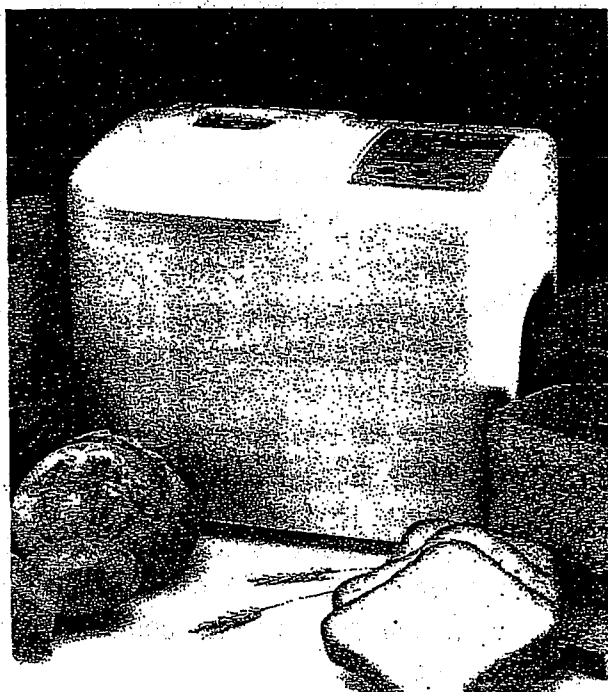


Breadman[®]

INSTRUCTION MANUAL



AUTOMATIC BREAD BAKER

IMPORTANT SAFEGUARDS

When using the Breadman® Automatic Bread Baker, basic safety precautions such as instructions should always be followed including the following.

1. Read all instructions before use.
2. Do not touch hot surfaces. Use oven mitts when taking out bread case.
3. To protect against electrical shock do not immerse cord, plug or appliance, except bread case and kneading blade, in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug cord from wall outlet when not in use and before cleaning. Allow appliance to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after appliance malfunctions or has been damaged in any manner. Return appliance to Salton/MAXIM for examination, repair or adjustment.
7. The use of accessory attachments not recommended by Salton/MAXIM may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over the edge of table or counter, or touch hot surfaces.
10. Do not place appliance on or near a hot gas or electric burner, or in a heated oven.
11. Avoid touching any moving parts during operation.
12. Extreme caution must be used when moving the appliance containing hot contents or liquids.
13. Where applicable check that the control is OFF before plugging cord into wall outlet. To disconnect, turn the control to OFF, then remove plug from wall outlet.
14. Do not use appliance for other than intended use.
15. Do not use on an unsteady or cloth-covered table.
16. This appliance is intended for household use only.
17. Keep appliance at least 2 inches away from walls or any other objects during use.
18. This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized wall outlet only one way. If plug does not fit fully in wall outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

SAVE THESE INSTRUCTIONS

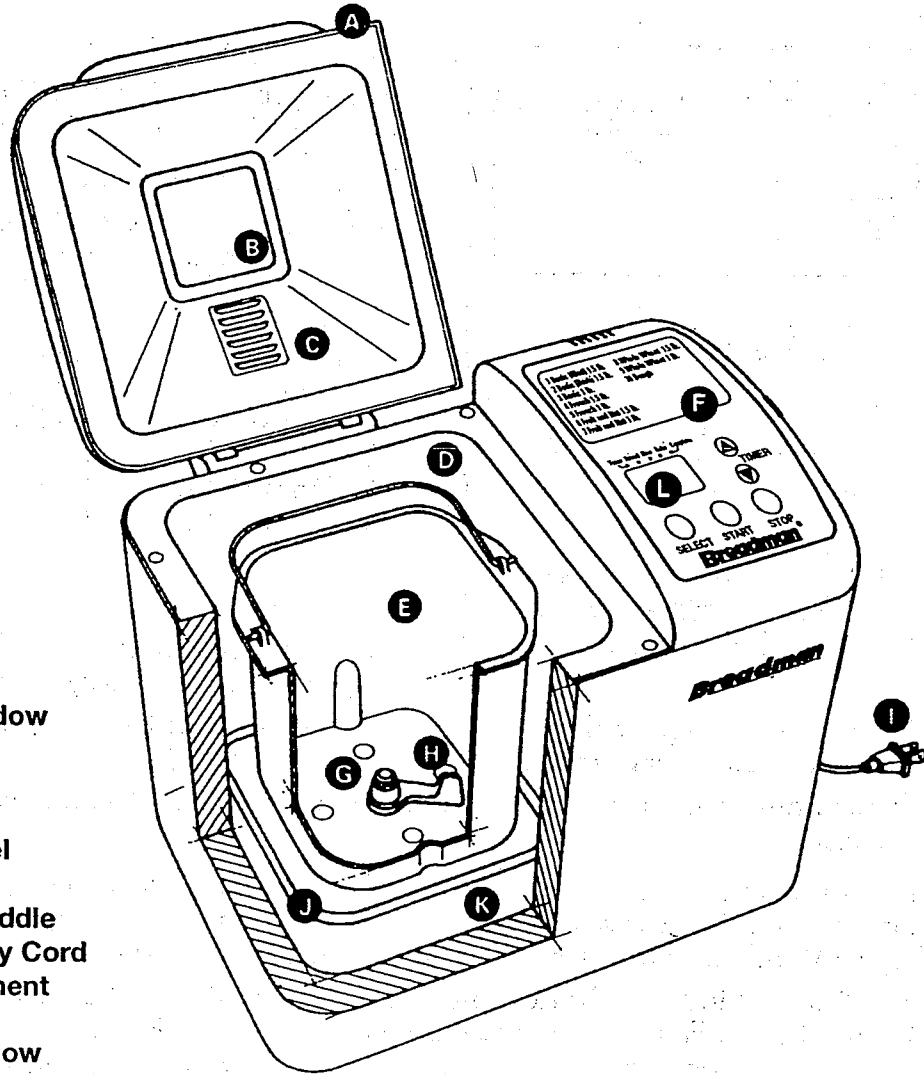
NOTES:

- A. A short power supply cord is provided to reduce the risk of becoming entangled in or tripping over a long cord.
- B. Extension cords are available and may be used if precautions are taken in their use.
- C. If an extension cord is used,
 - (1) The marked electrical rating of extension cord should be at least greater than the electrical rating of appliance, and
 - (2) The cord should be arranged so that it will not drape over the top of counter or table where it can be pulled by children or tripped over accidentally.

CAUTION: During use, the internal parts of the Breadman® and the area around the Steam Vent are **HOT. Keep out of reach of children to avoid possible injury**



YOUR BREADMAN®



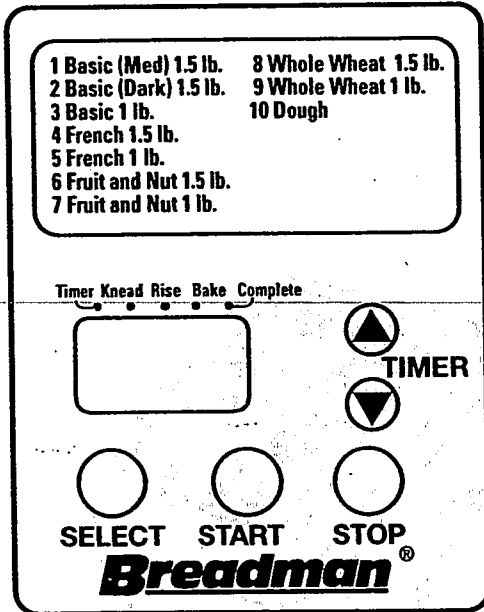
- A. Cover
- B. Viewing Window
- C. Steam Vent
- D. Handle
- E. Bread Pan
- F. Control Panel
- G. Drive Shaft
- H. Kneading Paddle
- I. Power Supply Cord
- J. Heating Element
- K. Oven
- L. Display Window
with Indicator Signals

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.



