 2 hours 40 minutes. Suitable for most breads except those with higher sugar or fat content (see Sweet setting).

## **Sweet**

This setting is used for breads containing high amounts of sugar, fat or protein (cheese, egg) all of which increase browning. This cycle bakes at a lower temperature to avoid over-browning of the crust.

## **Speed**

Reduce 30 minutes from the Normal or Sweet settings. Just as with the Normal and Sweet setting everything is automatically regulated. The timer cannot be used with this setting.

## **Normal and Sweet Dough**

The Dough settings are used to prepare rolls, specialty breads, pizza dough, etc., which are shaped by hand, allowed to rise again and then baked conventionally. When the dough is ready (1:28 minutes large size, 1:12 regular size), the unit will sound and the time on the display will read 0:00. At this time, remove the dough and proceed with shaping, etc., outside the breadmaker (see Shaping Dough, Pages 30-31).

## **Note:**

Raisin bread, or other breads with dried fruits or nuts can be prepared using the Normal, Sweet, Speed - Normal, Dough - Normal, Speed - Sweet and Dough - Sweet settings, by setting aside the raisins or other fruit or nuts. Five minutes before the end of the final knead, the unit beeps 8 times, indicating it is time to gradually add the raisins or other fruit (see page 43 for complete instructions).

# Cycles and Times

## Bread Cycles and Times for Regular Size Loafs

	Normal Setting (or sweet)		Dough Setting (normal or sweet)		Speed Setting (normal or sweet)	
	Display Reading	Cycle Time	Display Reading	Cycle Time	Display Reading	Cycle Time
1st Knead	3:00	10 min.	1:12	10 min.	2:30	10 min.
1st Rise	2:50	28 min.	1:02	30 min.	2:20	8 min.
2nd Knead	2:22	12 min.	32 min.	12 min.	2:12	12 min.
Audible Signal*	2:15	N/A	15 min.	N/A	2:05	N/A
2nd Rise	2:10	20 min.	20 min.	20 min.	2:00	10 min.
Punch Down	N/A	N/A	0:00	0:00	N/A	N/A
Final Rise	1:50	60 min.	N/A	N/A	1:50	60 min.
Bake	50 min.	50 min.	N/A	N/A	50 min.	50 min.
Warm/End	0:00	0:00	N/A	N/A	0:00	0:00
Total Time	3:00	N/A	1:12	N/A	2:30	N/A

\* Audible signal (eight beeps) indicates time to add raisins, nut, etc. (unless otherwise indicated)



## Bread Cycles and Times for Large Size Loafs

	Normal Setting (or sweet)		Dough Setting (normal or sweet)		Speed Setting (normal or sweet)	
	Display Reading	Cycle Time	Display Reading	Cycle Time	Display Reading	Cycle Time
1st Knead	3:20	15 min.	1:28	15 min.	2:50	15 min.
1st Rise	3:05	32 min.	1:13	30 min.	2:35	12 min.
2nd Knead	2:33	23 min.	43 min.	23 min.	2:23	23 min.
Audible Signal*	2:15	N/A	15 min.	N/A	2:05	N/A
2nd Rise	2:10	40 min.	20 min.	20 min.	2:00	10 min.
Punch Down	1:50	N/A	0:00	0:00	1:50	N/A
Final Rise	1:50	60 min.	N/A	N/A	1:50	60 min.
Bake	:50	50 min.	N/A	N/A	50 min.	50 min.
Warm/End	0:00	0:00	N/A	N/A	0:00	0:00
Total Time	3:20	N/A	1:28	N/A	2:50	N/A

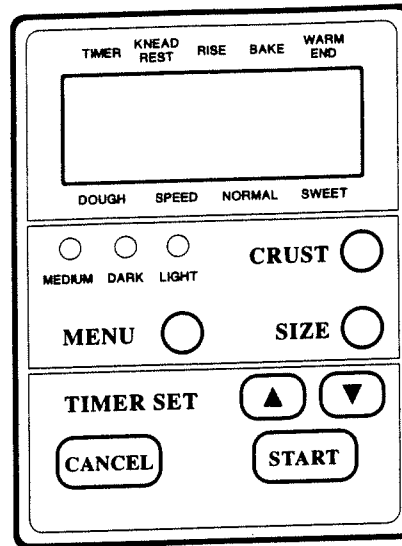
\* Audible signal (eight beeps) indicates time to add raisins, nut, etc. (unless otherwise indicated)

# Control Panel

When pressing a control button, be sure to hold it a few moments to be certain contact has been made. An arrow or arrows in the display will point to the setting selected.

After plugging in the breadmaker, the following settings will be preset and displayed:

MENU -Normal  
DISPLAY -0:00  
SIZE -Large  
CRUST -Medium



## To make bread immediately (without use of timer)

### MENU Button

Press Menu button to choose the setting you desire. Each time the Menu button is pressed, the setting advances in the following sequence:

**Normal, Sweet, Speed-Normal, Dough-Normal,  
Speed-Sweet, Dough-Sweet.**

A lighted arrow or arrows in the display will point to the selected setting. Each time the Menu, Size, Crust, Timer set or Start buttons, are pressed the unit will beep (it will not beep when Cancel button is pressed).

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### SIZE Button

Press Size to select specific size:

**Regular** 1 - 1½ pounds  
**Large** 1½ - 2 pounds

### CRUST Button

Press Crust button to change crust color. Each time the button is pressed, the setting advances in the following sequence: Medium, Dark, or Light.

### START Button

Press Start to begin the process of the setting you selected. The time for a finished loaf or prepared dough will appear in the display window:

Setting	Display	
	Regular	Large
<b>Normal</b>	<b>3:00</b>	<b>3:20</b>
<b>Sweet</b>	<b>3:00</b>	<b>3:20</b>
<b>Speed-Normal</b>	<b>2:30</b>	<b>2:50</b>
<b>Speed-Sweet</b>	<b>2:30</b>	<b>2:50</b>
<b>Dough Normal</b>	<b>1:12</b>	<b>1:28</b>
<b>Dough-Sweet</b>	<b>1:12</b>	<b>1:28</b>

### CANCEL Button

Press Cancel to clear the display when baking is completed and you are ready to remove the bread. Or, press Cancel if you decide to make a change in one of the settings, or to stop baking. You have to hold down the button for two or three seconds. This delay protects against accidentally cancelling the program during operation. The arrow pointing to the cycle will disappear when contact has been made (you will not hear a beep when pressing Cancel).

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If the Cancel button is accidentally pressed during the bake cycle, the cycle will cancel and the display will read 0:00. If this happens, you will not be able to finish baking the loaf and should discard the partially baked bread. Let machine cool for 10 - 15 minutes before resetting. The machine must cool completely before it can be reset.

## **To set timer for delayed baking**

### **TIMER Set Button**

Before setting Timer you must select desired setting. Each time the Menu button is pressed, the setting advances in the following sequence:

**Normal, Sweet, Speed-Normal, Dough-Normal, Speed-Sweet, Dough-Sweet.**

Press the ▲ button until the correct length of time appears in the display window.

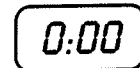
- ▲ Each time this button is pressed, the timer setting will advance 10 minutes.
  - ▼ Each time this button is pressed, the timer setting will go back 10 minutes.
- If you go past the desired time, merely press the ▼ button to go back to desired time. If you hold the button down, it will advance or reverse the setting quickly (see page 17 for complete Timer instructions).

