

GEORGE FOREMAN®

Bread Maker

GFBM1000

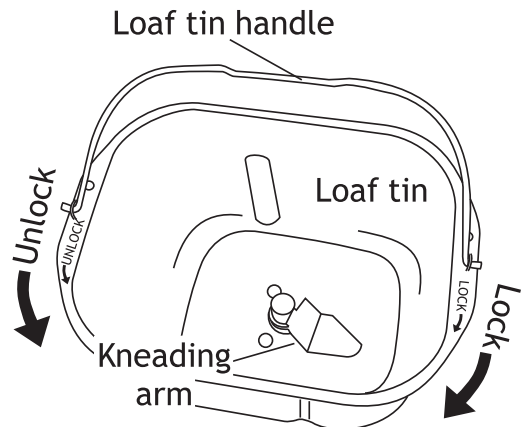
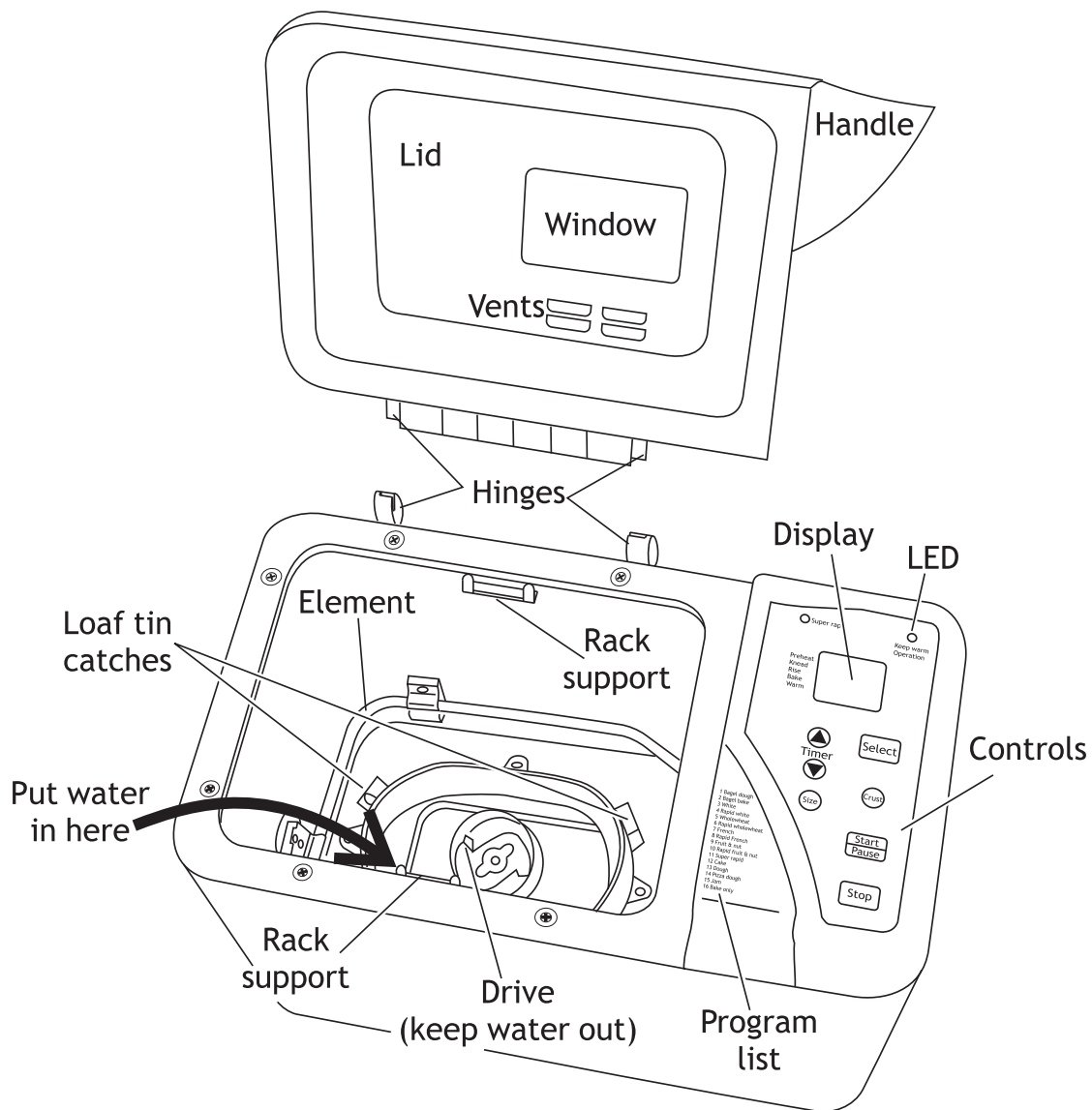
Instructions & Recipes



healthPower 
The Adventure continues...



Exploded Diagram



Making bread is easy, everyone knows that. But ...

It can be a bit messy. The result can be a bit unpredictable. Occasionally it might have to be thrown away (quietly). The windows might have to be opened to get rid of the burnt smell (before anyone else notices). And it never tastes quite the same as the last lot, either.

The problem, of course, is that there are just too many variables, too many things to do; mixing, kneading, resting, knocking back, doing it over again, pre-warming, temperature, timing, answering the phone ...

Then there's washing up, and wiping up the spilt flour. It's quite amazing the distance flour can travel when you're kneading dough.

Your George Foreman™ Breadmaker doesn't have these problems. Like everything else these days, it's controlled by a microchip. It'll do everything apart from answering the phone.

And it'll do it the same way every time
there's hardly any washing up
it kneads with the lid closed, so flour doesn't get everywhere

Now for the bad news – to get the best out of it, you have to read this booklet. Just once. Just to get the hang of the machine. Then you can stick it in a drawer (until something goes wrong).

Safety (this is an important bit)

Treat electrical appliances with respect – most of them can give you a nasty bite.

1. Don't put your George Foreman™ Breadmaker in water, don't use it in the bathroom, don't use it near a basin or any other source of water, and don't use it outdoors.
2. The George Foreman™ Breadmaker must be used by or under the direct supervision of a responsible adult.
3. Store it and use it out of reach of children. Things like this fascinate children, so let them watch, let them help, but keep a close eye on them, so they don't get hurt.
4. Don't touch hot surfaces – use oven gloves or folded tea towels. The window and the upper parts of the body get very hot, the lid and the lower parts of the body just get hot.
5. Keep clear of the vents in the sides and back of the George Foreman™ Breadmaker and the top of the lid.
6. Don't plug your George Foreman™ Breadmaker in until after you've loaded the loaf tin (with the ingredients), into it.
7. Unplug it before you take the loaf tin out.
8. Position your George Foreman™ Breadmaker on a firm, level, heat-resistant surface, close to a power socket and out of reach of children.
9. Leave at least 5cm (2 inches) of space all round your George Foreman™ Breadmaker to allow for ventilation.
10. Don't use your George Foreman™ Breadmaker near or under curtains, cupboards, or anything that might scorch or burn.
11. Keep the George Foreman™ Breadmaker and the mains lead away from hotplates, hobs, and burners.
12. Don't cover the George Foreman™ Breadmaker, and don't put anything on top of it, or it'll overheat.
13. Route the mains lead so that it doesn't overhang and can't be caught or tripped over.