CONTROL PANEL



A. Display Window

Shows your selection and Timer setting.
Displays where you are in the Baking process.

B. Selection Options

Select from these bread choices:

- | | |
|-----------------|---------|
| 1. Basic Medium | 1.5 lb. |
| 2. Basic Dark | 1.5 lb. |
| 3. Basic | 1 lb. |
| 4. French | 1.5 lb. |
| 5. French | 1 lb. |
| 6. Fruit & Nut | 1.5 lb. |
| 7. Fruit & Nut | 1 lb. |
| 8. Whole Wheat | 1.5 lb. |
| 9. Whole Wheat | 1 lb. |
| 10. Dough | |

C. Timer

Use this pair of buttons to add or subtract time displayed in the Display Window.

- ▲ Each time you press this button, the Timer advances 10 minutes.
(Hint: Hold down the button for speedier results.)
- ▼ Each time you press this button, the Timer is set back 10 minutes.

D. Select

Press this button to select the Baking cycle you want. Each selection corresponds with a number. Each time the select button is pressed, the selection number will appear in the Display Window. (The selection numbers will be displayed in order listed.)

The Display Window indicates a number corresponding to the menu number (Basic Medium 1.5 lb., French 1 lb., etc.) listed on the control label.

(Each time the SELECT button is pressed, the number displayed increases by one.)

E. Start

Press this button to start the Baking cycle you choose, or to start the Timer.

F. Stop

Press this button for a full second to turn off power, to reset the Baking cycle or Timer setting, or to stop baking.

When you press the Timer, Select, Start, or Stop button, you should hear a beep. This lets you know you've pressed hard enough and your selection was made.



USING THE BREADMAN®

With your new Breadman® Automatic Bread Baker:

- You can use pre-packaged bread mixes. Recipe instructions are on each package.

NOTE: Ingredients should be added in order suggested on page 8 of this manual.

- You can bake a loaf of bread from scratch. See the *Recipe and Menu Planner* included with your Breadman® for lots of tasty options.
- You can make dough for rolls or shaped loaves you'll bake in your oven. Use the Breadman's® Dough cycle to do the mixing and kneading for you, then shape and bake the bread yourself.

Inserting and Removing the Bread Pan

- To insert the Bread Pan in the Bread Baker, seat it in place at a right angle, and turn clockwise.

Remember to insert the Kneading Paddle first, then add all your ingredients BEFORE inserting the Bread Pan into the Oven of your Breadman®.

- To remove the Bread Pan from the Oven, hold the Handle with a mitt, turn it counterclockwise and lift gently. (An arrow on the Bread Pan reminds you which direction to turn to remove it.)

When you remove the Bread Pan after baking, BE SURE TO WEAR OVEN MITTS to prevent burning. After you remove the loaf by turning the Bread Pan upside down and shaking gently, check to see that the Kneading Paddle is removed from the loaf. If it is stuck in your bread, use a non-metal utensil to gently remove it, taking care not to scratch the Kneading Paddle.

Operating Tips

- Use oven mitts when working with bread or any part of the Breadman® that is hot from baking.
- Wipe off crumbs and clean the Breadman®, as needed, after baking.



- Unplug the Breadman® when you are not using it.
- It is normal for the Viewing Window to collect moisture during the beginning of the Baking cycle. As your bread bakes, the moisture soon will evaporate so you can watch your bread's baking progress.
- Don't open the Lid during baking. This causes the bread to bake improperly.
- Don't unplug the Breadman® during Kneading or Baking. This will stop the operation.

Caution

- To protect young children, keep the Breadman® out of their reach when you're not there to supervise — especially during the Kneading and Baking cycles.
- Use the Breadman® on a flat, hard surface. Don't place it near a flame or heat, or on a soft surface (such as a carpet). Avoid placing it where it may tip over during use. Dropping the Breadman® could cause it to malfunction.
- To avoid burns, stay clear of the Steam Vent during kneading and baking. Also, don't touch the Viewing Window — it gets very hot.
- After baking, wait for the Breadman® to cool down before touching or cleaning the Bread Pan or internals of the Breadman® without oven mitts.
- Never use metal utensils with the Breadman®. These can scratch the non-stick surface of the Bread Pan.
- Avoid electric shock by unplugging before using a damp cloth or sponge to wipe the interior of the Oven.
- Never use the Bread Pan on a gas or electric cooktop or on an open flame.
- Avoid covering the Steam Vent during Kneading and Baking cycles. This could cause the Breadman® to warp or discolor.



KNEADING AND BAKING CYCLES

The Breadman® Automatic Bread Baker has nine (9) Baking cycles from which you can choose, plus Dough cycle.

- The Basic Medium, and Dark Baking cycles let you choose your favorite crust.
- The French cycle is for breads with crisper crusts, especially those that are lowest in sweeteners, such as French and Italian breads.
- Fruit & Nut cycle is for breads such as apple walnut, banana, and raisin bread.

This table shows how long each part of the Baking cycle takes:

SELECTION

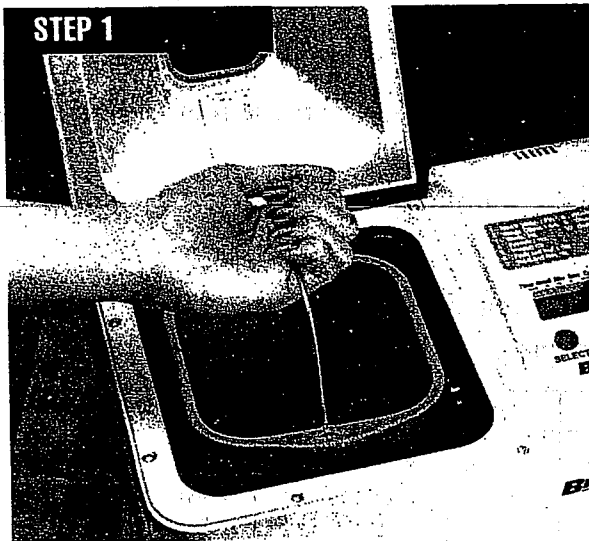
	1	2	3	4	5	6	7	8	9	10
Baking Phase	Basic. 1.5 lb. Medium	Basic 1.5 lb. Dark	Basic 1 lb.	French 1.5 lb.	French 1 lb.	Fruit & Nut 1.5 lb.	Fruit & Nut 1 lb.	Whole Wheat 1.5 lb.	Whole Wheat 1 lb.	Dough
Mixing/Kneading	11.5 min.	11.5 min.	11.5 min.	20 min.	20 min.	25 min.	20 min.	11.5 min.	11.5 min.	11.5 min.
Rest	15 min.	15 min.	15 min.	—				25 min.	25 min.	15 min.
Kneading	13.5 min.	13.5 min.	13.5 min.	—	—	—	—	13.5 min.	13.5 min.	13.5 min.
First Rise	45 min.	45 min.	40 min.	45 min.	40 min.	60 min.	55 min.	60 min.	55 min.	50 min.
Gas Release	14 sec.	14 sec.	14 sec.	2 sec.	2 sec.	15 sec.	15 sec.	3 sec.	3 sec.	14 sec.
Second Rise				30 min.	30 min.	30 min.	30 min.	35 min.	35 min.	
Gas Release				2 sec.	2 sec.	4 sec.	4 sec.	3 sec.	3 sec.	
Final Rise	55 min.	55 min.	55 min.	65 min.	65 min.	50 min.	50 min.	50 min.	50 min.	
Baking	40 min.	50 min.	35 min.	50 min.	45 min.	35 min.	35 min.	40 min.	35 min.	
Total Time	3:00	3:10	2:50	3:30	3:20	3:20	3:10	4:00	3:50	1:30

****Note:** If bread is not removed immediately after baking, and Stop button is not pressed, a controlled 60-minute Cooling phase will begin for each selection (except Dough). While this will help reduce condensation between loaf and Bread Pan, it is best to remove bread as soon as possible after completion of the Baking phase.