**Unit will signal when bake cycle is complete. Display will read 0:00.**

### **Important**

At the end of the bake cycle, the display will read warm/end (as seen above). In this cycle, the bread will be kept warm for three hours (unless the cancel button is pressed). While it is recommended that the bread be removed as soon as possible after baking, if you are not able to remove the bread at this time, this cycle will greatly reduce condensation and moisture which would otherwise cause the bread to become soggy.

If the oven chamber is too warm, (above 97° F/36° C) your display will flash 0:00 and the breadmaker will not work when Start button is pushed. Press Cancel and allow it to cool with the lid open and the bread pan removed. Once cooled, 5 to 10 minutes, reprogram breadmaker and press Start.

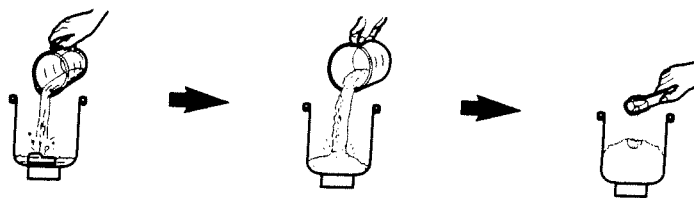
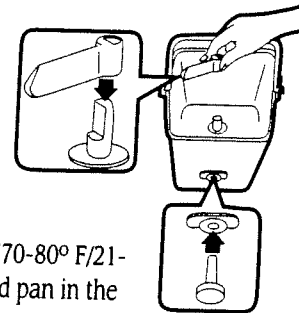
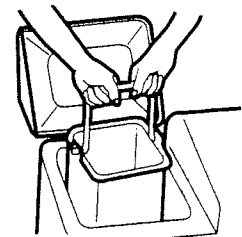


# Operating Instructions

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

## To bake either a regular or large loaf of bread using the Normal or Sweet settings:

1. Open the lid and remove the bread pan. To remove the bread pan, grasp the handle with both hands and pull the bread pan straight up.
2. Remove any crumbs that may be on the drive shaft. Position the mixing blade on the drive shaft as shown. If the blade is not securely positioned, the ingredients will not be mixed or kneaded properly. Insert the kneading pin into the slot on the side of the bread pan. Turn pin clockwise to lock into position. If not securely positioned, the ingredients will not mix or knead properly.
3. All ingredients should be room temperature (70-80° F/21-27° C). Always measure ingredients into bread pan in the order listed in the recipe.
  - A. Always measure and add the water or other liquid, such as liquid sweeteners, first, except where otherwise directed.
  - B. Then, add flour and other dry ingredients, except yeast.
  - C. Add yeast last to keep the yeast dormant. It is very important to keep the yeast dry and away from the salt and liquids, especially when using the Timer.  
Do not mix. See illustrations below.



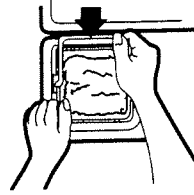
When using the Timer (see page 17), make a small "well" in the mound of flour and pour the dry yeast into it. Do not let the yeast touch the water or salt as the dough may not rise properly. The water will activate the yeast

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**Note:**

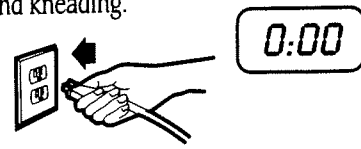
When the room temperature is under 65° F/18° C, use lukewarm water (about 100-110° F/43° C) to assist the yeast fermentation.

4. Wipe water or other spills from the outside of the bread pan. Place the bread pan into the oven chamber. The kneading pin will be in front and the word "Front" is imprinted on the bread pan. To lock pan in position, press it down until you hear it click securely into position. Make sure the pan has been set securely in the oven chamber to ensure proper mixing and kneading.



5. Close the lid.

6. Plug into outlet. The number 0:00 will appear in the display.



7. Press the Menu button to reach the desired setting: Normal, Sweet, Speed-Normal, Dough-Normal, Speed-Sweet, or Dough-Sweet. Each time the Menu button is pressed, the setting advances. A lighted arrow or arrows will point to the selected setting in the display.
8. Press the Size button to choose a regular or large loaf.
9. Press the Crust button to select a light, dark or medium crust.

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

- 10.** Press the Start button. The time in the display will begin counting down the minutes from the amount of time required for the setting you have selected.

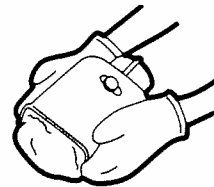
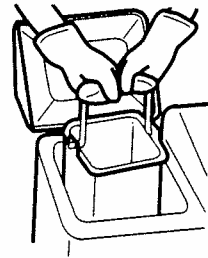
Steam will come from the vent on the back of the lid during operation. When baking is finished, the buzzer will sound and the display will read "0:00".

For best results remove bread immediately after baking is finished.

### **For hot bread**

- 11.** After the bake cycle is completed, the arrow in the display window will move from bake to warm/end. Press the Cancel button and carefully open the lid of the breadmaker. To remove the bread pan (with potholders or oven mitts), grasp the handle with both hands and pull straight up.

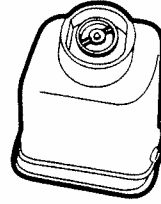
Bread can be removed anytime after the arrow moves to warm/end. If the Cancel button is pushed before the oven chamber temperature cools, the unit will signal with a series of three audible tones. Simply unplug the unit and, using potholders or oven mitts, take bread pan out of machine and remove the kneading pin by turning it counterclockwise and pulling it out. 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. Place bread on a wire rack to cool and the bread pan on a heat-proof surface.



- 12.** Remove bread from the bread pan as soon as possible after baking. If you choose not to remove bread right after the bake cycle, the oven chamber will keep the bread warm for three hours.

If the bread cannot be easily removed, using an oven mitt or potholder, hold the drive shaft on the bottom of the pan and rotate it back and forth. Be careful - the drive shaft will be hot!

If the mixing blade comes out in the bread, use a plastic or wooden utensil to remove it from the bread to avoid scratching the nonstick surface.



- 13.** Remove Plug from outlet. When removing the plug, always grasp the plug itself and do not pull on the cord.



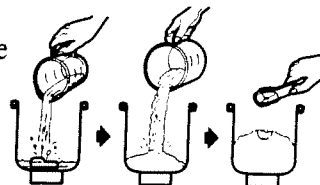
**Caution:** The mixing blade and kneading pin will be hot!  
Do not attempt to remove them with bare hands.



# Using Timer

## How to use Timer

1. Measure ingredients into bread pan in the sequence specified in the recipe.
2. Select desired setting: Normal or Sweet; either regular or large size. Timer cannot be used for Speed or Dough settings.
3. To set Timer, press ▲ until the number of hours and minutes to finished bread appears in the display window. The time advances in 10-minute increments. If you go past the desired hours and minutes, simply press ▼ to go backwards in 10-minute increments. If you hold down either button, the numbers advance quickly. Time can be set from 4 to 13 hours. Example: If the time is now 8:00 PM and you want the bread to be ready at 7:00 AM, that is 11 hours from now, so press the ▲ button until 11:00 appears in the display window.
4. Press the Size button to select a regular or large loaf size.
5. Press Crust to choose a light, dark or medium crust.
6. Press Start. An arrow will appear under Timer in the control panel and time will begin counting down. The breadmaker will automatically start the mixing at precisely the right moment and you will have hot, baked bread at the selected time.