14. Unplug your George Foreman™ Breadmaker when you're not using it, and let it cool down before moving or cleaning it.
15. Don't use accessories or attachments other than those we provide.
16. Don't use it for any purpose other than those described in these instructions.
17. Don't use anything metal or sharp on the loaf tin or the kneading arm, to avoid scratching the non-stick surfaces.
18. Don't use it if it malfunctions, if it's dropped or damaged, or if the mains lead or plug is damaged. The mains lead must be replaced by the manufacturer, in order to avoid hazard. (Contact Salton Customer Service - details on Back Page).
19. This appliance is not intended for use by young children or infirmed persons.
20. This appliance is not a toy.
21. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid hazard.

Household use only

Before use

Take the packaging off your George Foreman™ Breadmaker, but keep it all until you're happy that it's working properly. If there's a plastic label on the outside of the George Foreman™ Breadmaker, listing its features, take it off.

Before using your George Foreman™ Breadmaker for the first time, or if it's been out of use for a while, clean it out to remove dust, etc. (See "Cleaning").

If you give the George Foreman™ Breadmaker to anyone else, give them this booklet too.

How it works

Choose a recipe

Measure out the ingredients

Put them into the loaf tin — in the correct order (this is essential)

Put the loaf tin into the machine

Close the lid

Select a program

Choose the loaf size you want, 500g, 750g, 1kg (that's 1lb, 1½lb and 2lb).

Pick a colour — light, medium, or dark crust.

Set the timer (if appropriate)

Start the program.

When it's finished, your George Foreman™ Breadmaker will beep, then it'll keep your bread warm for an hour.

Making Bread

PREPARATION

1. Sit your George Foreman™ Breadmaker on a firm, level, heat-resistant surface, close to a power socket and out of reach of children.
2. Don't plug it in yet.
3. Open the lid.
4. Grip the loaf tin handle firmly and twist the loaf tin anti-clockwise to release it from the catches in the bottom of the machine.
5. Lift it out and check that it's clean.
6. Fit the kneading arm to the shaft in the bottom of the loaf tin. The shaft and the hole in the kneading arm are D-shaped, so it'll only go on one way.
7. Get the ingredients together. Measure them, have them all to hand, ready to add to the loaf tin.
8. Set out a wire tray (for the bread), a heatproof placemat (for the loaf tin), and oven gloves (for your hands – protect both hands).

ADDING THE INGREDIENTS

It's important that you add the ingredients in the right order. If the yeast gets wet, it may activate too early. If it comes in contact with any salt in the recipe, it may not work properly.

9. Keep any 'extras' – fruit, nuts, raisins, etc. – to one side, and add them when the machine beeps (during the second kneading).
10. First, add the liquid. This is usually water, but might include milk and/or eggs. The water should be warm, but only warm, not hot or cold. Both hot and cold water will inhibit the yeast.
11. Don't use milk with the timer; it might curdle before the bread-making process starts.
12. Add any sugar and salt required by the recipe.
13. Add any "wet" ingredients – honey, syrup, molasses ...
14. Add the dry ingredients – flour, dried milk, herbs, spices ...
15. Add the dried yeast (or baking powder/baking soda) last. Lay it on top of the other ingredients – don't get it wet, or it'll start working too soon.
16. If you're using the timer, it's essential to keep the yeast (baking powder/baking soda) and water/liquid apart. If you don't, the yeast will activate, grow, and die before the bread-making starts. The result will be hard, dense, coarse, and about as edible as a house brick.



LOADING THE MACHINE

17. Clean any spillage off the outside of the loaf tin before putting it into the George Foreman™ Breadmaker. Spillage inside the machine will burn on to the surfaces. Spillage on the element will reduce its life dramatically.
18. Turn the loaf tin slightly anti-clockwise, then lower it gently into your George Foreman™ Breadmaker.
19. If it won't go in properly, it's probably fouling the drive. Lift it out, give the drive a quarter of a turn clockwise, then try again.
20. Now grip the loaf tin handle firmly and twist clockwise to engage the lugs underneath the loaf tin with the catches in the bottom of the machine.
21. Try not to spill anything into the George Foreman™ Breadmaker— if you do, take the loaf tin out and clean the spillage.
22. Lower the handle until it stops – about 25mm (1 inch) above the side of the loaf tin.
23. Close the lid.



SETTING THE CONTROLS

Plug your George Foreman™ Breadmaker into the power socket (switch the socket on, if it has a switch). The machine will beep and the display will show flashing zeroes.

SELECT PROGRAM

24. Press and release the Select button until the number of your chosen program shows in the top right of the display.
25. If you go past the setting you want, you can press the Stop button to go back to the top of the display, or carry on to 16 then press again to get back to 1.



SIZE OF LOAF

26. To set the size of your bread, press and release the Size button to cycle the display through 2LB/1.5LB/1LB. These represent ~~500g, 750g, and 1.5kg~~ respectively. It starts off showing 2LB.
27. The Size button doesn't operate on the Bagel dough, Bagel bake, Cake, Pizza dough, Jam, or Bake only programs.



CRUST COLOUR

28. Press and release the Crust button to cycle the display through the crust options Light, Medium, Dark, and stop it on the option you want.
29. The Crust button doesn't operate on the Bagel dough, Bagel bake, Super rapid, Dough, Pizza dough, Jam, or Bake only programs.

START THE GEORGE FOREMAN™ BREADMAKER

30. When you're happy with the settings, press the Start/Pause button, and watch the machine leap into action. The LED lights up, the timer colon (:) flashes, the timer counts down, to show the amount of time remaining, and the pointer on the left of the display shows you which process is going on.
31. If you're using the Wholewheat or Jam programs, nothing happens for between 5 and 30 minutes. Don't worry, this is intentional. These recipes need this time to preheat the ingredients.

OOPS!

32. If you discover you've made a mistake after pressing Start/Pause, press and hold the Stop button, then reprogram the machine. Don't leave it too long. If the program is substantially into the cycle before you stop it, the results will be affected. In that case, you have to decide whether it's best to let the program run and put up with the results, or stop it, throw out the ingredients, and start from scratch.

DOUGH CONSISTENCY

33. Keep an eye on the dough (through the window) during the first 5 minute kneading period. It should form a smooth ball. If it doesn't, you might have to adjust the ingredients. Do this during the second kneading.

ADJUSTING

34. Press the Start/Pause button and hold it down for 2 seconds to stop the program cycle – the time on the display will flash. If the dough looks sticky or clings to the sides of the loaf tin, sprinkle a tablespoon of flour over it. If it looks too dry, give it a tablespoon of warm water. Don't leave the lid open for longer than you need to – open it, add whatever you need, then close it. Press the Start/Pause button to resume the program cycle. Wait until the flour/water is fully incorporated into the dough before adjusting again.



EXTRAS

35. Seven to eight minutes before the end of the kneading process, the “Extras” beeper sounds, to let you know it’s time to add the fruit, nuts, raisins, etc..
36. Open the lid, lay the additional ingredients on top of the dough, then close the lid. Don’t touch or stir the dough.
37. If you don’t want to add any extras, ignore the beeping.

FINISHING

38. When it’s done, the George Foreman™ Breadmaker beeps to let you know your bread is ready. Press the Stop button.

KEEP WARM

39. If you don’t press the Stop button, the George Foreman™ Breadmaker will keep the bread warm for an hour. The LED will flash to let you know the Breadmaker is in “Keep warm” mode.