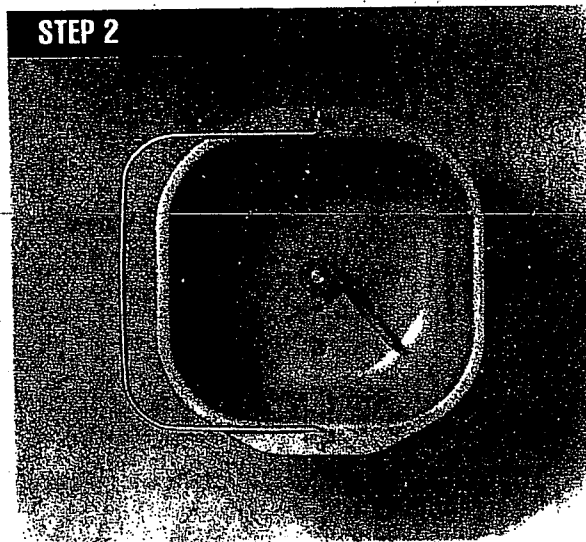
MAKING DOUGH AND BAKING BREAD

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



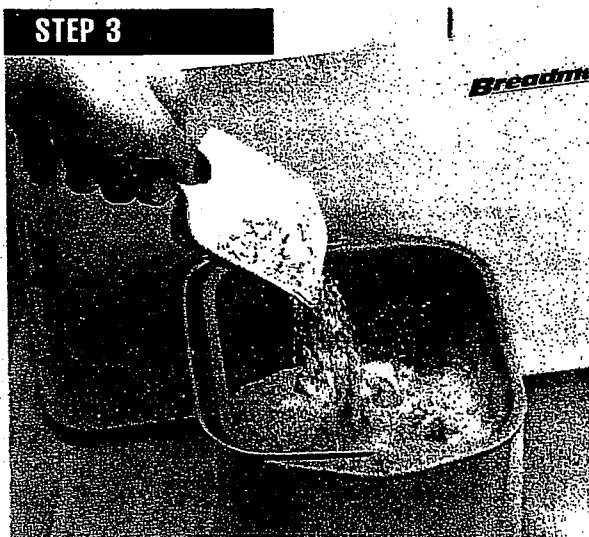
Open the Lid and remove the Bread Pan.

Turn the Handle counter-clockwise and lift the Bread Pan. (The arrow marked "Remove" on the Bread Pan reminds you which way to turn the Handle.)

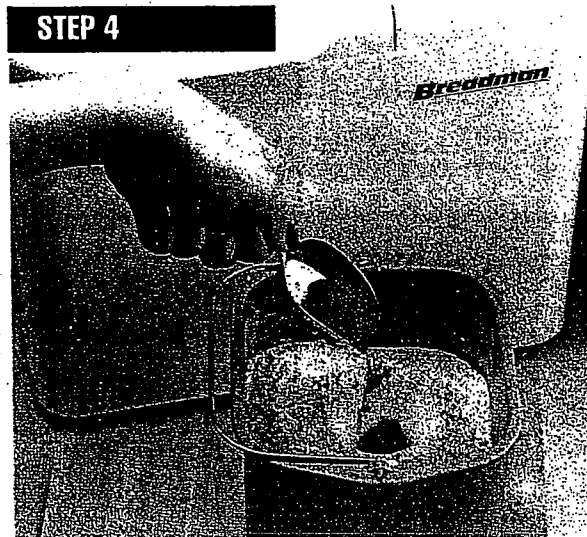


Position the Kneading Paddle on the Drive Shaft as shown.

Match the flat side of the Drive Shaft to the flat part of the hole in the Kneading Paddle. Make sure the paddle is secure.



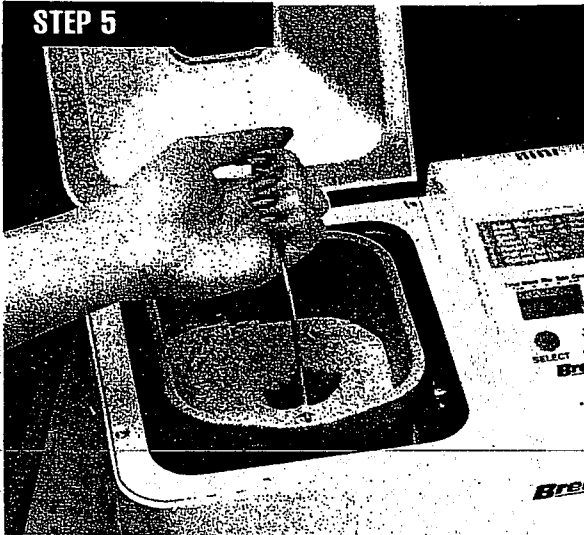
Place the ingredients into the Bread Pan.
For best results, add all liquid ingredients first. Then, add all dry ingredients **EXCEPT** yeast.



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

This order of adding ingredients is important, especially when using the Timer, because it keeps the yeast away from the liquid ingredients until it's time to knead them together. (Liquid ingredients will activate the yeast.)

Note: If your recipe contains salt, please add salt with liquid ingredients, keeping it away from the yeast. Salt may activate the yeast prematurely.

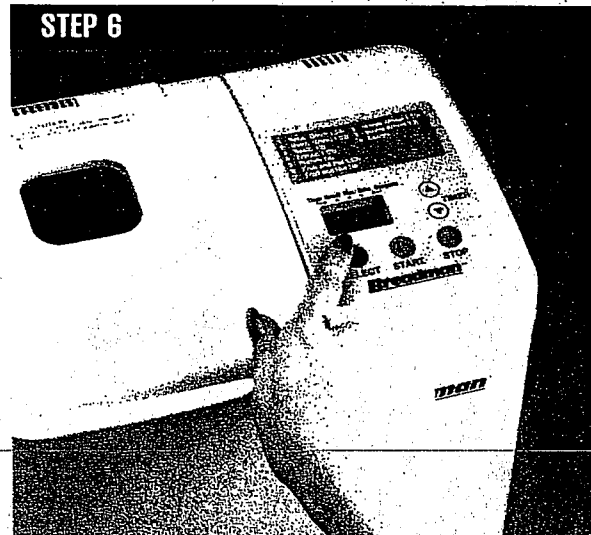


Insert the Bread Pan in the Breadman®

Seat the Bread Pan as shown, then turn the Handle clockwise to secure it. (The arrow marked "Lock" reminds you which way to turn the Handle.)