**If you forget to press Start, the Timer will not work.**

### Important:

- ✓ Do not use fresh milk, eggs, fruit or vegetable purees when using the Timer. They could spoil.
- ✓ Always add carefully-measured ingredients in the same sequence: liquids, dry ingredients and yeast.
- ✓ When using the Timer during times of high humidity or hot weather, cut the liquid by one or two tablespoons to reduce the possibility of over-rising or of a fallen loaf. Salt may be increased by  $\frac{1}{8}$  to  $\frac{1}{4}$  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.

### Note:

The yeast must be kept away from the liquid and the salt.

# Cleaning Breadmaker

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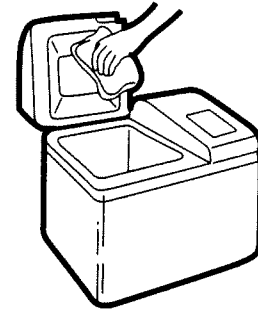
Unplug the breadmaker and allow it to cool before cleaning.

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

## Body

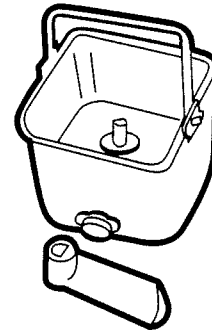
DO NOT IMMERSE BREADMAKER IN WATER

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



## Bread pan/Mixing blade/Kneading pin

3. Wash inside of bread pan, mixing blade and kneading pin 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.
4. As with any of the non-stick cooking utensils in your kitchen, treat the bread pan gently. Do not use metal objects or steel pads, etc. to clean it.
5. If the mixing blade has stuck to the drive shaft, pour warm water in the pan and let stand 15-20 minutes to loosen it.  
DO NOT USE EXCESSIVE FORCE.
6. If the hole of the mixing 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 performance of the unit, or the release properties.

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### **Cleaning help for Over-rising**

If the bread over-rises and sticks to the inside of the lid, extra cleaning will be necessary. Here's help:

Unplug your breadmaker and, using a nylon spatula, scrape all loose dough from inside the lid. Move breadmaker to countertop next to kitchen sink; place on backside with lid hanging over the sink. Use a pastry brush to "sweep" crumbs from inside of breadmaker and around the hinges. Wipe inside of breadmaker with a damp cloth.

Support lid with one hand and, using a wet dishcloth or sponge, soak all remaining dry or cooked-on dough to loosen. Use a plastic scrub pad to remove any stubborn spots. Do not use abrasive cleaners or metal scouring pads 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 lid, 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 lid.

### **Storage**

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

# Tips for Breadmakers

## Breadmaking Terms

### Knead

If working by hand, kneading means folding the dough towards you and then pushing it away with the heel of your hand in a rocking motion, rotating the dough one quarter of a turn. You repeat this until the dough is smooth and blistered. When using your breadmaker, this process is done automatically for you.

### Rise

The dough is kept at the proper temperature to activate the yeast. By hand, you would put the dough in a bowl and cover it, keeping it out of drafts, until the dough doubles its size, usually for an hour or more. This is done automatically in your breadmaker.

### Punch Down

The gas trapped in the dough is pressed out to make a better dough.

When making bread manually, you would actually "punch down" the dough. Your breadmaker automatically does this for you at precisely the right time!

### Bake

After dough rises, it becomes bread by baking. Your breadmaker bakes the bread for you right in the same pan. With the Dough setting you remove the dough at a specified time, shape it into rolls, pizza crust, etc., allow it to rise the final time, and bake it in your conventional oven.

### Cool

Remove bread when baking is completed. Let stand on wire rack to cool. Bread that is left in the breadmaker to cool accumulates moisture and the crust will become "soggy." If this happens wrap bread in paper toweling before sealing in a plastic bag.

## Measuring With Standard Measures

**Dry ingredients:** spoon into standard dry measuring cup until overflowing. 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 standard measuring spoons for small amounts of liquid.

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

**Baking powder, baking soda, salt, spices, dry milk:** fill standard measuring spoon to overflowing. Level off with straight-edged spatula.

# Ingredients

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## Flour

Store all flour in a cool dry place (70° F/21°C or less), away from heat. For maximum shelf life, flour may be stored in the refrigerator or freezer. If stored correctly flour will stay fresh up to 2 years. Always bring flour to room temperature before using it in your breadmaker. To measure accurately, spoon decanted flour into a standard measuring cup, then level off with the straight edge of a knife or spatula.

## Bread Flour

Milled from hard wheat, it contains a higher percentage of protein than regular all-purpose flour, usually 14 percent 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, any all-purpose flour with a protein content of 14 percent or higher is an acceptable substitution. Bread flour requires no sifting.

## Whole Wheat Flour

Sometimes called graham flour, it is milled from the entire wheat kernel. It is light brown in color and contains all the 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 (see page 27), especially in 100% Whole Wheat bread recipes. Requires no sifting.

## Rye Flour

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. Requires no sifting.

## Yeast

When combined with sugar and water, at the right temperature, the yeast generates carbon dioxide which makes the dough rise. The recipes in this book have been developed using active dry yeast. 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 1/2 teaspoon of fast-rising yeast per cup of flour. Example: 3 cups bread flour would require 1 1/2 teaspoons fast rising yeast.

## Sugar

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

---

### **Milk**

Milk enhances flavor and increases the nutritional value of the bread but it is not a necessary ingredient. Other liquids can be substituted (see "Water or Other Liquids"). For best results, always bring milk, or other liquid to room temperature.

### **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. You can also eliminate the salt, but this will affect the size, texture and taste of the bread.

### **Vegetable Shortening**

This solid, white shortening gives a slightly crispier texture than butter or oil, but works effectively.

### **Fats**

Any form of shortening will enrich flavor and help bread stay fresh longer.

### **Butter**

Butter adds flavor. The same amount of vegetable shortening or oil can be substituted. Salted or unsalted butter may be used.

### **Margarine**

This is an acceptable substitute for butter.

### **Oil**

Vegetable, canola, corn, peanut, soy or sunflower oil can be used. Unsaturated safflower oil is a good substitute in special health breads. Olive oil produces a softer crust than butter or margarine and is often used in pizza dough to tenderize and flavor the dough. Peanut oil keeps bread fresher longer.

### **Eggs**

Large eggs were used in developing the recipes in this booklet. If you wish to add an egg to a recipe that does not call for one, crack egg into liquid measuring cup; then fill with liquid to level specified in the recipe. 1/4 cup (2 ounces) of an egg substitute can replace 1 large egg.

### **Water or Other Liquids**

When the flour is mixed with water or another liquid, gluten is formed and air is trapped, thus allowing the bread to rise. Water, milk, beer, fruit juices or purees can be used as the liquid in bread.

---

## Hints for Baking Delicious Homemade Breads

- 1** Use only fresh ingredients.
- 2** Yeast is the most important ingredient in bread baking. It causes the bread to rise. 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 lid; or it could collapse during baking. In the breadmaker, yeast does not need "proofing" or preliminary fermentation. After each use always close yeast container tightly and store in a cool, dry place.
- 3** Measure ingredients exactly.
- 4** 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 recipes, to prevent over-rising.
- 5** Always use a sharp serrated edge knife to slice warm, crusty bread. An electric knife also works very well.
- 6** 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, this will cause the bread to dry out faster.
- 7** For longer storage, tightly seal bread in a moisture-proof wrap or bag, and store in freezer.