REMOVING THE BREAD

40. As it cools, moisture in the bread evaporates, drying it out and firming it up. Leaving the bread in the loaf tin traps the moisture. It can’t evaporate, so it soaks into the bread as it cools down, making it soft and soggy. The “keep warm” feature will prevent this up to a point, but the sooner the bread is removed, the better.
41. This is where you need the wire tray, the heatproof placemat, and the oven gloves (remember – protect both hands).
42. Press the Stop button.
43. Unplug the George Foreman™ Breadmaker from the power socket (switch the socket off first, if it has a switch).
44. Hot air and steam will billow out when you open the lid, so keep your hands, arms, face, etc. away from the area above the Breadmaker.
45. Put on the oven gloves (both hands), open the lid (use the handle), and let it rest on its hinges.
46. With the oven gloves on, grip the loaf tin handle firmly and twist the loaf tin anti-clockwise to release it from the catches in the bottom of the machine, then lift it out.
47. Turn the loaf tin upside down and shake it to release the bread.
48. Put the bread on the wire tray to cool.
49. Put the loaf tin on the heatproof placemat.
50. If the bread won’t come out, run a heatproof plastic or wooden spatula round



the inside of the loaf tin – don't use anything metal or sharp, to avoid scratching the non-stick surface.

51. Check that the kneading arm is still in the loaf tin. If it has come off with the bread, let it cool, then use a plastic or wooden spatula to dig it out of the bottom of the bread – don't use anything metal or sharp, to avoid scratching the non-stick surface.
52. For best results, let the bread sit for 20-30 minutes to firm up and dry out before cutting. Cutting while it's still warm and moist may make it soggy.
53. If you'd rather tear a bit off, smother it in butter, and eat it hot, hold a bit of kitchen towel under your chin, to keep the drips off your clothes.
54. Don't cut the bread until you've checked the kneading arm. If the knife hits the kneading arm, you'll score the non-stick surface, you'll probably damage the knife, and you may cut yourself.



CONTINUOUS USE

If you want to make more bread, let the George Foreman™ Breadmaker cool right down first, and check the inside for crumbs and other debris.

If you try to use it while it's hot, you'll get one of two possible error messages on the display (_ _H means it's too hot, _H! means it's much too hot). Unplug it, remove the loaf tin, and leave the Breadmaker to cool down fully before trying again.

USING THE TIMER

With the timer, you can set the finishing time up to 18 hours ahead. You can't use it with the Bagel bake, Super rapid, Jam, or Bake only programs.

Don't use it for bread or dough containing fresh milk, yoghurt, cheese, eggs, fruit, onions, or anything else which might go off a bit when left for a few hours in a warm moist environment.

We don't recommend using the timer with the Fruit & nut, Dough, or Pizza dough programs. They may work with some ingredients, but generally, the ingredients used in these programs aren't really suited to being left for any length of time.

- a) If you're using salt in the recipe, add it with the liquid ingredients, and keep it away from the yeast.
- b) Apart from the salt, follow steps 1 to 29, to set the George Foreman™ Breadmaker up.
- c) Decide when you want your bread to be ready, e.g. 6 p.m.
- d) Check the time now, e.g. 7 a.m.
- e) Work out the difference between the two times, e.g. 11 hours.
- f) Use the arrow ▲ ▼ buttons to set the program time to the time you've just worked out (e.g. 11 hours). The time will show on the LCD display as soon as you start to press the ▲ and ▼ buttons.
Each press will increase ▲ or decrease ▼ the time displayed by 10 minutes.
You can't reduce the time to less than the program time.
The maximum time which can be shown on the display is 18 hours.
- g) Go to step 30 (press Start/Pause), then go to work/shopping/whatever. When you return, you'll be welcomed home by the aroma of freshly baked bread.

- h) A word of caution — leaving the ingredients together for an extended period will inevitably cause some interaction, especially on a hot or humid day. The results may not be quite as good as bread made right away.

DOUGH

If you use the timer for the Dough or Pizza dough programs, you must remove the finished dough as soon as the program has finished, otherwise it will deteriorate.

The programs

BAGEL DOUGH (1)

You'll not be surprised to learn that this program cycle is designed specifically for making bagels.

BAGEL BAKE (2)

Nor that this one is for baking them. This program sets the George Foreman™ Breadmaker up as a bagel oven. It bakes bagels, then goes into “keep warm” mode for an hour. You can vary the time from 15 minutes to 2 hours, to suit the recipe, to bake pre-prepared dough, or ready-made bagel dough from the supermarket.

- a) Put the shaped bagel dough portions on the steaming rack and lower it into the George Foreman™ Breadmaker (see “Rack”, on page 13).
- b) Lower the handle and close the lid.
- c) Use the Select button to move the pointer down to the Bagel bake program (2), then press one of the arrow buttons to show the time.
- d) Use the arrow buttons to ▲ increase or ▼ decrease the time. You can set any time between 15 minutes and 2 hours, in 1 minute steps.
- e) If you keep your finger on the buttons, the display changes faster.
- f) Press Start/Pause.

WHITE BREAD (3)

Use this program for basic, “no frills” white bread, and for recipes based on white bread dough. This is the shortest of the programs.

WHOLEWHEAT (5)

Because of the heavier flour, this program pre-heats the ingredients for up to half an hour before kneading, and lets the dough rise for a little longer. Wholewheat loaves tend to be smaller and denser.

FRENCH (7)

The French program uses slightly longer kneading and rising times, to make French-type bread with a lighter texture and crispy crust. Recipes suitable for this program don't normally use butter (or margarine) or milk. French-type bread doesn't keep very well — eat it on the day it's made.

FRUIT AND NUT (9)

Use this program for sweet breads with ‘extras’ — fruit, nuts, chocolate chips, peel, etc. The bake times have been extended to allow for the additional ingredients.

RAPID (4, 6, 8, 10)

This option is available with the White, Wholewheat, French and Fruit and nut programs.

For: It cuts an hour from the program time, by reducing the time the dough is

allowed to rise between the processes.

Against: Because of this, your bread will be denser/coarser than normal, and any additional ingredients (raisins, nuts, etc.) may not be distributed evenly.

SUPER RAPID (11)

This program will produce a loaf of bread in just under an hour. It will be smaller and denser than a normal loaf, but just as tasty. You can use this program with the “Lighter white bread” recipe on page 20.

CAKE (12)

This program is for cake and batter recipes, rather than dough, generally using baking powder or baking soda as the raising agent, rather than yeast.

DOUGH AND PIZZA DOUGH (13, 14)

With these programs you can use the George Foreman™ Breadmaker as a mixing/kneading machine, to save your labour. It won't heat up during these programs.

When you remove the dough from the machine, punch it back then cover and let it rest for ten minutes or so before cutting/shaping.

JAM (15)

The **Jam** program preheats the ingredients for 15 minutes, then bakes for 50 minutes. Allow plenty of room for the jam to expand when boiling. If jam boils over into the inside of the Breadmaker, it will be very, very difficult to clean.

If it does boil over, press the Stop/Reset button, unplug the George Foreman™ Breadmaker, let it cool down, and clean it out before it sets.

Warning: Don't mess with hot jam – it retains its heat for a long time and it sticks like glue. If it gets on to your skin it won't let go until it's given you a nasty burn.

Don't reduce the sugar, and don't use sugar substitutes. The correct amounts/proportions of sugar, fruit, and pectin are essential for a good set.

Use ripe fruit, not overripe or under ripe.

Don't purée the fruit. Remove stems, seeds, and stones, then either crush it with a potato masher, or cut it up. Jam should have bits of fruit in it. Don't worry about tiny seeds (strawberries, raspberries, etc.).

BAKE ONLY (16)

This program uses the George Foreman™ Breadmaker as an oven. It won't mix, rise, or anything else, it just bakes then goes into “keep warm” mode for an hour. Use this program to bake dough you've made earlier, or ready-prepared dough from the supermarket.