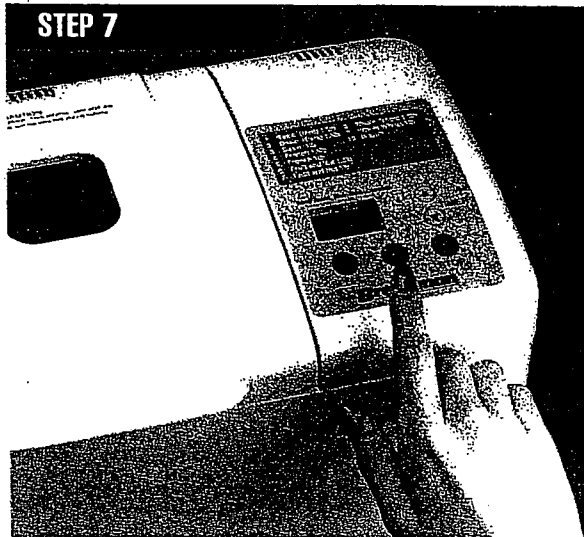
Close the Lid and plug in the Breadman®

When you plug it in, the Breadman® flashes "000" in the Display Window.



Press the Select button to choose the cycle you want.

Press the Select button to choose the bread selection you desire. Each time you press "SELECT," the number of your selection will be displayed in the Display Window. See Control Panel section on page 3 for the selection order.



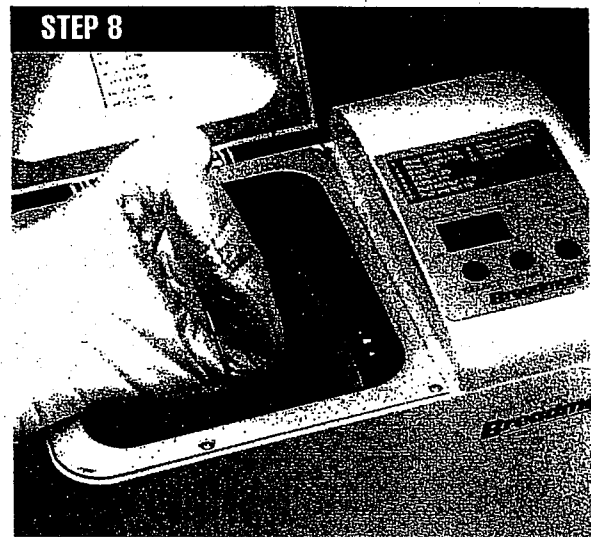
Press Start to begin the Kneading and/or Baking cycle.

First, the Breadman® mixes the ingredients for one minute. Then, it begins the Kneading process. During this process, the yeast begins to activate, and normally the Viewing Window begins to fog. (This will clear so you can see the progress of your loaf.) The Breadman® will stop kneading after a few minutes to let the dough rise before baking.

Eight minutes before the end of the Kneading process, the Breadman® beeps to let you know this is the time to add any fruit and nuts.

If you chose Dough, the Breadman® beeps to let you know when the dough is ready to be removed. Then it's up to you to shape it, give it time for a final rising period, and bake it in a conventional oven.

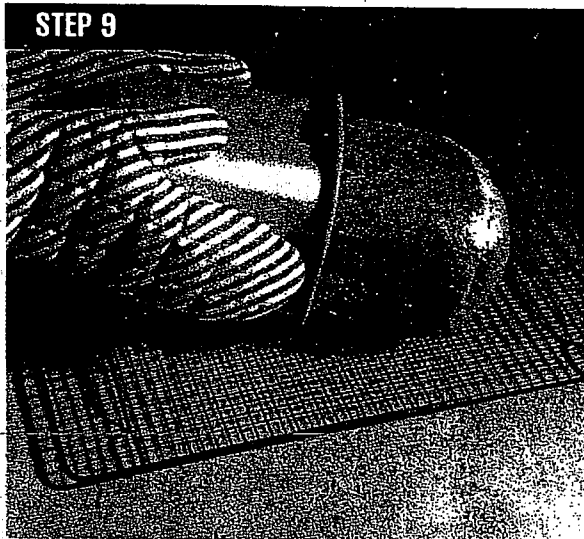
For other cycles, Breadman® continues to the Baking process.



When your bread is done, the Breadman® will beep. This indicates that the Baking phase is completed. Press the Stop button, then put on your oven mitts and remove the Bread Pan.

Remember that the Bread Pan and your loaf are both very hot! Be careful not to place either on a tablecloth, plastic surface, or other surface that might scorch or melt.

If the bread is not removed immediately after baking and if the Stop button is not pressed, a controlled Cool-Down cycle will begin and the machine will automatically shut off after 60 minutes. While this will help prevent the bread from becoming soggy, *for best results*, remove bread immediately after Baking cycle is complete.



Remove the loaf from the Bread Pan.

Turn over the Bread Pan a few inches from the countertop and gently shake out the loaf. It's best to remove the loaf as soon as the Breadman® is done baking.

Place the loaf on a wire rack or other cooling surface to cool. Bread should be cooled slightly (15 to 30 minutes) before it is sliced.

If necessary, remove the Kneading Paddle from the loaf.

Sometimes the Kneading Paddle will stick in a loaf of bread. If it does, use a non-metal utensil to gently remove it, taking care not to scratch the Kneading Paddle.

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



USING THE TIMER

You can preset your Breadman® to cook bread from 2 hours and 50 minutes to 13 hours in advance.

Note: Don't use the Timer if your recipe includes eggs, fresh milk or other ingredients that may spoil. The Breadman® Timer can't be used for Fruit & Nut or Dough cycles.

To preset your Breadman®, follow these steps:

1. Add the ingredients as usual, taking care not to let the yeast and liquid ingredients contact one another.
2. Close the Breadman® Lid and plug it in.
3. Select the Baking Cycle you want. The time needed for the selected Baking Cycle appears in the Display Window.

Baking Cycle		Length of Baking Cycle
Basic Medium	1.5 lb.	3:00
Basic Dark	1.5 lb.	3:10
Basic	1 lb.	2:50
French	1.5 lb.	3:30
French	1 lb.	3:20
Whole Wheat	1.5 lb.	4:00
Whole Wheat	1 lb.	3:50

4. Press the ▲ Timer button once for each 10 minutes you want to add. (Use the ▼ button to subtract time from the Timer.) The amount of time you set is shown in the Display Window.
 - For example, if it is 8 o'clock and you want a loaf of bread ready at 1 o'clock, press the ▲ Timer button until the display reads 5:00, meaning it will finish baking in five hours.
5. Press Start to begin the Timer. The Timer Indicator begins to flash, letting you know the Timer is started. When the Display Window indicates 0:00, baking is completed and Complete Indicator blinks.



For Best Results

- Take care to measure ingredients accurately, using a good set of measuring cups and spoons, or a good scale. Make sure to level all dry ingredients as you measure them. Inaccurate measuring could cause unexpected results in your loaf of bread.
- In particular, be precise in measuring the water.
- Take care not to add more than 3 cups of flour per loaf. Excess flour will cause the bread to bake incompletely and the dough to stick to the inside of the Lid.
- After placing all the ingredients in the Baking Pan, wait 10 minutes before pressing Start, or use the Timer to add 10 minutes to the total processing cycle.
- Use fresh ingredients.
 - Since moisture is an enemy to flour, be sure to store your flour in an airtight container.
 - To keep your yeast active, store it in an airtight container in your refrigerator.
- Speaking of fresh — when using the Timer, we recommend setting it for as short a time as possible. Because ingredients are partially combined in the Bread Pan, the dough may tend to deteriorate if left too many hours, especially on a warm or humid day.
- Keep the Lid closed during the Baking cycle. Opening it causes uneven baking.
- After your bread has cooled completely, store it in a plastic bag or plastic wrap to prevent it from drying out.