---

## 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 your recipe yields two conventional loaves, cut the recipe in half to make a regular size loaf. The breadmaker only makes one loaf at a time.
- 2.** Do not exceed a total of  $4\frac{1}{2}$  cups of flour, oats, grains etc. for a large size loaf or  $3\frac{1}{2}$  cups for the regular size loaf. Use the recipes in this book as your guide when converting other recipes.
- 3.** Always measure and add water or other liquid, shortening, eggs, liquid sweeteners and other ingredients containing moisture first. Then measure the dry ingredients into the bread pan in the order listed. Carefully place yeast on top of dry ingredients, avoiding contact with the liquid and salt.
- 4.** To substitute dry milk for fresh, use approximately 2 tablespoons dry milk plus 1 cup water for every cup of milk. Remember: fresh milk, cream, eggs, sour cream, etc., should not be used if using the Timer on your breadmaker for delayed baking.

## High Altitude Adjustments

At altitude 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 altitude. Either sugar or yeast should be reduced slightly to prevent over-rising. See Table for guidelines.

### NOTE:

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

Adjustment	Altitude		
	3,000 ft.	5,000 ft.	7,000 ft.
<b>Reducing Yeast</b> For each teaspoon, decrease by:	$\frac{1}{8}$ tsp.	$\frac{1}{8}$ - $\frac{1}{4}$ tsp.	$\frac{1}{4}$ tsp.
<b>Reducing Sugar</b> For each tbsp. decrease by:	0-1 tsp.	0-2 tsp.	1-3 tsp.
<b>Increasing Liquid</b> For each cup, add:	1-2 tbsp.	2-4 tbsp.	3-4 tbsp.

## Equivalents

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



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## Substitutions and Helpful Tips

Milk and water are interchangeable in these recipes. Milk gives bread a velvety texture and adds nutrients. Breads made with water have a heavier, crispier crust and more "open" texture.

Buttermilk is a good substitution for water or milk. It results in a light, high rising and tender bread. To offset the slight acidity, for every cup of buttermilk, add about 1/4 teaspoon baking soda with the dry ingredients. Buttermilk also helps bread stay fresh longer.

In place of granular (white) sugar, you can use brown sugar, honey, molasses or syrup. Hint: Before measuring honey or molasses, oil the measuring spoon or cup with cooking oil. The sticky syrup easily runs off the utensil.

To make yeast breads last longer and be slightly higher, use water in which you've cooked potatoes and cooled to room temperature (70-80°F/21-27°C).

In a cool room (under 65°F/18°C), use warmer water (100-110°F/38-43°C).

Vegetable oil can replace butter or margarine. For a very soft crust substitute olive oil in place of butter.

To use fast-rising yeast, such as "Rapid Rise" or "Quick Rise" in place of active dry yeast, allow approximately 1/2 teaspoon for each cup of flour in recipe. Some experimentation may be necessary.

There are several bread mixes available on the market which can also be used in your breadmaker. Follow the package instructions to make one loaf, regular (1 or 1 1/2 lbs.) or large (1 1/2 - 2 lbs.).

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## Adjusting Recipes

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

About 5 minutes after you press Start, lift the lid 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 breadmaker, the flour adjustment can be made while the breadmaker is still mixing and kneading. Make the adjustment, 1 tablespoon at a time, within the first 15 minutes of the cycle while the machine is still kneading. 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, wheat and grains, the loaf will be shorter.

### Dry Dough

If your breadmaker begins to sound like the motor is straining while kneading, the dough is too dry. This may occur during cold months, simply add warm water (95-105° F/35-41° 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 dough will have an uneven or irregular top, possibly cracked. The finished loaf will be short and often will be doughy.

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 cycles, the dough can be a little drier 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 lid.

If the dough looks too wet and sticky, add flour, 1 tablespoon at a time, until the dough forms a soft pliable ball.

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

### **A Boost for Whole Grain Breads**

For lighter results when using heavier flours, such as Whole Wheat, allow the breadmaker to run through the first 40 minutes of its cycle. Press Cancel until display shows 0:00. Press Start. The breadmaker will repeat the first and second knead cycles resulting in a lighter bread.

### **Helpful Hints**

Cheese melts into liquid during baking. Allow for that by reducing liquid when adding cheese to a recipe. Do not pack cheese into the measuring cup. Lightly spoon into cup.

Add spices and herbs after flour, away from liquid to avoid altering the liquid/flour action.

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, especially for whole grain breads, or when using all-purpose flour in place of bread flour. As a guide, when you add the flour add 1 teaspoon gluten per cup of all-purpose flour and 1 1/2 teaspoons per cup of whole grain flours in the recipe.

Gluten flour is half vital gluten. It is expensive and doesn't 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 below).

Vinegar or lemon juice are also acceptable dough enhancers. Generally, 1 teaspoon is added to rye bread to enable the rye flour to work with the bread flour to develop structure.

### **Sources** (For Gluten, Whole Grains and other Ingredients)

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

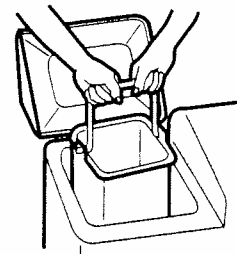
King Arthur Flour  
RR2, Box 56  
Norwich, VT 05055  
(800) 827-6836

The White Lily Foods Company  
P.O. Box 871  
Knoxville, TN 37901  
(615) 546-5511

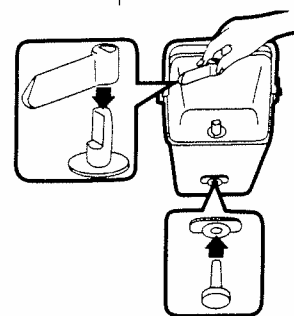
Arrowhead Mills  
Box 2059  
Hereford, TX 79045  
(806) 364-0730

# Dough Setting

**1.** Open the lid and remove the bread pan. To remove the bread pan, grasp the handle with both hands and pull the bread pan straight up.

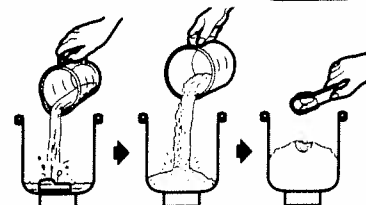


**2.** Remove any crumbs that may be on the drive shaft. Position the mixing blade on the drive shaft as shown. If the blade is not securely positioned, the ingredients will not be mixed or kneaded properly.

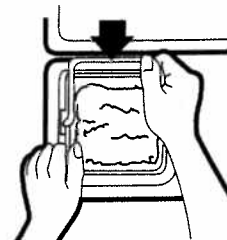


**3.** Insert the kneading pin into the slot on the side of the bread pan. Turn pin clockwise to lock into position.

**4.** Measure ingredients into bread pan. Add the ingredients in the order listed in the recipe, with the yeast last, as shown.

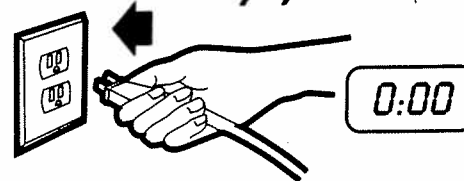


**5.** Wipe water or other remains from the outside of the bread pan. Place the bread pan in the breadmaker. To lock into position, press the pan down until you hear it click into position.



**6.** Close the lid.

**7.** Plug into outlet. The number "0:00" will appear in the display window.



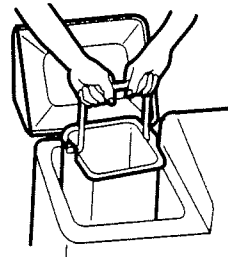
**8.** Press the Menu button until the arrow or arrows point to Dough - Normal or Dough - Sweet in the display window. Press Size button to select desired size. Each time the button is pressed you will hear a beep.