Most products will expand while baking – leave room for this when you fill the loaf tin. You can also use the rack, with or without steam, with this program (see “Rack”, on page 13).

- Use the Select button to bring the pointer down to the Bake only program (16), then press one of the arrow buttons to show the time.
- Use the arrow buttons to ▲ increase or ▼ decrease the time. You can set any time between 15 minutes and 2 hours, in 1 minute steps.
- If you keep your finger on the buttons, the display changes faster.
- Press Start/Pause.

USING PACKET BREAD MIX

If you use packet bread mix, don't use more than 500g of mix at a time, put the liquid ingredients in first, then the dry ingredients, and use the White program (3). We recommend that you set the loaf size on the display to 1.5LB or 2LB, as the packet mixes which we tried needed the slightly longer baking times.

Advanced baking techniques

PAUSE

This allows you to intervene during the program cycle.

Press and hold the **Start/Pause** button for 2 seconds to suspend the program for up to ten minutes. Press **Start/Pause** to resume the program cycle. If you don't press **Start/Pause**, the program will resume automatically after ten minutes.

With this feature, you can create a decorative crust, add crumble toppings, glaze the crust, crease the bread to form pull-apart rolls, or try the following example, to give you a rustic Mediterranean type bread:

Use one of the French bread recipes and intervene at the "shape" stage, before the final rise. You've got ten minutes, so read through the recipe first and get everything ready before you start. If you do this, you'll find that ten minutes is plenty of time.

- a) Press and hold the Start/Pause button for 2 seconds.
- b) Open the lid and remove the loaf tin.
- c) Remove the kneading arm.
- d) Remove the dough, set it on a lightly floured surface, and roll it out to a 21.5cmx33cm (8½"x13") square.
- e) Brush lightly with olive oil, sprinkle with chopped garlic, basil, rosemary and sun-dried tomatoes.
- f) Top with 3 cups of crumbled feta or goat's cheese, and/or, add 2-3 slices of prosciutto.
- g) Roll the dough up tightly into an 21.5cm (8½") roll.
- h) Tuck the ends under to seal it, and to allow it to fit back into the loaf tin – 19cm(7½") wide.
- i) Put it into the loaf tin, put the loaf tin back into the George Foreman™ Breadmaker, close the lid, and press Start/Pause.

The final rise will begin, then the bread will bake.

You could put on the oven gloves and use Start/Pause again, as the baking begins, to score the crust, or to remove the loaf tin, gently mist the crust with cold water, then return it and press Start/Pause to resume baking.



RACK

The rack can be used with one, two, or all three of its trays. Two are marked TOP/MID. TRAY, the third is marked BOTTOM TRAY. The bottom tray is deeper than the other two, and must be fitted to the bottom position in the rack, otherwise the rack won't work properly.

Cover the trays liberally with polenta/cornmeal (the yellow stuff, not cornflour) otherwise they'll stick like cement.

Put the shaped dough on the polenta covered trays, then slide the trays into the rack until the tabs in the rack slip through the holes at the sides of the trays.

Take the loaf tin out of the George Foreman™ Breadmaker. It must not be used with the rack. Lower the rack into the Breadmaker so that the handle mountings sit on the rack supports inside the Breadmaker.

Lower the handle, close the lid, and start baking.

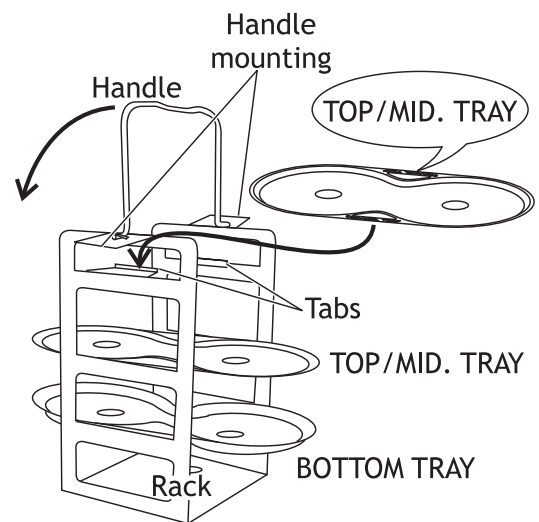
Although the trays are designed for bagels (hence the centre holes), we've used them to make very nice dinner rolls. You can use them for anything you can fit on them.

A couple of tips:

Don't let the dough portions expand outside the trays, else they'll be difficult to remove.

When you lower the handle, it may end up being engulfed by a dinner rolls, but it's easy enough to cut out (and it tasted just fine).

Rolls will expand through the bagel holes in the trays. Again, it doesn't take much to pull them off.



STEAM

This gives the ultimate professional touch – steam baking for a crisper crust.

Warning: When you're using steam, take care when opening the lid, as there'll be more steam/hot air coming out. So stand well clear.

Before you fit the rack, unplug the George Foreman™ Breadmaker and pour up to 170ml (6 fl oz) water into the oval barrier on the floor of the Breadmaker. Don't let it get outside the barrier, and don't let it get inside the drive.

If you miss, dry up all spilt water before plugging in.

Now plug the George Foreman™ Breadmaker in and insert the rack with your bagels or rolls.

Close the lid and start baking. The steam will fog up the window, so you won't see much going on, but when it clears, you'll see your rolls rising and the crust crisping.

Try the recipes in this booklet to get a feel for the process, then experiment with your own recipes. There's no such thing as a failed experiment. It's just another step on the road to perfection (and even the early steps taste pretty good).



Ingredients

FLOUR

The type of flour used is important. You can't use "ordinary" plain flour for making bread. Buy flour with "strong" or "bread" in its title. The commonest is normally marketed as strong white flour. These "strong" or "bread" flours contain more gluten than ordinary baking flour. Gluten is the name of the protein that gives the bread its structure and texture. It retains the carbon dioxide produced by the yeast, putting the elasticity, the bounce, into the dough.

OTHER BREAD FLOURS

These include strong brown or "Farmhouse" flour, strong wholemeal, and wholewheat bread making flours. These provide an excellent source of dietary fibre, but contain lower levels of gluten than strong white flour. This means that brown loaves tend to be smaller and denser than white loaves. Generally speaking, if you substitute strong white flour for half of the brown flour in the recipe, you can make bread with a "brown bread" flavour and a "white bread" texture.

YEAST

Yeast is a living organism. Given moisture, food, and warmth, the yeast will grow and release carbon dioxide gas. The carbon dioxide forms bubbles which are trapped in the dough, making it rise.

Of the various types of yeast available, we recommend using "active dry yeast" or "easy blend dried yeast". These are usually sold in sachets and don't have to be dissolved in water first.

You may also see "fast action yeast" or "bread machine yeast". These are more potent yeasts, which can make the dough rise up to 50% faster. If you want to use these, you'll need to do a bit of experimenting to get the best results. You could start off by trying them with some of the RAPID programs.

LIQUID

The liquid ingredient is usually water or milk, or a mixture of these. Water makes a crispier crust. Milk gives a softer crust with a velvety texture.

The liquid should be warm, not hot or cold. Both hot and cold water will inhibit the yeast.

Some recipes call for hand-hot water (that's 46°-52°C or 115°-125°F), to speed up the process. Only the fast yeasts can handle this temperature.

Don't use milk with the timer; it might curdle before the bread-making process starts.

BUTTER/FAT

These make the dough more tender and enhance the flavour, giving the finished loaf a richer quality. They help to retain moisture, making the bread keep fresh longer.

