



Getting *the Most from Your Bread Machine*

Bread machines have become one of the fastest selling kitchen appliances. There are more than 15 brands

and over 50 models available for sale. Basically, all bread machines are the same: they have a motor, bread pan, kneading blade, and built-in computer that controls the essential operations. Bread machines automatically mix the ingredients, knead the dough and allow the dough to rise, and then bake the loaf of bread—all in the same unit.

Bread machines are generally available in three size capacities: 1-pound, 1½-pound, and 2-pound. Some machines can produce all three by varying the amount of flour in the recipe. A one pound loaf of bread will feed an average family of one to three people, so a larger family will need a machine that produces a 1½ to 2 pound loaf.

If you plan to make breads containing dried fruits and nuts, look for models with a *fruit/nut beep*. This feature signals you to add those ingredients at the appropriate time. Some of the less expensive models may not carry this feature.

If you wish to make *100 percent whole-grain breads*, be sure to buy a heavy-duty model. All bread machines can make breads using a mixture of white and whole-grain flours, but not all machines can handle heavier doughs. Some whole-grain models can also be used to make wheat or gluten-free breads for those who have dietary restrictions.

Some bread machines allow you to wake to the smell of freshly baked bread. The ingredients are placed in the bread machine and a programmable timer is set so a fresh loaf can be ready for breakfast, lunch or dinner. Most models also have an optional program where the ingredients are mixed and kneaded, allowing you to then hand shape and bake the dough in a kitchen oven.

Bread machines are user-friendly but help is only a phone call away. Prompt, knowledgeable assistance is available through the product's manufacturer.

Once you decide what features are right for you, check to see what brands and models are available in your area. Remember, a bread machine is a gift—

whether to yourself or someone else—that continues giving throughout the year.

Many of your family's favorite bread recipes can be made in bread machine. The following tips will assist you in adapting those recipes:

✓ Always follow the manufacturer's instructions to determine the proper order to add the ingredients.

✓ Never use more than the maximum amount of flour specified by the manufacturer. You can, however, use three cups of flour in 1-, 1½-, and 2-pound bread machines when using the dough/manual setting.

✓ A basic yeast, liquid, and flour ratio is: 1½ teaspoons of active dry yeast and ¾ cup plus 1 tablespoon of liquid to two cups of flour OR 2¼ teaspoons active dry yeast and 1¼ cups of liquid to three cups of flour.

✓ Use large eggs only. One large egg is equal to ¼ cup of liquid.

Making homemade bread has never been easier. Whether a seasoned baker or a new homemaker, it is still important for everyone to read the bread machine's owner's manual before making even the first batch. While the end result may be the same, the method used is very different from conventional bread making.

To get the best results from your bread machine, follow these tips.

➔ Always use active dry yeast in your recipe (unless otherwise specified). Check the expiration date on the package to assure freshness. Reseal tightly and store opened packages in the refrigerator.

→Always use bread flour as opposed to all-purpose flour in your recipes. The higher gluten content (amount of protein) of bread flour allows the dough to stretch and rise for a better-developed loaf of bread. Spoon the flour into a measuring cup to avoid the formation of air pockets. Use the flat edge of a knife to level off the contents.

→The liquid ingredient temperature should never be higher than 80° F.

→Carefully measure all ingredients.

→All ingredients should be at room temperature (68°-85° F), unless otherwise specified.

→If your bread rises less than expected or not at all, here are some possible reasons: the yeast was past its expiration date; the liquid was too hot and killed the yeast; the ingredients were too cold and the yeast was not activated completely; or maybe the yeast was not added at all.

→If your loaves of bread are wrinkled on top or have collapsed, try lowering the water or liquid temperature and/or reduce the amount of liquid called for in the recipe by 2-3 tablespoons. If the dough seems too dry or the bread machine appears

to be laboring during the kneading process, add additional water, a tablespoon at a time during the first kneading, until the dough appears to be elastic and smooth.

→Flour will absorb excess moisture during periods of high humidity so it may be necessary to lower the water content when making bread.

→Do not use absorbable ingredients, like oats or coarsely ground whole grains, when using the programmable timer.

One of the greatest assets of a bread machine is that it can be used to make an endless variety of yeast doughs. Once the dough has kneaded and risen in the bread machine, it can be shaped, and then baked in your kitchen oven. Anyone can become a master baker with the help of a bread machine and a good recipe.