**9.** Press the Start button. The display will read "1:12" for regular size and "1:28" for large. The read-out in the display will begin counting down.



**10.** Unit will beep 8 times with 25 minutes remaining in display for both the regular and large sizes. At this time, add raisins, nuts or any other fruits if desired. The machine will continue to knead for 5 minutes.

**11.** When using the Dough setting the bread pan does not get hot. When the buzzer sounds, press the Cancel button and open the lid. To remove the bread pan, grasp handle with both hands and pull straight up.



**12.** Remove the kneading pin. Turn pin counterclockwise and pull out before removing dough.

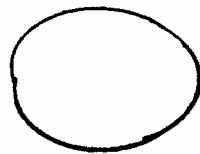
**13.** Lightly sprinkle flour onto a pastry mat or board. Using a rubber spatula or wooden spoon, remove dough from bread pan and place on lightly floured surface. Knead by hand 2 or 3 times to release the air.

**14.** Shape dough into your favorite rolls, coffee cake, etc., (suggestions follow). Cover dough with a clean kitchen towel and let rise, until almost doubled in size, about 1 hour.

**15.** Bake in preheated (350°F/177°C) oven 30-35 minutes, until golden brown. Remove from pans, cool on a wire rack or serve warm.

# Shaping Dough

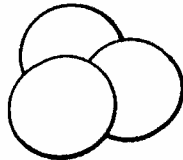
## Easy Dinner Rolls



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

Divide dough into 12 equal pieces, shape into balls and place in greased muffin

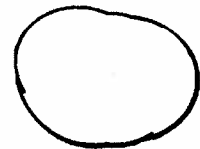
## Cloverleaves



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.

Lightly grease 12 muffin cups. Divide dough into 36, 1-inch pieces. Pull edges under, smoothing tops

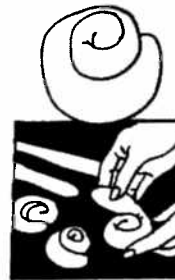
## Simple Pan Rolls



Lightly grease 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.

Lightly grease 9 x 1½ inch, round baking pan. Divide dough into 12 pieces. Shape each piece into a ball,

## 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.

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

## Butterhorns



Lightly grease baking sheet. 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, 2-3 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 2-3 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.

---

## Crust Treatments

(use only with Dough Setting)

After the 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 on page 32.
- For a shiny chewy crust, use Egg White Glaze on page 32 (crust will be lighter colored).

---

**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.

**Powdered Sugar Glaze** (for coffee cakes and sweet rolls)

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

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

**HINT:**

To reheat yeast rolls, place in a clean brown paper bag, fold to close opening. Sprinkle outside of bag with water. Place the bag of rolls in a 325°F/163°C oven for about 10 minutes, or until heated through. Or, place rolls on a large sheet of foil. Sprinkle with a few drops of water. Wrap securely and heat in 325°F/163°C oven, 10-12 minutes.



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## Rising

### To reduce final rising time of dough once it has been removed from your breadmaker

- Preheat conventional oven to 200°F/93°C for 5 minutes, then turn off oven. Shape dough; place on baking utensil as directed; 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 (these contain less gluten) may not rise as much as those using white bread flour. Heavier breads may fall slightly in the center. This is normal and will not affect the flavor. Watch for flours containing 14% protein, or higher. Wheat gluten is available which will also improve the shape and volume of bread made with low gluten flours (see page 27).

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## Freezing

For best results, store unbaked yeast dough in your 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 regular size loaf and about 8 hours for the large size. Or, thaw dough in refrigerator overnight, then unwrap, place dough in pan, and let rise in a warm place for approximately 2 hours.

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### **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 in pans, place 1 inch apart on greased baking pans. Cover pans loosely with a clean cloth and set in a warm place to thaw and rise until almost doubled in size (approximately 1 1/2 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.

### **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 rib 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.

# Bread Recipes

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## Classic White Bread

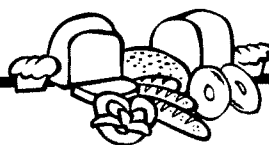
Timer OK

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

Regular	Ingredients	Large
1 cup + 2 tablespoons	Water	1 1/3 cups
1 tablespoon	Butter or Margarine	2 tablespoons
3 cups	Bread Flour	4 cups
1 1/2 tablespoons	Dry Milk	2 1/2 tablespoons
1 tablespoon	Sugar	2 tablespoons
1 teaspoon	Salt	1 3/4 teaspoons
1 1/4 teaspoons*	Active Dry Yeast	2 1/4 teaspoons*

Select Normal setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1 1/2 teaspoons for regular size and 2 teaspoons for large.



## White Bread

Not for Timer

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

Regular	Ingredients	Large
1 cup + 2 tablespoons	Milk	1 1/3 cups + 2 tablespoons
1 tablespoon	Butter or Margarine	2 tablespoons
3 cups	Bread Flour	4 cups
2 tablespoons	Sugar	3 tablespoons
1 teaspoon	Salt	1 1/2 teaspoons
1 1/2 teaspoons*	Active Dry Yeast	2 1/4 teaspoons*

Select Normal setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1 1/4 teaspoons for regular size and 1 1/2 teaspoons for large.



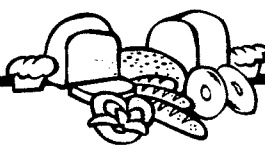
## 100% Whole Wheat Bread Timer OK

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

<b>Regular</b>	<b>Ingredients</b>	<b>Large</b>
1 cup + 2 tablespoons	Water	1½ cups
1 tablespoon	Molasses	2 tablespoons
½ tablespoon	Honey	1 tablespoon
3 cups	Whole Wheat Flour	4 cups
1 tablespoon	Gluten	2 tablespoons
1½ teaspoons	Salt	2 teaspoons
2 teaspoons*	Active Dry Yeast	2½ teaspoons*

Select Normal setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1½ teaspoons for regular size and 2 teaspoons for large.



## Wheat Bread

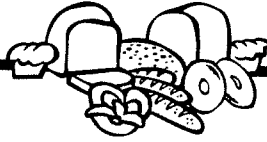
Timer OK

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

Regular	Ingredients	Large
1 cup	Water	1 1/3 cups
1 tablespoon	Vegetable Oil	1 1/2 tablespoons
2 tablespoons	Molasses	3 tablespoons
1 1/2 cups	Bread Flour	2 cups
1 1/2 cups + 2 tablespoons	Whole Wheat Flour	2 1/4 cups
1 teaspoon	Salt	2 teaspoons
2 teaspoons*	Active Dry Yeast	2 1/2 teaspoons*

Select Normal setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1 1/2 teaspoons for regular size and 1 3/4 teaspoons for large.



## Honey Wheat Bread

Timer OK

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

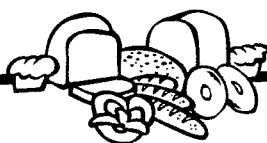
Regular	Ingredients	Large
1/3 cup	Wheat Flakes**	1/2 cup
1 tablespoon	Wheat Bran**	1 1/2 tablespoons
1 cup	Water	1 cup + 2 tablespoons
2 tablespoons	Honey	3 tablespoons
1 tablespoon	Butter or Margarine	1 1/2 tablespoons
2 1/2 cups	Bread Flour	3 cups
1 teaspoon	Salt	1 1/4 teaspoons
2 teaspoons*	Active Dry Yeast	2 1/4 teaspoons*

Select Normal setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1 1/4 teaspoons for regular size and 1 3/4 teaspoons for large.