Margarine or olive oil can be used instead of butter, but they are less effective.

LOW FAT SPREAD

Don't use low fat spread. Never mind what the manufacturer says, it's designed for spreading, not for baking. It's "low fat", where the recipe needs "fat". It's also likely to be full of the additives, E-numbers and other gunge we've so far managed to avoid.

SUGAR

Sugar activates and feeds the yeast, allowing it to grow. It adds flavour and texture, and helps with browning the crust. Many sachet yeasts do not need sugar to activate.

Honey, syrup, or molasses may be used instead of sugar, provided the liquid ingredient is adjusted to compensate.

Don't use artificial sweeteners. They won't feed the yeast, they may kill it.

SALT

Salt helps to control the growth of the yeast. Without salt, the bread could rise too much, then collapse. It also adds to the flavour. Keep it away from the yeast until the last minute, or it might inhibit it.

EGGS

Eggs will make your bread richer and more nutritious, add colour, and help with the structure and texture. Eggs count as part of the liquid ingredient of the bread, so adjust the other liquid ingredients if you are adding egg(s). Otherwise the dough may be too wet to rise properly.

HERBS AND SPICES

These can be added at the beginning, along with the main ingredients.

Dried herbs and spices such as cinnamon, ginger, oregano, parsley and basil will add flavour and interest. Use small quantities (1 - 2 teaspoons) to avoid overpowering the flavour of the bread.

Fresh herbs, such as garlic and chives may contain enough liquid to upset the balance of the recipe, so adjust the liquid content.

EXTRAS

Dried fruit and nuts should be chopped finely; cheese should be grated; chocolate chips should definitely be chips, not lumps. Don't add more than the recipe requires, otherwise the bread may not rise properly.

Be careful with fresh fruit and nuts. These contain liquids (juices and oils), so you may need to adjust the main liquid ingredient to compensate.

Extras can be added with the rest of the ingredients, but it's generally better to add them when the machine beeps, during the program. For example, if you're using walnuts, putting them at in the beginning of the program will give the kneading arm ample time to seek them out and pulverise them. If you add them at the beep, they've got a fair chance of making it through the program in reasonably large pieces.

Storing bread

Commercial bread contains all sorts of additives (chlorine, chalk, coal-tar dye, sorbitol, soya, etc.).

Your bread won't have any of these, so it won't keep like commercial bread, and it won't look like commercial bread. On the plus side, it won't taste like commercial bread either – it'll taste like bread should.

It's best eaten fresh, but you can store it for a couple of days at room temperature, in a polythene bag with the air squeezed out.

To freeze home-made bread, let it cool, put it in a polythene bag, suck all the air from the bag, then seal it.

Power cuts

If you suffer from a power cut lasting less than an hour, the program will carry on as soon as the power is restored. The program time will be extended by the duration of the power cut.

If the power cut lasts for more than an hour, the program will fail. If this happens, unplug the George Foreman™ Breadmaker, let it cool down, then empty the loaf tin, dispose of the ingredients, clean it out, and start again.

Take care not to scratch the non-stick surfaces of the loaf tin and the kneading arm.

nb Make sure you remove the kneading arm before you dispose of the ingredients. If you forget, Customer Service Department will be happy to sell you another one.

This also works if you accidentally unplug the Breadmaker, or switch the power socket off.

Error codes

If the George Foreman™ Breadmaker is too hot, the display will show _ _H or _HI, if it's too cold, it'll show _ _L. If this happens, press the Stop/Reset button, remove the loaf tin, and allow the Breadmaker to reach room temperature before trying again.

Any other error code probably means you've broken it.

Customer Service Department will be happy to give you an estimate for repairs (see "After Sales Service").

Cleaning

Unplug the George Foreman™ Breadmaker and let it to cool down fully before cleaning.

1. Open the lid. If you want to remove the lid, open and lift it gently at the same time. As it approaches 90° it'll slip out of its hinges. To replace it, fit the flat hinge parts on the lid into the slotted hinge parts in the body.
2. If the kneading arm has stuck on to the shaft, fill the loaf tin with warm water. This should soften any dough residues and allow the kneading arm to be removed. Don't leave it to soak.
3. If the inside of the kneading arm gets clogged with flour, soak it in warm water, then dig out the flour with a wooden cocktail stick.
4. Wash the loaf tin and kneading arm in warm soapy water, rinse, then dry thoroughly.
5. Wipe all other surfaces, internal and external, with a damp cloth. Use a little washing-up liquid if necessary, but be sure to clean it all off, otherwise it might taint the next lot of bread.
6. Make sure everything is dry before reusing the George Foreman™ Breadmaker or storing it away.

Don't immerse the George Foreman™ Breadmaker in water or any other liquid.

Don't use harsh or abrasive cleaners or solvents.

Don't put any of the parts in a dishwasher.

Recipes

There are many external factors which can affect the taste and texture of your bread (e.g. yeast type, flour type, sugar type, kitchen temperature, even air pressure and height above sea level).

The recipes in this booklet have been designed to produce edible results, regardless of external factors. Use them to get the hang of the machine.

Then you can start to have real fun with it. Use the recipes as a guide, but vary the ingredients, vary the quantities, taste the results. Keep notes, write down what changes you make, and you'll build up a range of recipes which suit your taste. Keep notes of the not-so-successful ones too, so you know what not to do next time.

If you already have bread recipes, or find recipes in other publications, compare them with the recipes given here, to find out which program to try first, then experiment until the results match your desires.

Be careful with quantities when using other recipes. Don't fill the loaf tin above about a quarter full, certainly not as much as a third full. If you overfill it, the rising bread may push the lid off. That's on a good day. On a bad day, it'll probably spill over the side, burn on to the element and clog up the drive.

USING THE RECIPES IN THIS BOOKLET

Tablespoons (tbsp) are 15ml, teaspoons (tsp) are 5ml. Dried milk should be dried skimmed milk. Yeast is dried yeast. If you use quick acting dried yeast, use 1 tsp quick acting dried yeast where the recipe calls for 3 or more tsp yeast, and $\frac{1}{2}$ tsp quick acting dried yeast where the recipe calls for less than 3 tsp yeast. Use flour marketed as "strong flour" or "bread-making flour".

USING OTHER RECIPES

If you use recipes from bread machine cookery books, we recommend using recipes for the larger 750g or 1kg loaves ($1\frac{1}{2}$ or 2 pounds). Check that the recipe uses no more than $4\frac{1}{2}$ cups of flour. If it uses more than this, you'll have to scale it down to fit.

These tables show the process times in the bread-making programs.

These tables show the process times in the bread-making programs.

