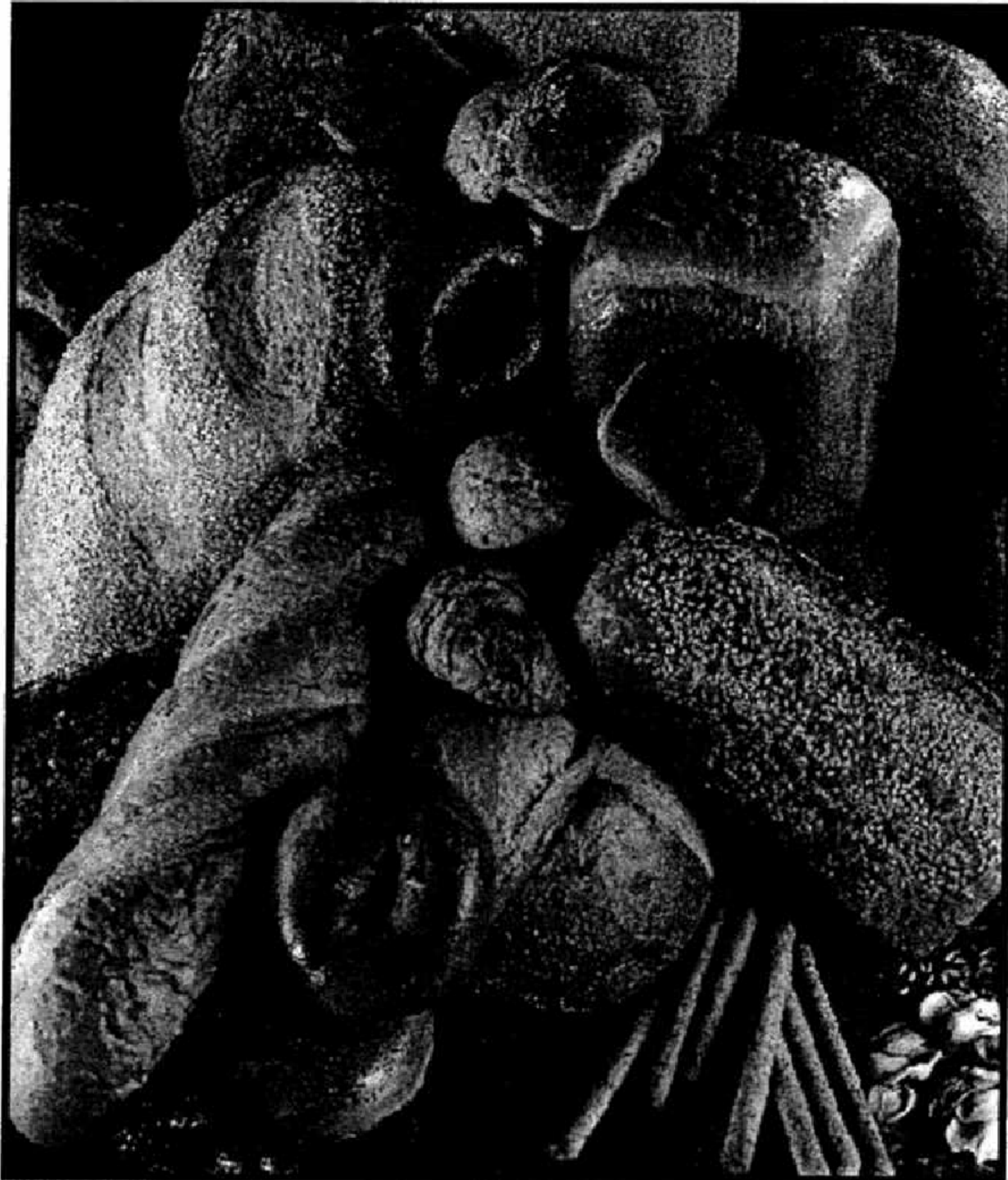


REGAL *Kitchen Pro.*
C O L L E C T I O N



BREADMAKER GUIDE & COOKBOOK

Model No. K6725

MAKES A 1½ TO 2 POUND LOAF

KSPL14715

3rd Setting - Sweet Bread Printed in China

Introduction

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

Before you start, please read the instructions and make certain you have all the proper measuring tools on hand. Although the machine does the work, you still have to do your part by using the correct ingredients and measuring accurately. . . using a soup spoon in place of a measuring spoon practically guarantees a failure. Other factors, such as the temperature of the ingredients and humidity can also affect the finished loaf. Even the brand of flour or yeast may alter the end result. Keep in mind, breadmaking is not a beauty contest. Even the not-so-perfect loaves are quite tasty. Your next loaf will probably be even better.