\*\* Wheat Flakes and Wheat Bran are available through the mail (see Sources page 27) or at health food stores and larger supermarkets.

Note: To ensure complete and thorough mixing of wheat flakes and bran, add them first.



## Cracked Wheat Bread

Timer OK

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

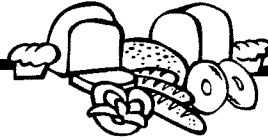
Regular	Ingredients	Large
1 cup	Water	1 1/4 cups
1 tablespoon	Honey	2 tablespoons
2 teaspoons	Butter or Margarine	1 tablespoon
1 1/2 cups	Bread Flour	2 cups
1 1/4 cups	Whole Wheat Flour	1 1/4 cups
1/3 cup	Cracked Wheat**	1/2 cup
1 teaspoon	Salt	1 1/2 teaspoons
1 3/4 teaspoons*	Active Dry Yeast	2 1/4 teaspoons*

Select Normal setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1 1/4 teaspoons for regular size and 1 3/4 teaspoons for large.

\*\* Cracked Wheat is available through the mail (see Sources page 27) and in health food stores.





## Honey Grain Bread

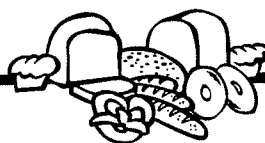
Timer OK

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

Regular	Ingredients	Large
1 cup	Water	1 1/4 cups
1 tablespoon	Butter or Margarine	2 tablespoons
1 tablespoon	Honey	1 1/2 tablespoons
1 3/4 cups	Bread Flour	2 1/4 cups
3/4 cup	Whole Wheat Flour	1 cup
1/2 cup	Mueslix Multi-Grain Cereal	3/4 cup
1/2 teaspoon	Salt	3/4 teaspoon
1/8 teaspoon	Ground Cinnamon	1/4 teaspoon
1 3/4 teaspoons*	Active Dry Yeast	2 teaspoons*

Select Normal setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1 1/2 teaspoons for regular size and 1 3/4 teaspoons for large.



## Yogurt Rye Bread

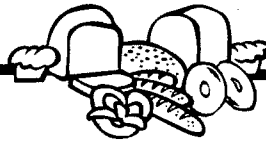
Not for Timer

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

Regular	Ingredients	Large
1/3 cup + 2 tablespoons	Water	1/2 cup
1	Large Egg	1
1/3 cup	Non-Fat Plain Yogurt	1/2 cup
1 tablespoon	Butter or Margarine	2 tablespoons
2 teaspoons	Molasses	1 tablespoon
1 3/4 cups	Bread Flour	2 cups
1 cup	Rye Flour	1 1/4 cups
1 teaspoon	Caraway Seed, optional	1 1/2 teaspoons
1 teaspoon	Salt	1 1/2 teaspoons
1/8 teaspoon	Baking Soda	1/4 teaspoon
1 3/4 teaspoons*	Active Dry Yeast	2 teaspoons*

Select Normal setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1 1/4 teaspoons for regular size and 1 1/2 teaspoons for large.



## Raisin Bread

Not for Timer

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

Regular	Ingredients	Large
1 cup	Water	1 cup + 3 tablespoons
1 1/2 tablespoons	Butter or Margarine	2 tablespoons
2 3/4 cups	Bread Flour	3 1/2 cups
2 tablespoons	Dry Milk	3 tablespoons
2 tablespoons	Sugar	3 tablespoons
1 1/2 teaspoons	Salt	2 teaspoons
3/4 teaspoon	Cinnamon	1 1/4 teaspoons
1 1/2 teaspoons*	Active Dry Yeast	2 1/2 teaspoons*
3/4 cup	Raisins	1 cup

Select Normal setting, choose loaf size and crust color. Press Start. When breadmaker beeps 8 times, add raisins a few at a time. Bread will be finished baking when the unit beeps. Press Cancel and remove bread.

Variation: Date Nut - Eliminate cinnamon from recipe and after the breadmaker beeps 8 times, instead of adding raisins, slowly add:

Regular	Ingredients	Large
1/2 cup	Chopped Dates	3/4 cup
1/3 cup	Chopped Walnuts	1/2 cup

\* For Speed setting you may substitute fast-rising yeast, 1 1/4 teaspoons for regular size and 1 3/4 teaspoons for large.



## Apple Cinnamon Bread

Not for Timer

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

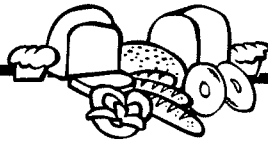
### Large

### Ingredients

1 cup	Unsweetened Apple Juice or Cider
1	Egg
2 tablespoons	Butter or Margarine
3 <sup>3</sup> / <sub>4</sub> cups	Bread Flour
1/2 cup	Chopped Walnuts, optional
1/4 cup	Packed Brown Sugar
1 1/4 teaspoons	Ground Cinnamon
1 teaspoon	Salt
1/2 teaspoon	Baking Soda
1/4 teaspoon	Ground Ginger
2 teaspoons*	Active Dry Yeast

Select Sweet setting, for a large size. Select crust color. Press Start. Bread will finish baking when the unit beeps. Press cancel and remove bread.

\* For Speed setting you may substitute 2 1/4 teaspoons fast-rising yeast.



## Deli Rye Bread

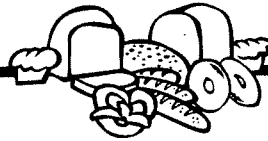
Not for Timer

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

Regular	Ingredients	Large
1 cup	Water	1 1/4 cups
1 tablespoon	Vegetable Oil	2 tablespoons
2 tablespoons	Honey	3 tablespoons
2 cups	Bread Flour	2 1/2 cups
1/2 cup + 1 tablespoon	Rye Flour	1 cup
1/3 cup	Cornmeal	1/2 cup
1 tablespoon	Vital Gluten	2 tablespoons
3/4 teaspoon	Salt	1 teaspoon
1 3/4 teaspoons*	Active Dry Yeast	2 1/4 teaspoons*

Select Normal setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1 1/2 teaspoons for regular size and 1 3/4 teaspoons for large.



## Oatmeal Bread

Timer OK

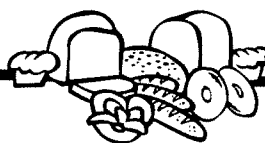
All ingredients at room temperature (70-80°F/21-27°C)

Regular	Ingredients	Large
1 cup + 2 tablespoons	Water	1 1/3 cups
1 1/2 tablespoons	Honey	2 tablespoons
1 tablespoon	Butter or Margarine	1 1/2 tablespoons
1/2 cup	Quick Cook Oats	2/3 cup
2 1/2 cups	Bread Flour	3 1/4 cups
1 teaspoon	Salt	1 1/2 teaspoons
1 3/4 teaspoons*	Active Dry Yeast	2 teaspoons*

Select Normal setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1 1/4 teaspoons for regular size and 1 3/4 teaspoons for large.

Note: To ensure complete and thorough mixing of oats, add them before the bread flour.