Type	Crust	Size	Pre-heat	Knead 1	Knead 2	Rise 1	Punch back	Rise 2	Shape	Rise 3	Bake	Total
White (3)	Light	1kg	0	5min	20min	40min	10s	24m 50s	15s	49m 45s	40min	3:00
		750g	0	3min	22min	40min	10s	24m 50s	15s	49m 45s	35min	2:55
		500g	0	3min	22min	40min	10s	24m 50s	15s	49m 45s	30min	2:50
White (3)	Medium	1kg	0	5min	20min	40min	10s	24m 50s	15s	49m 45s	50min	3:10
		750g	0	3min	22min	40min	10s	24m 50s	15s	49m 45s	45min	3:05
		500g	0	3min	22min	40min	10s	24m 50s	15s	49m 45s	40min	3:00
White (3)	Dark	1kg	0	5min	20min	40min	10s	24m 50s	15s	49m 45s	60min	3:20
		750g	0	3min	22min	40min	10s	24m 50s	15s	49m 45s	55min	3:15
		500g	0	3min	22min	40min	10s	24m 50s	15s	49m 45s	50min	3:10
White rapid (4)	Light	1kg	0	5min	20min	40min	10s	9m 50s	10s	29m 50s	40min	2:00
		750g	0	3min	22min	40min	10s	9m 50s	10s	29m 50s	35min	1:55
		500g	0	3min	22min	40min	10s	9m 50s	10s	29m 50s	30min	1:50
White rapid (4)	Medium	1kg	0	5min	20min	40min	10s	9m 50s	10s	29m 50s	50min	2:10
		750g	0	3min	22min	40min	10s	9m 50s	10s	29m 50s	45min	2:05
		500g	0	3min	22min	40min	10s	9m 50s	10s	29m 50s	40min	2:00
White rapid (4)	Dark	1kg	0	5min	20min	40min	10s	9m 50s	10s	29m 50s	60min	2:20
		750g	0	3min	22min	40min	10s	9m 50s	10s	29m 50s	55min	2:15
		500g	0	3min	22min	40min	10s	9m 50s	10s	29m 50s	50min	2:10
Wholewheat (5)	Light	1kg	30min	5min	22min	50min	10s	24m 50s	10s	44m 50s	40min	3:30
		750g	30min	3min	15min	50min	10s	24m 50s	10s	44m 50s	37min	3:27
		500g	30min	3min	15min	50min	10s	24m 50s	10s	44m 50s	35min	3:25
Wholewheat (5)	Medium	1kg	30min	5min	22min	50min	10s	24m 50s	10s	44m 50s	45min	3:35
		750g	30min	3min	15min	50min	10s	24m 50s	10s	44m 50s	42min	3:32
		500g	30min	3min	15min	50min	10s	24m 50s	10s	44m 50s	40min	3:30
Wholewheat (5)	Dark	1kg	30min	5min	22min	50min	10s	24m 50s	10s	44m 50s	53min	3:53
		750g	30min	3min	15min	50min	10s	24m 50s	10s	44m 50s	50min	3:50
		500g	30min	3min	15min	50min	10s	24m 50s	10s	44m 50s	48min	3:48
Wholewheat rapid (5)	Light	1kg	5min	5min	15min	30min	10s	39m 50s	0	0	40min	2:15
		750g	5min	3min	17min	30min	10s	39m 50s	0	0	37min	2:12
		500g	5min	3min	17min	30min	10s	39m 50s	0	0	36min	2:10
Wholewheat rapid (5)	Medium	1kg	5min	5min	15min	30min	10s	39m 50s	0	0	45min	2:20
		750g	5min	3min	17min	30min	10s	39m 50s	0	0	42min	2:17
		500g	5min	3min	17min	30min	10s	39m 50s	0	0	40min	2:15
Wholewheat rapid (6)	Dark	1kg	5min	5min	15min	30min	10s	39m 50s	0	0	53min	2:28
		750g	5min	3min	17min	30min	10s	39m 50s	0	0	50min	2:25
		500g	5min	3min	17min	30min	10s	39m 50s	0	0	48min	2:23
French (7)	Light	1kg	0	5min	20min	40min	10s	29m 50s	10s	59m 50s	45min	3:20
		750g	0	3min	22min	40min	10s	29m 50s	10s	59m 50s	42min	3:17
		500g	0	3min	22min	40min	10s	29m 50s	10s	59m 50s	40min	3:15
French (7)	Medium	1kg	0	5min	20min	40min	10s	29m 50s	10s	59m 50s	55min	3:30
		750g	0	3min	22min	40min	10s	29m 50s	10s	59m 50s	52min	3:27
		500g	0	3min	22min	40min	10s	29m 50s	10s	59m 50s	50min	3:25
French (7)	Dark	1kg	0	5min	20min	40min	10s	29m 50s	10s	59m 50s	65min	3:40
		750g	0	3min	22min	40min	10s	29m 50s	10s	59m 50s	62min	3:37
		500g	0	3min	22min	40min	10s	29m 50s	10s	59m 50s	60min	3:35

Type	Crust	Size	Pre-heat	Knead 1	Knead 2	Rise 1	Punch back	Rise 2	Shape	Rise 3	Bake	Total
French rapid (8)	Light	1kg	0	5min	20min	20min	8s	44m 52s	0	0	45min	2:15
		750g	0	3min	22min	20min	8s	44m 52s	0	0	42min	2:12
		500g	0	3min	22min	20min	8s	44m 52s	0	0	40min	2:10
French rapid (8)	Medium	1kg	0	5min	20min	20min	8s	44m 52s	0	0	55min	2:25
		750g	0	3min	22min	20min	8s	44m 52s	0	0	52min	2:22
		500g	0	3min	22min	20min	8s	44m 52s	0	0	50min	2:20
French rapid (8)	Dark	1kg	0	5min	20min	20min	8s	44m 52s	0	0	65min	2:35
		750g	0	3min	22min	20min	8s	44m 52s	0	0	62min	2:32
		500g	0	3min	22min	20min	8s	44m 52s	0	0	60min	2:30
Fruit & nut (9)	Light	1kg	0	5min	20min	40min	10s	24m 50s	5s	49m55s	55min	3:15
		750g	0	3min	22min	40min	10s	24m 50s	5s	49m55s	52min	3:12
		500g	0	3min	22min	40min	10s	24m 50s	5s	49m55s	50min	3:10
Fruit & nut (9)	Medium	1kg	0	5min	20min	40min	10s	24m 50s	5s	49m55s	65min	3:25
		750g	0	3min	22min	40min	10s	24m 50s	5s	49m55s	62min	3:22
		500g	0	3min	22min	40min	10s	24m 50s	5s	49m55s	60min	3:20
Fruit & nut (9)	Dark	1kg	0	5min	20min	40min	10s	24m 50s	5s	49m55s	75min	3:35
		750g	0	3min	22min	40min	10s	24m 50s	5s	49m55s	72min	3:32
		500g	0	3min	22min	40min	10s	24m 50s	5s	49m55s	70min	3:30
Fruit & nut rapid (10)	Light	1kg	0	5min	20min	25min	10s	54m 50s	0	0	55min	2:40
		750g	0	3min	22min	25min	10s	54m 50s	0	0	52min	2:37
		500g	0	3min	22min	25min	10s	54m 50s	0	0	50min	2:35
Fruit & nut rapid (10)	Medium	1kg	0	5min	20min	25min	10s	54m 50s	0	0	65min	2:50
		750g	0	3min	22min	25min	10s	54m 50s	0	0	62min	2:47
		500g	0	3min	22min	25min	10s	54m 50s	0	0	60min	2:45
Fruit & nut rapid (10)	Dark	1kg	0	5min	20min	25min	10s	54m 50s	0	0	75min	3:00
		750g	0	3min	22min	25min	10s	54m 50s	0	0	72min	2:57
		500g	0	3min	22min	25min	10s	54m 50s	0	0	70min	2:55

Type	Crust	Knead 1	Knead 2	Knead 3	Rest	Knead 4	Knead 5	Bake	Total
Cake (12)	Light	1min	3min	2min	2min	1min	2min	69min	1:20
	Medium	1min	3min	2min	2min	1min	2min	79min	1:30
	Dark	1min	3min	2min	2min	1min	2min	89min	1:40