During our extensive testing and recipe development we simulated some less-than-ideal conditions and have attempted to tell you how to compensate for them. We've shared that information with you in this book. We know you'll find this added information useful and we encourage you to read it thoroughly and refer to it often, especially when making a recipe for the first time, or altering a recipe.

If there are three (or fewer) people in your household, you'll probably want to make one of the smaller loaf sizes when possible, so it doesn't get stale before you finish it. And, with the Regal Kitchen Pro Breadmaker it's so easy to make fresh bread almost any time. Warm, homemade bread is a thoughtful gift for a friend who needs a "day brightener," or for a new neighbor. But be prepared - they'll want more!

Homemade bread is great -- and, making it in the Regal Kitchen Pro Breadmaker is great fun!

Power Interruption

If the breadmaker is accidentally unplugged, or in the event of a power outage, the breadmaker will automatically resume operation if the power comes on again within 10 minutes of the interruption.

When you cannot determine how long the power has been off, discard ingredients and start over.

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

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Before Using Your Breadmaker

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should be followed including the following:

1. READ ALL INSTRUCTIONS.
2. To protect against electrical hazards, do not immerse cord, plug or appliance in water or other liquids.
3. Do not touch hot surfaces. Use handles or knobs. Always use pot holders or oven mitts to handle hot bread pan or hot bread.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Avoid contacting moving parts.
7. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
8. Do not use attachments not recommended or sold by the appliance manufacturer. This may cause fire, electrical shock or injury.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Do not place appliance on or near a hot gas or electric burner or in a heated oven.
12. To disconnect, grip plug and pull from wall outlet. Never pull on the cord.
13. Do not use appliance for other than its intended use.
14. This product is intended for household use only.

SAVE THESE INSTRUCTIONS

NOTICE: A short cord is provided to reduce the risks of becoming tangled in or tripping over a longer cord. Extension cords may be used if care is exercised in their use and the wattage rating is at least as great as the wattage stamped on the base of the appliance. If an extension cord is used, it should be arranged so that it will not drape over the counter or tabletop where it can be reached by children or tripped over accidentally.

Household Use Only

Caution for Use and Safety

Do not use breadmaker on a surface that is not heat resistant, or in an area that is exposed to direct sunlight.

Place the breadmaker to allow for 4 inches of clearance on all sides.

Plug it into a properly wired wall outlet (120 volts AC only). Keep the breadmaker away from babies and children. They might touch the control buttons and the breadmaker cover and side panels get hot during operation.

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

Do not open the cover unnecessarily or remove the dough during operation. The cover may be opened to add extra ingredients at the indicated time. Extra water or extra flour may be added during the first kneading cycle if dough appears too dry or too moist. (See Adjusting Recipes.)

Do not touch cover or side panels of breadmaker during operation; they will be hot.