CLEANING INSTRUCTIONS

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

1. After baking each loaf of bread, unplug the Breadman® and discard any crumbs.
2. Remove the Bread Pan from the Oven and the Kneading Paddle from the Bread Pan. Then, as needed, wash the Bread Pan and Kneading Paddle inside and out with warm, soapy water. Avoid scratching the non-stick surfaces.

If the Kneading Paddle is stuck to the Drive Shaft, pour warm water in the Pan to loosen it. **DO NOT USE EXCESSIVE FORCE.**

3. Wipe the inside of the Lid and Oven with a damp cloth or sponge. If any residue has scorched on the heating plate or elsewhere, scrub with a non-abrasive scrubbing pad and wipe clean.

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

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

Be sure the Breadman® is completely cooled before storing.

Caution

Avoid electric shock, unplug the Breadman® before cleaning!



TROUBLE SHOOTING

Symptom	Possible Solutions
Bread has an offensive odor	<p>Check to be sure you added the correct amount of yeast. Measure carefully — too much yeast will cause an unpleasant odor and may cause the loaf to rise too high.</p> <p>Be sure to use only fresh ingredients.</p>
Baked bread is soggy or the bread's surface is sticky	<p>Remove the bread from the Bread Pan as soon as it is done baking. Leaving it in the pan allows condensation to collect on the sides touching the pan.</p> <p>Also be sure to cool the loaf on a wire rack; cooling it on a countertop causes the side next to the counter to become soggy.</p>
Start button doesn't start the machine	<p>Make sure the machine is plugged in.</p> <p>If nothing appears in the Display Window, press Select to choose your Baking cycle. (You must select a Baking cycle before pressing Start.)</p> <p>If the baking area is too hot, the Breadman® will not start because of an automatic safety feature. Remove the Bread Pan with your ingredients, and wait until the Breadman® cools down — about 20 minutes — before starting a new loaf.</p>
Can't set the Timer	<p>If you selected either the Dough or Fruit & Nut cycle, you cannot use the Timer. This is because the ingredients should be processed immediately for these cycles.</p>
The Breadman® stopped and "000" flashes	<p>This happens if you press the Stop button, if you unplug the machine, or if there is a power outage. In each case, the Breadman® can't be restarted for this cycle. Discard the contents of the Bread Pan and start again with new ingredients.</p>
The Kneading Paddle was stuck in the bread	<p>Make sure the Kneading Paddle is mounted properly before adding ingredients to the Bread Pan and baking.</p> <p>Sometimes denser or crustier loaves of bread may pull the Kneading Paddle out with them when you remove the loaves after baking. When this happens, use a non-metal utensil and gently remove the blade from the bottom of the loaf.</p>



TROUBLE SHOOTING

Symptom	Possible Solutions
The bread rose too high	Make sure not to add too much yeast, water or flour. Too much of any of these may cause the loaf to rise more than it should.
The bread didn't rise enough	Make sure not to add too little yeast, water or sweetener. Make sure to add ingredients in the proper order: liquids, dry ingredients, yeast. Make sure yeast doesn't get wet until the Breadman® mixes the ingredients together. <i>Note: Typically, bread made with whole grain flours will not rise as high as bread made with refined flours.</i>
The dough looks like batter, or the dough ball is still sticky, not smooth and round	During the Kneading process, add 1 tablespoon of flour at a time, letting it mix in well. For most breads, your dough ball should become round, smooth, not sticky to the touch, and should bounce back when you press it with your finger.
The dough ball is lumpy or too dry	During the Kneading process, add 1 tablespoon of water at a time, letting it mix in well.
E:01 displays when you press Start button	The Breadman® is too hot (over 100°F/38°C) to begin preparing another loaf. Remove the Bread Pan with your ingredients, and wait until the Breadman® cools down about 20 minutes — before preparing a new loaf.
E:02 displays when you press Start button	The Breadman® is too cold. Unplug the machine and allow it to heat up to room temperature, then try again.
H:00 displays after baking	This means the temperature of the dough was too high during the Kneading or Rising process. Locate the Breadman® in a cooler place.
L:00 displays after baking	This means the temperature of the dough was too low during kneading or rising. Locate the Breadman® in a warmer place.



SPECIFICATIONS

Model	TR500A
Power Consumption	
Heater	430 Watts
Motor	105 Watts
Capacity (Flour)	3 cups
Timer Range	2 hours 50 minutes (2:50) to 13 hours (13:00)
Dimensions	13.5" x 9.5" x 12"
Weight	13.9 lbs.
Window	Oven has a 2 $\frac{3}{8}$ " x 2 $\frac{3}{8}$ " window
Added Features	<ul style="list-style-type: none">• Non-stick Bread Pan• Removable non-stick Kneading Paddle• Preprogrammable Timer
Cool-Down Cycle	If bread is not removed immediately after Baking cycle, the Breadman® will cool down at a controlled rate to help reduce sweating of loaf in Bread Pan.

ONE-YEAR LIMITED WARRANTY

This Salton/MAXIM product warranty extends to the original consumer purchaser of the product.

Warranty Duration: This product is warranted to the original consumer purchaser for a period of one (1) year from the original purchase date except for the Bread Pan and Kneading Paddle which are warranted for 90 days.

Warranty Coverage: This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished by Salton/MAXIM Housewares, Inc., or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible. Wear and tear for Bread Pans and Paddles is not considered a manufacturer's defect.

Warranty Disclaimers: This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for Salton/MAXIM Housewares, Inc. any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract.

Warranty Performance: During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at Salton/MAXIM's option) when the product is returned to the Salton/MAXIM facility. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

Service and Repair

Should the appliance malfunction, you should first call toll-free 1-800-233-9054 between the hours of 9:00 am and 5:00 pm Central Standard Time and ask for CONSUMER CUSTOMER SERVICE stating that you are a consumer with a problem.

In-Warranty Service: For an appliance covered under the warranty period, no charge is made for service or postage. Call for pre-paid return mailing label. (U.S. Customers Only)

Out-of-Warranty Service: A flat rate charge by model is made for out-of-warranty service. Include \$15.00 for return shipping and handling.

Salton/MAXIM cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem; your full return address and daytime phone number; a note describing the problem you experienced; a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

Return the appliance to:

ATTN: Repair Department
Salton/Maxim Housewares, Inc.

708 SOUTH MISSOURI ST.

MACON, MO 63552

For more information on Salton/MAXIM products:

visit our website: URL <http://www.breadman.com> or E-mail us at SALTON550@aol.com

THE UNIVERSITY OF CHICAGO

PH.D. THESIS

Submitted by [Name]

Department of [Department]