## Multi-Grain Buttermilk

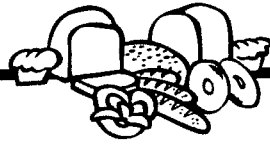
Not for timer

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

Regular	Ingredients	Large
2/3 cup	Buttermilk	3/4 cup
1/4 cup	Water	1/3 cup
1 tablespoon	Butter or Margarine	2 tablespoons
1 tablespoon	Molasses	2 tablespoons
1	Egg	1
1 1/2 cups	Bread Flour	2 1/2 cups
1/2 cup	Whole Wheat Flour	2/3 cup
1 tablespoon	Wheat Germ	2 tablespoons
1 tablespoon	Oat Bran	2 tablespoons
1 teaspoon	Salt	1 1/2 teaspoons
1/8 teaspoon	Baking Soda	1/4 teaspoon
1/4 cup	Sunflower Seeds	1/3 cup
1 3/4 teaspoons*	Active Dry Yeast	2 1/4 teaspoons*

Select Normal setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1 teaspoon for regular size and 1 1/2 teaspoons for large.



## Seven Grain Bread

Timer OK

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

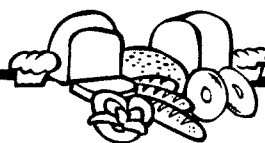
Regular	Ingredients	Large
¾ cup + 3 tablespoons	Water	1⅓ cups
1 tablespoon	Butter or Margarine	2 tablespoons
2 teaspoons	Molasses	1 tablespoon
1¾ cups	Bread Flour	2 cups
¾ cup	Whole Wheat Flour	1¼ cups
½ cup	7-Grain Cereal**	¾ cup
¾ teaspoon	Salt	1 teaspoon
1¾ teaspoons*	Active Dry Yeast	2 teaspoons*

Select Normal setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1½ teaspoons for regular size and 1¾ teaspoons for large.

\*\* 7-Grain Cereal is available through the mail (see Sources page 27) and in health food stores.





## Potato Bread

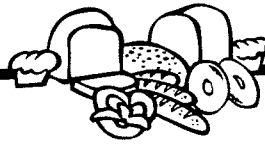
Not for Timer

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

Regular	Ingredients	Large
1/2 cup	Milk	3/4 cup
1/2 cup	Water	1/2 cup + 1 tablespoon
1 tablespoon	Butter or Margarine	2 tablespoons
2 3/4 cups	Bread Flour	3 1/3 cups
1/3 cup	Instant Potato Flakes	1/2 cup
2 teaspoons	Sugar	1 tablespoon
1 teaspoon	Salt	1 1/2 teaspoons
1/8 teaspoon	Ground White Pepper, optional	1/4 teaspoon
1 1/2 teaspoons*	Active Dry Yeast	2 teaspoons*

Select Normal setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1 1/4 teaspoons for regular size and 1 3/4 teaspoons for large.



## Egg Bread

**Not for Timer**

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

<b>Regular</b>	<b>Ingredients</b>	<b>Large</b>
1 cup + 1 tablespoon	Milk	1 1/4 cups
1	Egg	1
1 tablespoon	Butter or Margarine	1 1/2 tablespoons
3 cups	Bread Flour	4 cups
2 tablespoons	Sugar	3 tablespoons
1 1/4 teaspoons	Salt	1 1/2 teaspoons
1 1/2 teaspoons*	Active Dry Yeast	2 teaspoons*

Select Sweet setting, choose loaf size and crust color. Press Start. Bread will finish baking when unit beeps. Press Cancel and remove bread.

\* For Speed setting you may substitute fast-rising yeast, 1 1/4 teaspoons for regular size and 1 3/4 teaspoons for large.

# Dough Recipes

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## Pizza Crust

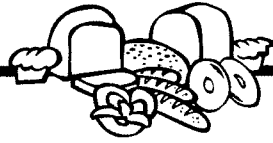
Not for Timer

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

Regular	Ingredients	Large
3/4 cup	Water	1 1/3 cups
2 tablespoons	Olive Oil	1/4 cup
2 1/4 cups	All-Purpose Flour	4 1/4 cups
3/4 teaspoon	Salt	1 1/4 teaspoons
2 teaspoons	Sugar	1 tablespoon
2 teaspoons	Active Dry Yeast	2 1/2 teaspoons

Follow instructions on pages 28-29. Select Dough and proper size. Press Start. Dough will be ready in 1 hour, 12 minutes for regular size and 1 hour, 28 minutes for large.

See Toppings next page.



## Whole Wheat Pizza Crust Not for Timer

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

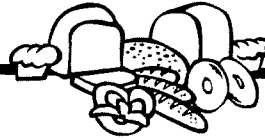
<b>Regular</b>	<b>Ingredients</b>	<b>Large</b>
1 cup	Water	1½ cups
1 tablespoon	Olive or Vegetable Oil	2 tablespoons
1 tablespoon	Honey	2 tablespoons
2¼ cups	Whole Wheat Flour	4 cups
¼ cup	Wheat Germ	⅓ cup
¾ teaspoon	Salt	1 teaspoon
2¼ teaspoons	Active Dry Yeast	2½ teaspoons

Follow instructions on pages 28-29. Select Dough and proper size. Press Start. Dough will be ready in 1 hour, 12 minutes for regular size and 1 hour, 28 minutes for large.

### 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 & Pieces
⅓ cup	Chopped Onions
1 cup	Chopped Green Peppers
1 cup (4 oz.)	Shredded Mozzarella Cheese

Pat dough into 12 x 15-inch jelly roll pan or greased 12-inch round pizza pan. Let stand for 10 minutes. Preheat oven to 400° F/204° C. Spread pizza sauce over dough. Sprinkle toppings over sauce. Bake 15-20 minutes, or until crust is golden brown.



## Butter Rolls

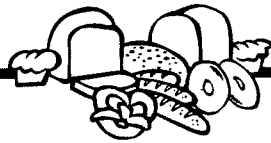
Not for Timer

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

Regular	Ingredients	Large
3/4 cup	Milk	3/4 cup + 2 tablespoons
1/4 cup	Water	1/3 cup
1/4 cup	Butter	1/3 cup
1	Egg	1
2 3/4 cups	Bread Flour	4 cups
2 tablespoons	Sugar	3 tablespoons
1 teaspoon	Salt	1 1/2 teaspoons
2 teaspoons	Active Dry Yeast	2 1/2 teaspoons

Follow instructions on pages 28-29. Select Dough and proper size; press Start. Dough will be ready in 1 hour, 12 minutes for regular size and 1 hour, 28 minutes for large. Divide dough into 12-pieces for regular size and 18 for large. Shape as desired, see pages 30-31.

Regular size makes 12 rolls.  
Large size makes 18 rolls.



## Cinnamon Rolls

Not for Timer

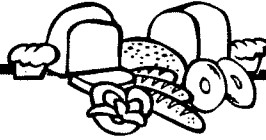
All ingredients at room temperature (70-80°F/21-27°C)

Regular	Ingredients	Large
1 recipe	Petite Bread, page 58	1 recipe
2 tablespoons	Butter or Margarine	1/4 cup
1/4 cup	Sugar	1/2 cup
2 teaspoons	Ground Cinnamon	2 1/2 teaspoons
1 recipe	Powdered Sugar	Doubled Recipe
	Glaze (page 32)	

Follow instructions on pages 28-29. Select Dough and proper size. Press Start. Dough will be ready in 1 hour, 12 minutes for regular size and 1 hour, 28 minutes for large.

On a lightly floured surface, roll dough into rectangle, 12 x 9 inches for regular size and 15 x 9 inches for the large size. 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 1 1/2-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 25-30 minutes, or until golden brown. Cool on wire rack for 10 minutes. Top warm rolls with glaze.

Regular size makes 9 rolls.  
Large size makes 12 rolls.