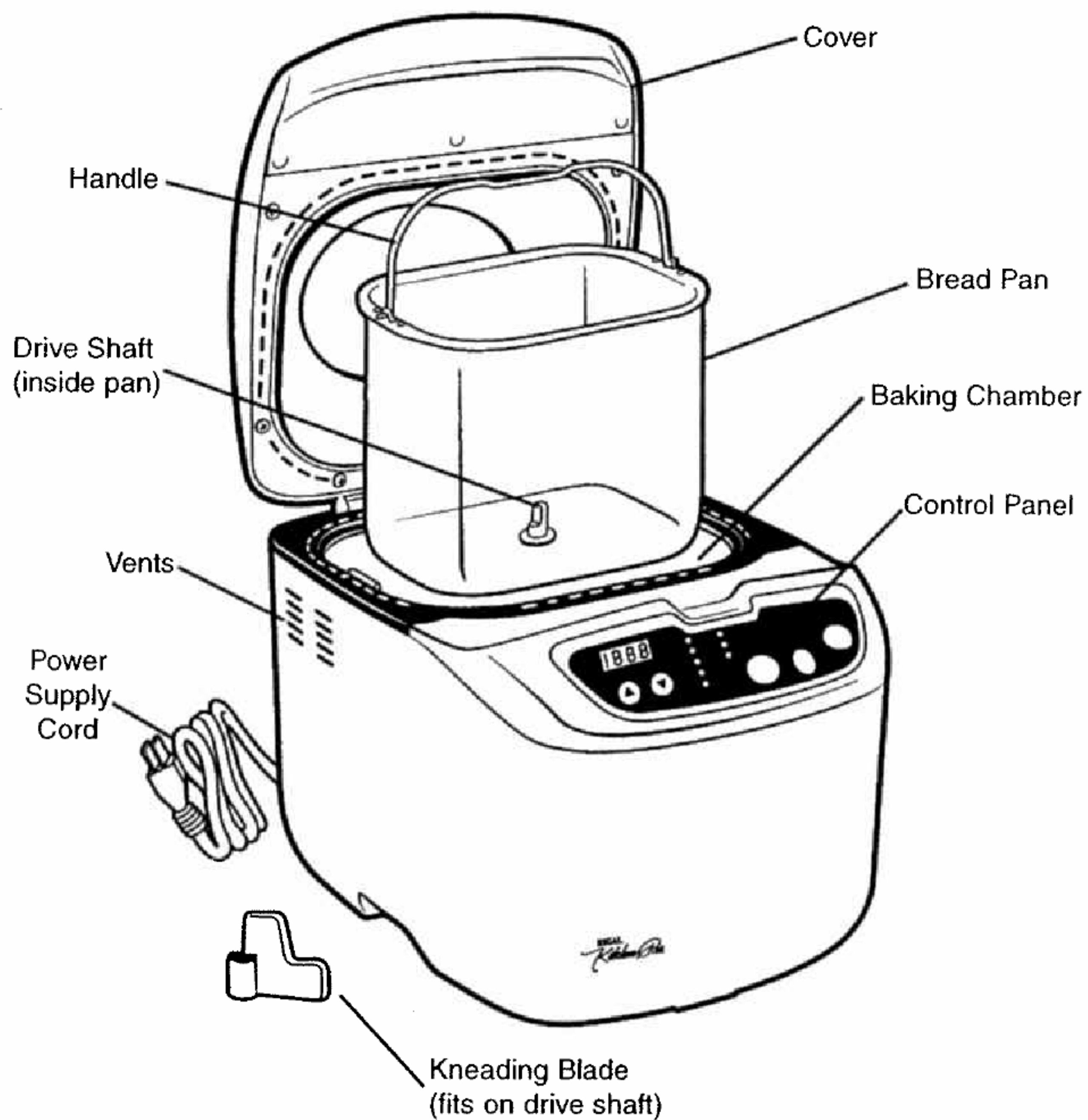
Do not dent or damage the bread pan. The breadmaker will not operate properly. Call the toll-free number provided for replacement information.

Do not immerse the bread pan in water or wash it in a dishwasher. This could cause malfunction of the shaft, or rusting. To clean the outside of the pan, use a damp cloth.

Do not immerse the breadmaker, cord or plug in water at any time. This could cause an electrical shock or malfunction.

To reduce the hazard of potential shock, this item has a polarized plug (one blade is wider than the other), which will fit only one way in a polarized outlet. If the plug does not fit the outlet properly, turn the plug the other way; if it still does not fit, contact a qualified electrician for assistance. Never use this plug with an extension cord unless it fits properly. DO NOT ATTEMPT TO DEFEAT THIS SAFETY FEATURE.