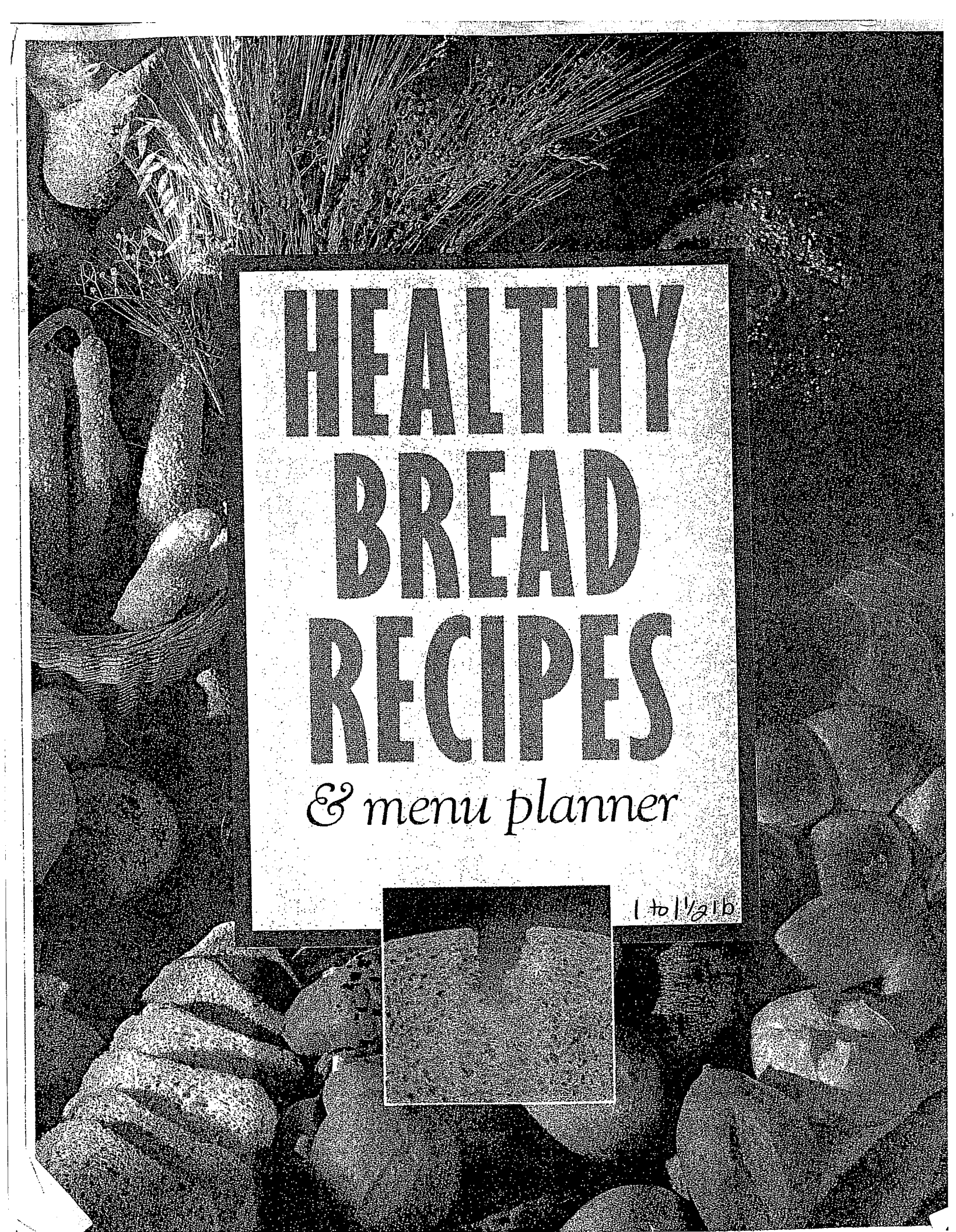
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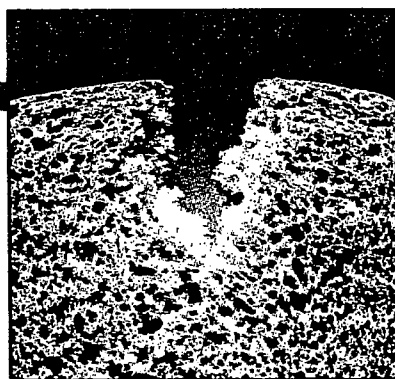
HEALTHY BREAD RECIPES

& menu planner

1 to 1 1/2 lb.

HEALTHY BREAD RECIPES

& menu planner



IMPORTANT

Please Read

The information in this booklet is intended to increase your knowledge of whole grains and fresh bread baking, and by no means is it intended to diagnose or treat an individual's health problems or ailments. The information given is not medical advice, nor is it presented as medical advice. Before starting any type of diet or medical treatment you should consult your own health care practitioner.



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INTRODUCTION

Since biblical times, bread has been considered “the staff of life.” Today whole grains are still recognized as the foundation of a nutritious diet. The USDA’s Food Guide Pyramid, the new food guideline that replaces the old four food groups, recommends that whole grains comprise nearly 50 percent of our daily calories. According to these guidelines, we should eat six to eleven servings of whole grains every day.

This USDA recommendation is easy to follow with the Breadman™ Automatic Bread Baker. Specially designed to handle whole grains, the Breadman bakes up deliciously healthy nutrition with just the touch of a button. And you can guarantee that your family gets only the freshest, most health-giving breads because you are in control. You choose the flour, you select the sweetener (if any), and you decide when the baking process will start. Whenever you desire, you can have an aromatic loaf of just-baked bread, bursting with all the goodness of whole grains and containing no hidden additives, saturated fats, excess sodium or refined sugars.

Let this Recipe and Menu Planner be the beginning of your health-enhancing adventures with bread baking. The suggestions provided here are just that—suggestions. Please feel free to use your imagination and enjoy experimenting with your favorite ingredients.



HEALTH BENEFITS OF WHOLE GRAIN BREADS

Refined grains, and the products made from them, have literally been stripped of their natural goodness. Commonly listed as *white flour*, *wheat flour* or even *enriched flour*, refined grains are almost devoid of the fiber and important nutrients that were intact in the original grain. Besides being processed, white flour is often bleached to achieve that snow-white appearance. All this adulteration has changed a wholesome food into a food fragment containing little nutritional benefit and very little character.

Fiber-rich whole grains and whole grain flours have been the focus of many scientific studies demonstrating that they reduce the risk of diverticulosis, colon and rectal cancer, and atherosclerosis. Diets containing adequate fiber inherently tend to be lower in fat and calories, especially saturated fat and cholesterol, which may contribute to the reduced risk factor.

Fiber is the primary reason that whole grain breads and other products are so satisfying to eat. Fiber is filling, and because it contains so few calories it is an excellent part of the low-fat, high complex carbohydrate diet recommended for better health.



RECIPE INGREDIENTS

Bread recipes begin with a very basic set of ingredients: water, flour, salt and yeast. To this short list, you can add a variety of interesting and delicious ingredients that will give your breads the individuality you are looking for. Seeds, nuts, nut butters, dried fruits, raisins, dates, apples, berries, herbs, spices, carob powder, vegetables and bran are just a few of the many ingredients you can use to create hundreds of unique and flavorful breads.

Purchase fresh ingredients whenever possible for the best taste and results. Dried foods, such as fruits, vegetables, herbs and spices will keep for a virtually unlimited time if stored in a cool, dry environment. Store produce, oils, whole grain flours and other perishable foods in the refrigerator for longer life and retention of flavor. Glass and hard plastic containers with tight fitting lids are preferable for storing most foods; they keep the aromas in but do not expose the foods to the potentially harmful ingredients found in some plastic containers. Plastic may absorb strong odors, so for spicy or pungent ingredients, always use glass.

You will probably be able to find most, if not all, of the ingredients needed for baking healthy breads at your supermarket; consumer demand has helped many grocers become more health conscious. If some of the ingredients are not available yet in your grocery store, your health food store is certain to stock them.

For the widest range of nutrients and a diversity of wonderful flavors and textures, try baking with a variety of the healthy grains listed below.

GRAIN GLOSSARY

Amaranth This petite golden grain is moving quickly from the "unusual" grain category to one of mainstream acceptance. A mainstay in the diet of the Aztecs, amaranth was considered a strength-giving food, probably due to its high protein profile. Both the grain and its flour offer a distinct flavor when added to your favorite bread recipes.

Barley This grain has a hearty, earthy flavor and produces a dense loaf of bread due to its low gluten content. Barley is a good substitute for white flour in recipes, but should be cut with a lighter flour when several cups are being used at a time.