Type	Size	Pre-heat	Knead 1	Knead 2	Rise 1	Punch back	Rise 2	Bake/Stir	Total
Dough (13)	1kg	0	3min	27min	60min	0	0	0	1:30
	750g	0	3min	24min	60min	0	0	0	1:27
	500g	0	3min	21min	60min	0	0	0	1:24
Pizza Dough (14)		0	3min	22min	30min	0	0	0	0:55
Bagel dough (1)		0	5min	15min	5min	10s	9m 50s	0	0:35
Bagel bake (2)		0	0	0	0	0	0	15-120m	15-120m
Bake only (16)		0	0	0	0	0	0	0	1:30
Jam (15)		15min	0	0	0	0	0	50min	1:05

Type	Size	Knead 1	Knead 2	Rise 1	Bake	Total
Super rapid (11)	1kg	2min	12min	14min	31min	0:59
	750g	2min	12min	16min	29min	0:59
	500g	2min	12min	18min	27min	0:59

Basic white bread

Setting: White/rapid (3/4)	2 lb Loaf	1½ lb Loaf
Water	280ml	230ml
Oil	2 tbsp	2 tbsp
Salt	2 tsp	1½ tsp
Sugar	3 tbsp	2 tbsp
Dried skimmed milk powder	2 tbsp	1½ tbsp
White bread flour	560g	400g
Dried yeast	2 tsp	2 tsp

Lighter white bread

Setting: White/rapid (3/4)	2 lb Loaf	1½ lb Loaf
Water	300ml	230ml
Honey	2 tbsp	1½ tbsp
Salt	2 tsp	1½ tsp
Dried skimmed milk powder	3½ tbsp	3 tbsp
Oil	2½ tbsp	2 tbsp
White bread flour	560g	375g
Dried yeast	2½ tsp	2 tsp

This recipe also works well with the Super rapid setting (11)

Easy French bread (milk free)

Setting: French (7)	2 lb Loaf	1½ lb Loaf
Water	260ml	230ml
Olive oil	2 tbsp	1 tbsp
Salt	1½ tsp	1 tsp
Sugar	2 tbsp	1¼ tbsp
White bread flour	500g	400g
Dried yeast	1½ tsp	1¼ tsp

100% Wholemeal bread

Setting: Wholewheat/rapid (5/6)	2 lb Loaf	1½ lb Loaf
Water	375ml	280ml
Butter/Margarine	35g	25g
Salt	1½ tsp	1¼ tsp
Soft brown sugar	3 tbsp	2½ tbsp
Dried skimmed milk powder	2½ tbsp	2 tbsp
Wholemeal bread flour	575 g	430g
Dried yeast	2½ tsp	2 tsp

50% Wholemeal bread

Setting: Wholewheat/rapid (5/6)	2 lb Loaf	1½ lb Loaf
Water	360ml	270ml
Butter/Margarine	35g	25g
Salt	1½ tsp	1¼ tsp
Soft brown sugar	3 tbsp	2½ tbsp
Dried skimmed milk powder	2½ tbsp	2 tbsp
White bread flour	285g	215g
Wholemeal bread flour	285g	215g
Dried yeast	2½ tsp	2 tsp

Granary bread

Setting: White/rapid (3/4)	2 lb Loaf	1½ lb Loaf
Water	350ml	225ml
Butter/Margarine	25g	15g
Dried skimmed milk powder	2 tbsp	1 tbsp
Salt	1½ tsp	1 tsp
Sugar	1 tbsp	½ tbsp
Granary flour	200g	140g
White bread flour	300g	200g
Dried yeast	2 tsp	1½ tsp

Farmhouse grain bread

Setting: Wholewheat/rapid (5/6)	2 lb Loaf	1½ lb Loaf
Water	525ml	325ml
Salt	2 tsp	1 tsp
Sugar	1½ tbsp	1 tbsp
Dried skimmed milk powder	2½ tbsp	2 tbsp
Butter/Margarine	35g	25g
White bread flour	350g	300g
Wholemeal bread flour	330g	200g
Mixed seeds	100g	75g
Dried yeast	2½ tsp	2 tsp

Virtually any combination of seeds will work in this recipe, including sunflower, pumpkin, poppy, sesame, and caraway seeds.

Herb bread

Setting: White/rapid (3/4)	2 lb Loaf	1½lb Loaf
Water	400ml	300ml
Oil	2 ½ tbsp	2 tbsp
Dried skimmed milk powder	2 ½ tbsp	2 tbsp
Sugar	2 ½ tbsp	2 tbsp
Salt	2 tsp	1½tsp
White bread flour	580g	435g
Tarragon	2 ½tsp	2 tsp
Oregano	2 ½tsp	2 tsp
Basil	2 ½tsp	2 tsp
Thyme	2 ½tsp	2 tsp
Minced garlic	1 ½tsp	1 tsp
Dried yeast	2 ½tsp	2 tsp

Two cheese bread

Setting: Wholewheat/rapid (5/6)	2 lb Loaf	1½ lb Loaf
Water	200ml	130ml
Butter/Vegetable oil	1½ tbsp	1 tbsp
Egg	1 large	1 large
Sugar/Honey	1 tbsp	2 tsp
Salt	1 tsp	1 tsp
Wholemeal bread flour	95g	65g
White bread flour	350g	310g
Dried skimmed milk powder	40g	30g
Cheddar cheese (grated)	100g	75g
Parmesan (grated)	30g	3 tbsp
Sesame seeds	1 tbsp	2 tsp
Dried yeast	2 tsp	1½ tsp

Cinnamon and raisin bread

Setting: Fruit and nut/rapid (9/10)	1½ lb Loaf
Water	180ml
Egg	1
Oil	1 tbsp
Salt	1 tsp
Dried skimmed milk powder	3 tbsp
Vanilla essence	1 tsp
Sugar	2 tbsp
Raisins	2 tbsp
Ground cinnamon	2 tsp
White bread flour	360g
Dried yeast	1½ tsp

Don't try to make a 2 lb version – it'll probably escape from the Breadmaker.

Pizza dough

Setting: Pizza dough (14)

A 1lb mix makes one medium/thin crust 12" pizza base, a 1½ lb mix makes a 15" base and a 2lb mix makes two 12" bases.

	2 lb	1½ lb	1 lb
Tepid water	300ml	265ml	150ml
Olive oil	2 tbsp	1½ tbsp	1 tbsp
Salt	1¾ tsp	1½ tsp	1½ tsp
Plain flour (not bread flour)	530g	450g	280g
Sugar	2 tsp	1½ tsp	1 tsp
Yeast	2 tsp	1½ tsp	1 tsp

Bagel dough

Setting: Bagel dough (1), then Bagel bake (2), with steam

Makes 8 - 10 bagels depending on size

Egg, medium	1
Full fat milk	100ml
Oil	1 tbsp
Sugar	2 tsp
Salt	½ tsp
White bread flour	280g
Yeast	2 tsp

(+ 1 egg white and 2 tbsp water for glazing)

(+ sea salt, sesame seeds or poppy seeds for decorating)

1. Put the ingredients into the loaf tin in the order above. Close the lid, select Bagel dough (1), and press Start/Pause.
2. When the process has finished, cover the dough and let it rest for 30 minutes, then divide it into equal sized balls.
3. Put the balls you are not immediately going to bake into the fridge, so that it doesn't over-prove.
4. Shape the balls you are going to bake, and roll them tightly, until there is tension in the skin of the dough, then cover and let them rest until they have doubled in size.
5. Press a thumb through each ball to form bagels.
6. Cover the trays liberally with polenta/cornmeal to prevent sticking.
7. Glaze the bagels with the egg white and water, decorate with sea salt, seeds, etc.
8. Set the bagels on the baking trays, then slide them into the rack, with the tray marked BOTTOM at the bottom.
9. Unplug the George Foreman™ Breadmaker and pour 60ml (2 fl oz) water into the oval barrier on the floor of the Breadmaker.
10. Don't put the loaf tin back into the Breadmaker.
11. Fit the rack into the Breadmaker, lower the handle, and close the lid.
12. Select Bagel bake (2), and press the ▲ timer button to bring the time up to 50 minutes.
13. Plug the George Foreman™ Breadmaker in, then press Start/Pause.
14. When the baking cycle has finished, stand back when opening the lid, to avoid the hot air and steam.
15. Use the oven gloves.