Description of Parts

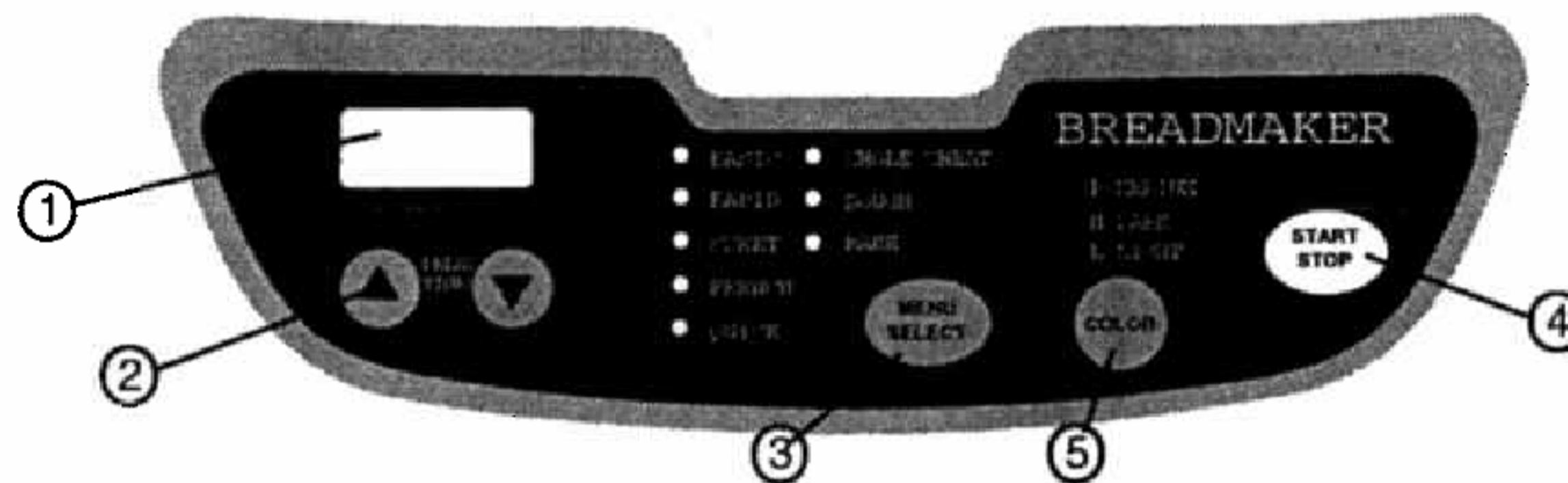


Control Panel

Important: Before first use, remove protective covering from the control panel. When using the touch pad controls, be sure to press the pad until you hear a beep.

1. DISPLAY WINDOW

The display will indicate cycle selected (number from 1 to 8) until Start button is pressed. Then display shows minute-by-minute countdown during cycle. The display will show "0:00" when cycle is complete.



2. TIMER

Use the Timer to delay baking. The Timer can be set up to 13 hours in advance. The panel has forward (▲) and reverse arrows (▼). Arrows move time forward or backward in 10-minute increments. Holding the buttons down continuously will advance or decrease time more quickly.

3. SELECT

Press the Select button to choose the setting you desire. Each time you press the button, you will hear a beep and the setting will advance in the following sequence; Basic: 3:00; Rapid: 2:20; Sweet: 2:50; French: 3:50; Quick Bread: 1:50; Whole Wheat: 3:40; Dough: 1:30; Bake Only: 1:00. Holding the button down continuously will advance the settings more quickly.

4. START/STOP

Press the Start/Stop button to start operation or begin the Timer countdown for delayed completion.

Press and hold 3-4 seconds until you hear a beep to stop the operation or cancel a Timer setting.

NOTE: Do not press Stop when you are just checking the progress of your bread as this will cancel the cycle.

5. CRUST COLOR

Choose from light (L), medium (P), or dark (H) crust settings. Unit will automatically bake on the medium setting unless another is selected. The crust color is determined by baking temperature.