Buckwheat Technically not a grain, buckwheat is really the fruit of a plant related to rhubarb. Its flour (ground buckwheat seed) and groats are both useful for unique bread making. The flavor has been described as a combination of rosemary and green tea.

Corn The only grain eaten fresh as a vegetable, corn (also known as maize) is available in a wide variety of colors. Judge the freshness of cornmeal and flour from its sweet and delicate flavor. Blue cornmeal, a beautiful hue when dry, becomes a purplish color when cooked.

Kamut This "ancient" wheat grain is available as a whole grain, rolled grain, flour and cereal. People who are wheat sensitive have reported a tolerance to kamut products, though this is still being investigated.

Millet Commonly used to feed birds, millet lends a delightful crunch when added in whole grain form to bread recipes. People who are allergic to other grains have had luck with millet. It is considered to be the most digestible grain around.

Oat Rolled oats and oat flour are welcome additions to almost any bread recipe. Their delicately light texture and flavor embody the pleasures of home-baked goodness. Grind your own oat flour by chopping oat flakes in the blender until they reach the desired consistency.

Quinoa This recently rediscovered grain is found in whole form, in flour and in prepared products like pasta. When added to bread recipes, it imparts an earthy flavor matched by no other grain, and it packs a protein punch.

Rye This cold-weather grain is famous for its use in savory pumpernickel and caraway seed-rich rye breads. Rye has very little gluten and rises with the assistance of wheat flours.

Spelt Another of the "ancient" super grains, spelt has been reintroduced with resounding success. Use it in bread recipes in place of wheat for a slightly nutty flavor.

Wheat Wheat and whole wheat flour are the basis for most bread recipes. The gluten content of wheat provides the strength and resiliency necessary for a high and sturdy loaf.



SAMPLE MENUS USING WHOLE GRAIN BREADS

Cholesterol-Free Menu Suggestions

Breakfast

Fresh orange-grapefruit juice
Slice Honey Granola and
Yogurt Bread (page 7), toasted, with
1 tablespoon peanut butter
Banana

Mid-Morning

Slice Oatmeal Bread (page 6)
with 1 tablespoon apple butter

Lunch

Sandwich with hummus, celery,
sprouts, tomato, cucumber
on Sprouted Wheat Berry
Bread (page 9)

Afternoon Break

Fresh fruit or veggie sticks

Dinner

Baked potato with skin,
topped with salsa
Black bean and rice salad,
topped with chilies and tomatoes
Slice Pumpnickel Bread (page 8)
Raw mixed vegetable salad

Evening Snack

Air-popped popcorn
or fresh fruit

Menu Suggestions with Fish and Dairy

Breakfast

Fresh pineapple juice
Slice Orange Apple Bread
(page 6), toasted
1/2 cup plain low- or non-fat yogurt

Mid-Morning

Slice Rolled Grains Bread
(page 8)

Lunch

Wild greens salad with
rice vinegar dressing
Slice Dill Rye Bread (page 9)
Minestrone soup
Steamed or stir-fried vegetables

Afternoon Break

Fresh tomato-cucumber-parsley
juice, with a dash of hot sauce
or lemon juice if desired

Dinner

Poached fish with lemon
Slice Oat Bran Bread (page 7)
Steamed asparagus and carrots
Fresh spinach salad topped with
Croutons (page 9)

Evening Snack

Low-fat baked corn chips
with salsa

Note: These bread recommendations are suggestions only. Your favorite bread recipes may be substituted in any of the above meal plans.



RECIPES

The following recipes, excerpted from *The Breadman's Healthy Bread Book* by George Burnett (New York: William Morrow & Company, Inc., 1992), are divided into two types: *Transition* and *Elite*. Transition recipes use unbleached all-purpose white flour and also include whole grain flours. These breads are meant to help you bridge the gap from baking with only white flour to baking with only whole grain flours. Elite recipes use whole grains only and are nutritionally superior. Elite recipes include some ingredients that might require a visit to your health food store.

For best baking results, use an accurate scale and double check measurements by weighing ingredients.

Oatmeal Bread

Transition

Makes a 1-1/2 pound loaf

1-1/8 cups (9 ounces) warm water	3/4 cup (3-1/2 ounces) whole wheat flour
1-1/2 tablespoons canola oil	1/2 cup (1-1/2 ounces) rolled oats)
1 tablespoon maple syrup	2 tablespoons powdered milk
2-1/4 cups (10-3/4 ounces) unbleached all-purpose flour	1-1/2 teaspoons salt
	2-1/2 teaspoons active dry yeast

Put all the ingredients into the Bread Pan in the order listed. Select Basic Wheat cycle, Light setting, on your Breadman machine. Press Start.

Orange Apple Bread

Transition

Makes a 1-1/2 pound loaf

3/4 cup (6 ounces) warm water	3/4 cup (3-1/2 ounces) whole wheat flour
1-1/2 tablespoons canola oil	2 tablespoons powdered milk
1-1/2 tablespoons honey	1-1/2 teaspoons salt
1 teaspoon vanilla extract	1 teaspoon cinnamon
1/4 cup (2 ounces) orange-apple pulp	2-1/2 teaspoons active dry yeast
Grated zest of 2 oranges	2/3 cup (3 ounces) chopped nuts, such as walnuts
2-1/4 cups (10-3/4 ounces) unbleached all-purpose flour	



Put all ingredients (except nuts) into the Bread Pan in the order listed. Select Basic Wheat cycle, Medium setting, on your Breadman machine. Press Start. Add nuts when the machine beeps, about 12 minutes after starting.

Honey Granola and Yogurt Bread *Transition*

Makes a 1-1/2 pound loaf

1/2 cup (4 ounces) warm water	3/4 cup (3-1/2 ounces) whole wheat flour
1-1/2 tablespoons canola oil	2 tablespoons powdered milk
3 tablespoons honey	1-1/2 teaspoons salt
1/2 cup (4 ounces) plain low-fat yogurt	2-1/2 teaspoons active dry yeast
1/2 cup (2-1/2 ounces) granola	
2-1/4 cups (10-3/4 ounces) unbleached all-purpose flour	

Put all ingredients into the Bread Pan in the order listed. Select Basic Wheat cycle, Light setting, on your Breadman machine. Push Start.

Oat Bran Bread *Elite*

Makes a 1-1/2 pound loaf

1-1/8 cup (9 ounces) warm water	1/3 cup (1-1/2 ounces) oat bran
1-1/2 tablespoons canola oil	1/3 cup (3/4 ounce) rolled oats
2 tablespoons honey	2 tablespoons gluten flour
1/2 teaspoon liquid lecithin	3 tablespoons powdered whey
1-1/2 cups (7 ounces) whole wheat flour	1-1/2 teaspoons fine sea salt
3/4 cup (3-1/2 ounces) oat flour	2-1/2 teaspoons active dry yeast

Put all ingredients into the Bread Pan in the order listed. Select Basic Wheat cycle, Light setting, on your Breadman machine. Push Start.



Rolled Grains Bread

Elite

Makes a 1-1/2 pound loaf

1-1/8 cup (9 ounces) warm water	3/4 cup (3-1/2 ounces) rolled multi-grain cereal
1-1/2 tablespoons canola oil	2 tablespoons gluten flour
1-1/2 teaspoons honey	3 tablespoons powdered whey
1 tablespoon unsulphured molasses	1-1/2 teaspoons fine sea salt
1/2 teaspoon liquid lecithin	2 teaspoons active dry yeast
3 cups (14 ounces) whole wheat flour	

Put all the ingredients into the Bread Pan in the order listed. Select Basic Wheat cycle, Light setting, on your Breadman machine. Push Start.