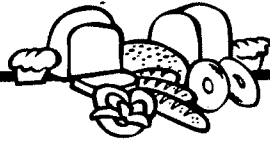
## Honey and Wheat Rolls Not for Timer

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

<b>Large</b>	<b>Ingredients</b>
3/4 cup	Water
1/4 cup	Honey
1	Egg
2 cups	Bread Flour
1 1/4 cups	Whole Wheat Flour
1/4 cup	Toasted Wheat Germ
1 teaspoon	Salt
2 teaspoons	Active Dry Yeast

Follow instructions on pages 28-29. Select Dough and Large setting. Press Start. Dough will be ready in 1 hour, 28 minutes. Shape as desired, see pages 30-31.

Makes 12 rolls.



## **Bran Buns**

**Not for Timer**

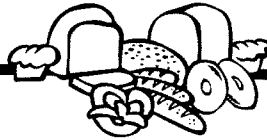
All ingredients at room temperature (70-80°F/21-27°C)

<b>Regular</b>	<b>Ingredients</b>	<b>Large</b>
3/4 cup	Water	1 cup
1/3 cup	Butter or Margarine	1/4 cup
1	Egg	1
2 1/2 cups	Bread Flour	3 cups
1/3 cup	Wheat Bran	1/2 cup
3 tablespoons	Sugar	1/4 cup
3/4 teaspoon	Salt	1 teaspoon
2 1/4 teaspoons	Active Dry Yeast	2 1/2 teaspoons

Follow instructions on pages 28-29. Select Dough and proper size. Press Start. Dough will be ready in 1 hour, 12 minutes for regular size and 1 hour, 28 minutes for large.

Regular size makes 8 buns or 12 rolls.  
Large size makes 12 buns or 18 rolls.





## English Muffins

Not for Timer

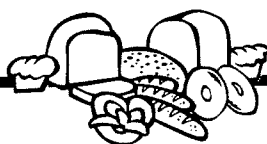
All ingredients at room temperature (70-80° F/21-27° C)

Large	Ingredients
1 cup	Water
2 tablespoons	Butter or Margarine
2 1/4 cups	Bread Flour
1/4 cup	Dry Milk
1/4 cup	Wheat Germ
1/4 cup	Quick Cook Oats
2 tablespoons	Sugar
1 teaspoon	Salt
2 teaspoons	Active Dry Yeast
1/4 cup	Cornmeal

Measure all ingredients into the bread pan, except cornmeal. Follow instructions on pages 28-29. Select Dough setting and large size. Press Start. Dough will be ready in 1 hour, 28 minutes.

Sprinkle cornmeal over flat surface. Place dough on cornmeal and roll to 1/4 inch thickness. Cut into 2 1/2 to 3 inch circles. Place dough cornmeal-side-down, on ungreased baking sheets. 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 for about 8 minutes or until golden brown. Turn and cook another 8 minutes.

Makes 10-12 three-inch muffins.



## Petite Bread

Not for Timer

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

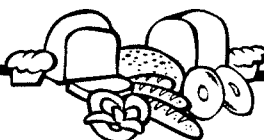
Regular	Ingredients	Large
3/4 cup + 1 tablespoon	Water	1 1/3 cups
1 tablespoon	Butter or Margarine	1 1/2 tablespoons
2 1/2 cups	Bread Flour	4 cups
3 tablespoons	Sugar	1/4 cup
1 tablespoon	Dry Milk	2 tablespoons
1 teaspoon	Salt	1 1/2 teaspoons
1 1/2 teaspoons	Active Dry Yeast	2 1/4 teaspoons
1	Egg, beaten	1

Measure all ingredients, except egg, into the bread pan in the sequence listed. Follow instructions on pages 28-29. Select Dough and proper size. Press Start. Dough will be ready in 1 hour, 12 minutes for regular size and 1 hour, 28 minutes for large.

Divide dough into 6 pieces for regular size or 10 for large. Let rest 20 minutes. Shape into 6 oblong loaves (3 x 1 1/2 inches). Place on greased baking pan, spacing 1 1/2 inches apart. With a sharp knife, make 2 horizontal cuts across the top of each loaf. Cover, let rise until almost doubled, about 1 hour. Preheat oven to 350°F/177°C. Brush with beaten egg. Bake 10-15 minutes, until golden brown. Remove from pan; cool on wire rack.

Regular size makes 6 loaves.

Large size makes 10 loaves.



## Pretzels

**Not for Timer**

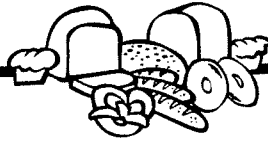
All ingredients at room temperature (70-80° F/21-27° C)

<b>Regular</b>	<b>Ingredients</b>	<b>Large</b>
3/4 cup	Water	1 1/2 cups
2 cups	Bread Flour	4 cups
1/2 teaspoon	Sugar	1 teaspoon
1/4 teaspoon	Salt	1/2 teaspoon
1 1/2 teaspoons	Active Dry Yeast	2 teaspoons
1	Egg, beaten	1
1-2 tablespoons	Coarse Salt	2-3 tablespoons

Measure all ingredients into bread pan, except egg and coarse salt. Follow instructions on pages 28-29. Select Dough and proper size. Press Start. Dough will be ready in 1 hour, 12 minutes for regular size and 1 hour, 28 minutes for large.

Preheat oven to 450° F/232° C. Divide dough into 12 pieces for regular and 24 for large. 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 12-15 minutes.

Regular size makes 12 pretzels.  
Large size makes 24 pretzels.



## Addie's Coffee Cake

Not for Timer

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

Regular	Ingredients
¾ cup	Milk
1	Egg Yolk
1 tablespoon	Butter or Margarine
2 ¼ cups	Bread Flour
¼ cup	Sugar
1 teaspoon	Salt
2 teaspoons	Active Dry Yeast

Follow instructions on pages 28-29. Select Dough setting and regular size. Press Start. Dough will be ready in 1 hour, 12 minutes.

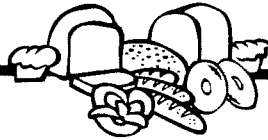
Press dough into greased 9 inch round, or 5 x 7 inch oblong cake pan. Add topping.

### Topping

2 tablespoons	Butter, melted
½ cup	Sugar
1 teaspoon	Ground Cinnamon
½ cup	Chopped Pecans
1 recipe	Powdered Sugar Glaze (page 31), 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), 20-25 minutes, until golden brown. Cool 10 minutes in pan on rack. Drizzle with powdered sugar glaze, if desired.

12 servings.



## Reuben Bake

Not for Timer

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

### Regular

### Ingredients

¾ cup + 2 tablespoons	Water
2 tablespoons	Oil
1 tablespoon	Molasses
1 cup	Rye Flour
1 cup	Bread Flour
2 teaspoons	Caraway Seed
2 teaspoons	Dried Minced Onion
¾ teaspoon	Salt
2 teaspoons	Active Dry Yeast

Follow instructions on pages 26-27. Select Dough setting and regular size. Press Start. Dough will be ready in 1 hour, 12 minutes.

Press dough into greased 9 inch round cake pan. Add toppings.

### Topping

¼ cup	Mayonnaise
1½ tablespoons	Prepared Mustard
2 teaspoons	Prepared Horseradish
2 ½ to 3 ounces	Corned Beef, chopped
1 can (8 ounces)	Sauerkraut, well drained
1 cup (4 ounces)	Shredded Swiss Cheese

In small bowl, combine mayonnaise, mustard, 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 30-35 minutes. Cut into wedges to serve.

4-6 servings.

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