Settings

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

- 1 Basic** This setting is probably used more often than any other because it gives the best results with almost any recipe; standard white bread, raisin bread and more. Total cycle time is 3 hours.
- 2 Rapid** The Rapid setting will make bread faster than other cycles. We suggest that you use the classic white bread recipe and increase the water by 1 to 2 tablespoons. This setting reduces the first knead and eliminates the second rise. Total cycle time is 2 hours and 20 minutes.
- 3 Sweet** This setting is made for breads containing high amounts of sugar, fats or protein (cheese, eggs, etc.), all of which increase browning. It produces a finished loaf in 2 hours 50 minutes.
- 4 French** This setting is used for the preparation of French white bread. Due to the longer kneading, rising and baking times, the bread has a heartier crust. The entire cycle needs 3 hours and 50 minutes.
- 5 Quick Bread** Recipes for this setting will use a quick-acting leavening agent, usually baking powder or baking soda, rather than yeast. Total cycle time is 1 hour and 50 minutes.
- 6 Whole Wheat** This setting offers longer rise times to accommodate the slower rising action of bread containing more than 50% whole wheat flour. Total cycle time is 3 hours 40 minutes.
- 7 Dough/Pasta** This setting is used to prepare dough for rolls, specialty breads, pizza, pasta, etc., which are shaped by hand, allowed to rise a final time and then baked or cooked conventionally. Total cycle time is 1 hour and 30 minutes. When cycle is complete, remove the dough and proceed with hand shaping, etc.
- 8 Bake Only** This setting is for extending baking times or making jams. Total cycle time is 1 hour.

NOTE: The audible signal for adding raisins or other dried fruits applies to the following settings only: Basic, French, Whole Wheat and Rapid.

Cycle Times

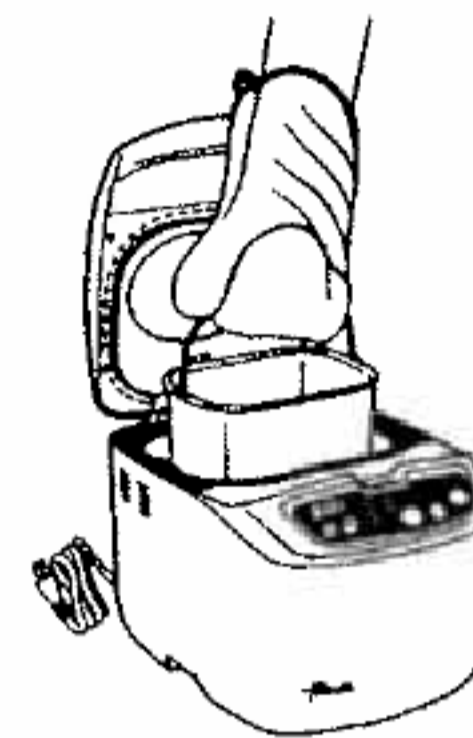
CYCLE SETTINGS AND TIMES								
	Basic	Rapid	Sweet	French	Quick Bread	Whole Wheat	Dough	Bake
Primary Knead	10 min.	10 min.	10 min.	18 min.	14 min.	10 min.	20 min.	—
Primary Rise	20 min.	5 min.	5 min.	40 min.	—	25 min.	—	—
Secondary Knead	15 min.	15 min.	20 min.	22 min.	—	20 min.	—	—
Secondary Rise	20 min.	—	30 min.	20 min.	—	30 min.	20 min.	—
Punch Down	30 sec.	—	30 sec.	30 sec.	—	30 sec.	30 sec.	—
Final Rise	55 min.	55 min.	55 min.	65 min.	41 min.	70 min.	50 min.	—
Bake	60 min.	55 min.	50 min.	65 min.	55 min.	1 hr. 5 min.	—	60 min.
Time to Fruit/Nut Signal	40 min.	25 min.	—	75 min.	—	50 min.	—	—
Time on Display	2:20	1:55	—	2:35	—	2:50	—	—
Total Cycle Time	3:00	2:20	2:50	3:50	1:50	3:40	1:30	1:00