Pumpnickel Bread

Elite

Makes a 1-1/2 pound loaf

1-1/4 cups (10 ounces) warm water	3 tablespoons gluten flour
1 tablespoon canola oil	4 tablespoons powdered whey
1 tablespoon unsulphured molasses	1 tablespoon caraway seeds
1/2 teaspoon liquid lecithin	3 tablespoons carob powder
2 cups (9-1/2 ounces) whole wheat flour	1-1/2 teaspoons fine sea salt
1 cup (4-3/4 ounces) rye flour	2-1/2 teaspoons active dry yeast

Put all ingredients into the Bread Pan in the order listed. Select European cycle on your Breadman machine. Press Start.

Apricot Nut Bread

Elite

Makes a 1-1/2 pound loaf

1 cup (8 ounces) warm water	3 tablespoons powdered whey
1 tablespoon canola oil	1-1/2 teaspoons fine sea salt
1-1/2 tablespoons honey	2-1/2 teaspoons active dry yeast
1/2 teaspoon liquid lecithin	1/2 cup (4 ounces) unsulphured, dried apricots, chopped
2 tablespoons all-fruit apricot preserves	1/2 cup (2 ounces) pecans, chopped
3 cups (14 ounces) whole wheat flour	
2 tablespoons gluten flour	



Put all the ingredients (except apricots and pecans) into the Bread Pan in the order listed. Select Fruit and Nut cycle on your Breadman machine. Press Start. Add the apricots and pecans when the machine beeps, about 12 minutes after starting.

Sprouted Wheat Berry Bread

Elite

Makes a 1-1/2 pound loaf

3/4 cup (3 ounces) sprouted wheat berries	3 cups (14 ounces) wheat flour
1-1/8 cup (9 ounces) warm water	2 tablespoons gluten flour
1-1/2 tablespoons canola oil	3 tablespoons powdered whey
1-1/2 tablespoons barley malt syrup	1-1/2 teaspoons fine sea salt
1/2 teaspoon liquid lecithin	1-1/2 teaspoons active dry yeast

Put all ingredients into the Bread Pan. Select Basic Wheat cycle, Light setting, on your Breadman machine. Press Start.

Dill Rye Bread

Elite

Makes a 1-1/2 pound loaf

1 cup (8 ounces) warm water	2 tablespoons gluten flour
1-1/2 tablespoons canola oil	3 tablespoons powdered whey
1-1/2 tablespoons unsulphured molasses	1 teaspoon dill weed
1-1/2 tablespoons honey	2 teaspoons caraway seeds
1/2 teaspoon liquid lecithin	1-1/2 teaspoons fine sea salt
2-1/2 cups (12 ounces) whole wheat flour	2 teaspoons active dry yeast
1 cup (4-3/4 ounces) rye flour	

Put all ingredients in the Bread Pan in the order listed. Select Basic Wheat cycle, Light setting, on your Breadman machine. Press Start.

Croutons

Cube your favorite Breadman bread into 1/2- to 1-inch cubes. Bake slowly in a warm oven (300°F) until crisp all the way through, about 20 minutes. Store in an airtight jar, in a cool dry place. Use to top salads, soups and casseroles.



The Breadman's World-Famous, All-Natural,
No-Butter Cinnamon Rolls
Elite

Makes 12 rolls

Dough

3/4 cup plus 2 tablespoons (7 ounces) warm water	3 tablespoons powdered whey
1-1/2 tablespoons canola oil	2 teaspoons gluten flour
1-1/2 tablespoons honey	2 teaspoons powdered egg substitute
1/4 teaspoon liquid lecithin	3/4 teaspoon fine sea salt
2 cups (9-1/2 ounces) whole wheat flour	1-1/2 teaspoons active dry yeast

Glaze

1/4 cup almond butter	1/2 cup honey
1/4 cup canola oil	1/2 cup powdered whey

For sprinkling on glaze

2 teaspoons cinnamon	1/3 cup raisins or chopped nuts (optional)
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Put all the dough ingredients into the Bread Pan in the order listed. Select Dough setting on your Breadman machine. Press Start. When the machine beeps, after 1 hour and 20 minutes, remove the dough. Turn off machine.

Place dough on a lightly floured counter or cutting board. Flatten it out slightly and roll it into a 10-by-12-inch rectangle. Stir glaze ingredients together until smooth. Warm gently in a saucepan for a couple of minutes if too stiff. Spread half the glaze over the rectangle of dough, leaving a narrow border all around. Sprinkle cinnamon and, if desired, raisins or chopped nuts over the glaze. Beginning at one long side, roll dough into a cylinder and pinch the seam to seal. Cut rolled dough into twelve 1-inch slices.

Using canola oil, lightly oil a 10-inch round cake pan. Spread remaining glaze mixture over bottom of prepared pan. Set rolls in pan on top of glaze and cover with plastic or damp cloth. Let rolls rise in a warm place until doubled in volume, about 1 hour.

Preheat oven to 350°F. Set pan on a baking sheet and bake on the center rack of the oven for 15 to 20 minutes. (Glaze that bubbles over the pan in the oven will spill onto baking sheet.) Invert pan onto a serving platter and let the glaze drip down sides of the rolls. Scrape any remaining glaze from pan onto rolls. Serve warm.



QUESTIONS AND ANSWERS

How much bread should I eat a day?

The USDA recommends that we eat 6 to 11 servings of complex carbohydrates every day. This recommendation is easy to reach when whole grain breads, other whole grain products, pastas, and a variety of legumes are part of your diet. (One slice of whole grain bread equals one serving of a complex carbohydrate.) Enjoy a slice or two of whole grain bread at every meal and incorporate them into snacks.

Isn't bread a fattening food?

The most fattening part of bread is the high-fat spread applied to the top! Bread is made primarily of wheat or another grain flour and is very low in fat. Other ingredients only make up a fraction of the entire loaf, so each slice is a lowfat treat. Hearty whole grain flour breads will be lower in fat and calories than a sweet, refined flour bread.

What is the healthiest bread?

A bread is only as healthy as its ingredients. Whole grain flours, fiber, nuts, seeds and dried fruit are all wholesome ingredients that make for healthy bread. Avoid ingredients that are dense in calories but offer little nutritional value, like refined flours, candied fruits, refined sugars and an abundance of fats or oils.

Is all bread a good source of fiber?

Not all breads automatically provide a lot of fiber. If refined flours are used, most of the fiber has been removed. Fiber is naturally present in whole grain flours and other ingredients like seeds, nuts, bran and germ.

What if someone has a wheat allergy or sensitivity? What kinds of grains can they eat?

Some people cannot digest the wheat protein called gluten. Gluten is mainly found in wheat and rye, but is also present to some extent in oats and barley. Persons with celiac sprue must carefully avoid all gluten. Persons who are merely gluten-sensitive can tolerate a low-gluten instead of gluten-free diet. Generally speaking, most gluten-sensitive people can tolerate a small amount of gluten, particularly when gluten-containing foods are eaten infrequently (once every four days, for instance). Delicious low-gluten and gluten-free grains include amaranth, buckwheat, corn, millet, oats, quinoa and rice. In addition, many natural food stores now stock products that are gluten-free and are made from corn flour, cornmeal, cornstarch, lima bean flour, potato flour, rice, rice flour, soy flour and tapioca.

Please Note:

All recipes listed are for 1½ lb. loaves.

To prepare a 1 pound loaf, simply *reduce* all of the ingredients by a ratio of 1/3.

To prepare a 2 pound loaf, simply *increase* the ratio of ingredients by 1/3.