Bread making is the perfect family activity in which young and old can participate. It is an excellent learning opportunity for children as they learn how the machine works, what makes the dough rise, how each ingredient contributes to the final product, and even how bread fits into a daily diet and the Food Guide Pyramid.

FRUIT-NUTTY COFFEECAKE

	<u>1½# Loaf</u>	<u>1# Loaf</u>
Active dry yeast	2¼ teaspoons	1½ teaspoons
Bread flour	3 cups	2 cups + 2 tablespoons
Sugar	3 tablespoons	2 tablespoons
Salt	2 teaspoons	1½ teaspoons
Sour cream (room temperature)	¾ cup	½ cup
Water (80°F)	¼ cup	2 tablespoons
Oil	2 tablespoons	4 teaspoons
Egg (room temperature)	1 large	1 large
Candied fruit or raisins	½ cup	⅓ cup
Chopped nuts	¼ cup	3 tablespoons

1. Add the dry ingredients in the order specified in your bread machine owner's manual.
2. Set the bread machine on the basic/standard bread making setting.
3. Select the medium or normal baking cycle.
4. Five minutes before the end of the second kneading, add the dried fruits and nuts.
5. Cool to room temperature. Spread with Powdered Sugar Glaze and slice.

POWDERED SUGAR GLAZE

½ cup powdered sugar
1 tablespoon softened butter
½ teaspoon vanilla extract

1. In a medium-sized mixing bowl, mix ingredients well to blend.
2. After the bread has baked and cooled to room temperature, drizzle with glaze.
3. Sprinkle with chopped candied fruit and/or nuts if desired.

Nutrition Analysis Per Serving (Based on 16 servings from a 1# glazed loaf): 86.5 calories, 10 g carbohydrates, 2 g protein, 5 g fat (50%), 217 mg sodium.

HONEY-WHOLE WHEAT BREAD

	<u>1 ½ # Loaf</u>	<u>1# Loaf</u>
Active dry yeast	2¼ teaspoons	1½ teaspoons
Bread flour	2 cups	1⅓ cups
Whole wheat flour	1 cup	⅔ cup
Salt	2 teaspoons	1½ teaspoons
Butter (cut in small pieces)	1 tablespoon	2 teaspoons
Honey (80°F)	¼ cup	2 tablespoons
Milk (80°F)	½ cup	¼ cup
Water (80°F)	¼ cup	¼ cup
Egg	1 large	1 large

1. Add the ingredients in the order specified in your bread machine owner's manual.
2. Set the bread machine on the basic/standard bread making setting.
3. Select the medium or normal baking cycle.
4. Cool to room temperature before slicing.

Nutrition Analysis Per Serving (Based on 16 servings from a 1# loaf): 42 calories, 7 g carbohydrates, 2 g protein, 1 g fat (21%), 211 mg sodium.

PRETZELS

Yield: 8 large pretzels

Active dry yeast	1½ teaspoons
Bread flour	3 cups
Light brown sugar	2 tablespoons
Water (80°F)	1 cup + 3 tablespoons

1. Add the ingredients in the order specified in your bread machine owner's manual.
2. Set the bread machine on the dough/manual setting.
3. At the end of the first kneading cycle, press clear/stop. Remove dough and let rest 5 minutes before hand shaping.
4. Fill a 3-quart saucepan with 2 quarts of cold water and ½ cup baking soda; stir to dissolve. Bring to a gentle boil.
5. Preheat oven to 475°F.
6. On a lightly floured work surface, cut dough into eight equal pieces. Roll each piece until it is a 16-inch long rope.
7. Make a "U" shape with each piece of dough. Cross the ends and twist. Pull the ends down and through the loops to form the pretzel shape. Pinch to hold shape.
8. Place two pretzels at a time in the boiling water for approximately 15 seconds or until lightly golden in color. Remove and place four pretzels on each prepared baking pan. Sprinkle with coarse kosher or sea salt, if desired, 2 tablespoons for pans and 1 tablespoon for pretzels.
9. Bake for 8-10 minutes or until golden brown. Remove and cool on a wire rack.

Nutrition Analysis Per Serving: 37 calories, 8 g carbohydrates, 1 g protein, 2401 mg sodium.

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