General Operating Instructions

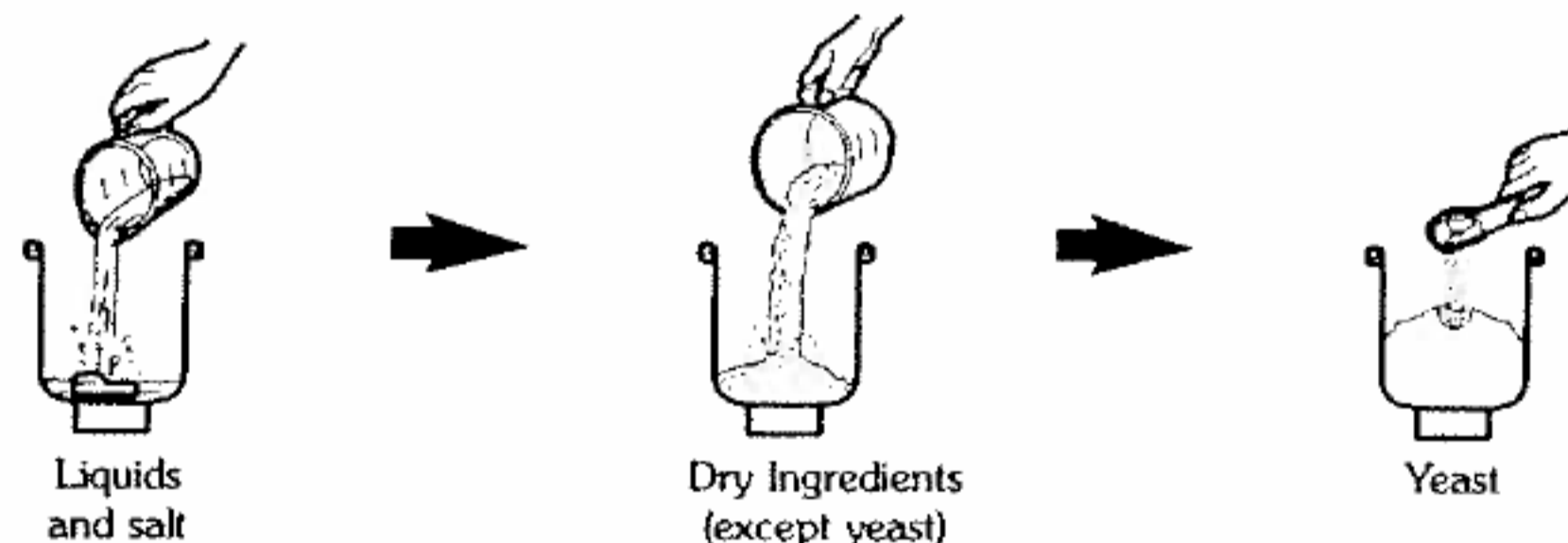
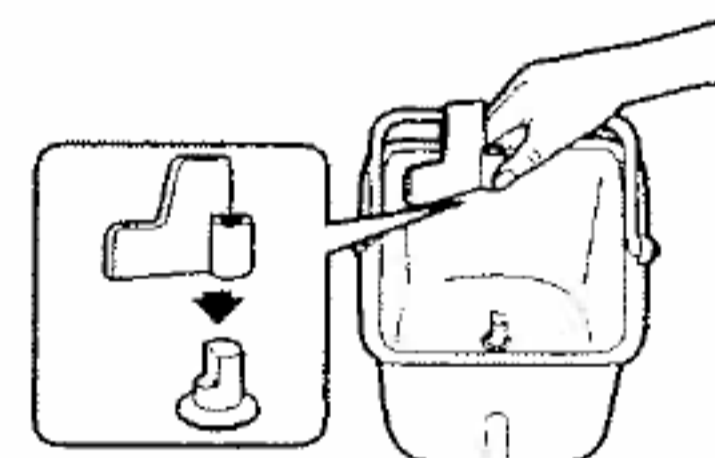
Before using your breadmaker for the first time, wash inside of bread pan and kneading blade with hot, soapy water; rinse and dry thoroughly. Using a damp dishcloth or sponge, wipe exterior of bread pan, inside of cover and exterior of breadmaker. **Do not immerse bread pan or breadmaker in water.**

To bake a loaf of bread using one of the standard bread settings (1 through 6), follow these instructions:

1. Open the cover and remove the bread pan. To remove the bread pan, grasp the handle firmly and lift.
2. Remove any crumbs that may be on the drive shaft. Position the kneading blade on the drive shaft as shown. If the blade is not securely positioned, the ingredients will not be mixed or kneaded properly.
3. All ingredients should be at room temperature (70-80°F/21-27°C). Always measure ingredients into bread pan in the order listed in the recipe.