Dinner rolls

Setting: Dough (13), then Bake only (16), with steam

Water	325ml
Butter	5 tbsp
Egg (medium, beaten)	1
Salt	2 tsp
White bread flour	600g
Dried milk	2 tbsp
Sugar	1½ tbsp
Yeast	2 tsp

1. Put the ingredients into the loaf tin in the order above. Close the lid, select Dough (13), and press Start/Pause.
2. When the process has finished, remove the dough, divide it into 6 balls, and shape.
3. Cover the trays liberally with polenta/cornmeal to prevent sticking.
4. Set the shaped dinner rolls on the trays and leave them to prove for about 20 minutes. You'll need to keep an eye on them, otherwise they might over run the trays.
5. Slide the trays into the rack, with the tray marked BOTTOM at the bottom.
6. Unplug the George Foreman™ Breadmaker and pour 170ml (6 fl oz) water into the oval barrier on the floor of the Breadmaker.
7. Don't put the loaf tin back into the Breadmaker.
8. Fit the rack into the Breadmaker, lower the handle, and close the lid.
9. Select Bake only (16), and press the ▲ timer button to bring the time up to 50 minutes.
10. Plug the George Foreman™ Breadmaker in, then press Start/Pause.
11. When the baking cycle has finished, stand back when opening the lid, to avoid the hot air and steam.
12. Use the oven gloves.
13. One of the dinner rolls will have engulfed the rack handle. Run a knife (carefully) along the handle to free it, before removing the rack. Don't throw the cut roll away – it'll taste just as good as the others.

Peanut cake

Setting: Cake (12)

Plain flour (don't use bread flour)	200g	} combine these
Baking powder	1 tsp	} ingredients
Bicarbonate of soda	$\frac{3}{4}$ tsp	} in a bowl
Salt	$\frac{1}{4}$ tsp	} and set aside
Eggs, large	2	
Natural low fat yogurt	$4\frac{1}{2}$ tbsp	
Crunchy peanut butter (softened)	$4\frac{1}{2}$ tbsp	
Apple sauce	2 tbsp	
Water	50ml	
Vanilla essence	1 tsp	
White sugar	60g	

1. Combine the first four ingredients in a bowl and mix well. Set aside.
2. Put the remaining ingredients into the loaf tin in the order above. Keep the lid open, set the George Foreman™ Breadmaker to Cake, and press Start/Pause.
3. As the kneading arm starts to move, add the flour mixture steadily, a spoonful at a time, then close the lid and leave it to finish.
4. When it's done, remove the cake from the loaf tin and cool on a wire rack.

Raisin cake

Setting: Cake (12)

Plain flour (don't use bread flour)	250g
White sugar	125g
Full fat milk	250ml
Butter	60g
Eggs, large	2
Raisins	2 tbsp
Baking powder	1 tbsp
Vanilla essence	1 tsp
Salt	$\frac{1}{4}$ tsp

Put the milk, butter, eggs and vanilla essence into the loaf tin, then add the remaining ingredients. Close the lid, set the George Foreman™ Breadmaker to Cake, and press Start/Pause.

When it's finished, let it cool for at least 10 minutes in the loaf tin, then remove it and let it cool on a wire rack. When it cool, dust it with icing sugar.

For a change, try adding a teaspoon of either mixed spice, cinnamon, lemon/orange zest, or strong coffee to the cake before mixing.

Jam

Setting: Jam (15)

Fruit (raspberries, strawberries, plums)	335g
Sugar	335g
Lemon juice	1 tsp

1. Raspberries should be lightly crushed with a potato masher, strawberries and plums should be roughly cut up, but not pulped.
2. Put all the ingredients into the loaf tin and close the lid.
3. Set the George Foreman™ Breadmaker to the Jam setting and press Start/Pause.
4. At the end of the cycle the machine will beep.
5. Put on the oven gloves, remove the loaf tin from the machine and pour the hot jam into a heatproof container, or jam jars which have been rinsed out with boiling water, then dried. Take great care when handling hot jam.
6. Allow to cool, then put the jars in the fridge, where the jam will continue to thicken.

Gluten-free bread

Setting: White/rapid (3/4)

360ml (13 floz) hand-hot water

1 tbsp oil

$\frac{1}{2}$ tsp salt

1 packet “Glutafin” gluten-free white mix

1 packet yeast (included with the Glutafin mix)

Add the ingredients to the loaf tin in order (yeast last).

We found the best results with the George Foreman™ Breadmaker to White, the crust set to medium, and the size set to 2lb. We suggest you try this first, to get a feel for it, then experiment.

Troubleshooting What to do if:

THE BREAD COLLAPSED

The dough may have been too moist. Reduce the recipe liquid by 2 tbsp. If tinned fruit was used, it may not have been properly drained.

Leaving the bread in the bread pan while it cools can cause moisture released in the baking process to soak back into the bread.

The flour may have been too coarsely ground. Try using finer flour.

THE CORE OF THE BREAD IS TOO MOIST

The dough may have been too moist, see above.

The flour may have been too heavy. This problem can occur with rye, bran and wholemeal flours. Reduce the amount of heavy flour and replace with white flour.

THE BREAD HAS SWOLLEN TOO MUCH

You may have used too much yeast, try reducing it slightly.

Too much sugar can cause the yeast to work too fast, and the bread to rise too much.

Try reducing the amount of sugar. If you add sweet/sugary ingredients such as dried fruit, honey or molasses, reduce the amount of sugar to compensate.

You might try reducing the recipe liquid by 2 tbsp, as this will slow the action of the yeast.

Use a coarser flour. Less yeast is needed with fine flour than with the same type of flour ground coarsely.

GUARANTEE

This product is guaranteed for a period of 1 year from date of purchase, against defects in material and workmanship. It is particularly important that the purchaser carefully read the instructions provided in order to get maximum use from this product.

This guarantee is only valid if the appliance is used solely for domestic purposes in accordance with the instructions and provided it is not connected to an unsuitable electricity supply or dismantled or interfered with in any way or damaged through dropping or misuse. Under this guarantee we undertake to repair or replace free of charge any parts found to be defective.

Nothing in this guarantee or the instructions relating to the product excludes, restricts or otherwise affects your statutory right.

In line with our policy of continuous product development we reserve the right to change the product, packaging and documentation specifications without notice.

This product conforms to Radio Frequency Interference requirements

230-240V 50Hz AC Only



CUSTOMER SERVICE

AUSTRALIAN CUSTOMER SERVICE

Salton (Aust) Pty. Ltd.
P.O. Box 683
Mordialloc Victoria 3195
Australia
Freecall: 1800 427 842
Hours: 9am-5pm (EST) Mon-Fri

NEW ZEALAND CUSTOMER SERVICE

Salton NZ Limited
P.O. Box 300 201
Albany, Auckland
New Zealand
Freecall: 0508 629 777
Hours: 9am-5pm Mon-Fri