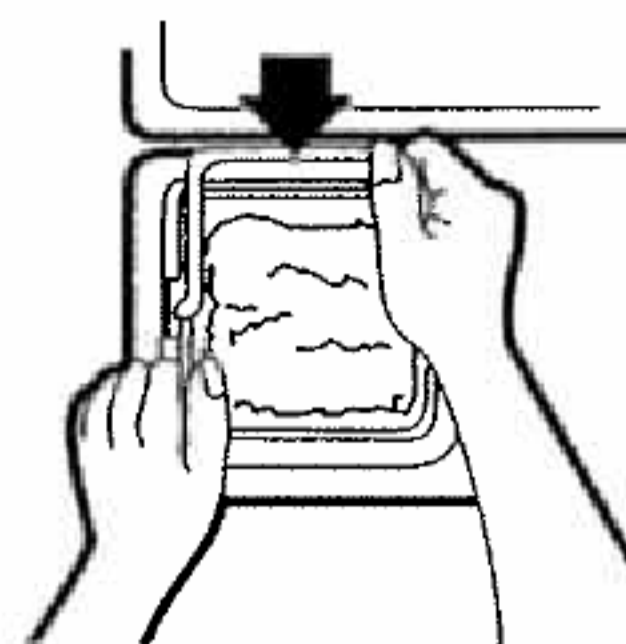
- A. Measure and add the water or other liquids first, except where otherwise directed.
- B. Then add salt, shortening, flour and other dry ingredients, except yeast. Do not exceed 4½ cups (total) of dry ingredients (ie. flour, sugar, oatmeal, etc.) as bread could rise over the bread pan.
- C. Add yeast last to keep it dormant. It is very important to keep the yeast dry and away from the salt as long as possible, especially when using the timer. Do not mix; see illustrations below.



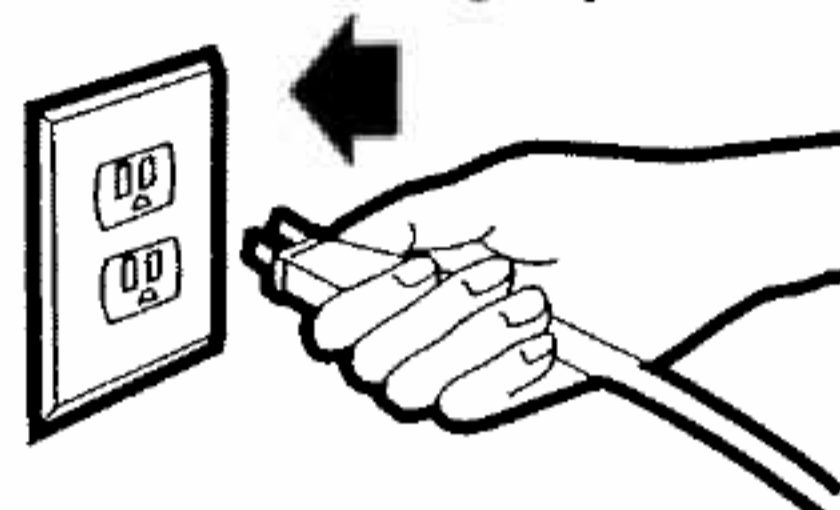
To add yeast, make a small “well” in the mound of flour and pour the dry yeast into it. Do not let the yeast touch the water or salt too early as the dough may not rise properly. The water will activate the yeast before the ingredients are properly mixed and kneaded.

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

- Wipe water or other spills from the outside of the bread pan. Place the bread pan into the baking chamber aligning it with brackets. Press pan down to lock securely into position. Make sure the pan has been set securely in the oven chamber to ensure proper mixing and kneading.



- Close the cover.
- Plug into outlet. The unit will beep and display will read 1P for the Basic setting, medium crust.



- To choose the proper setting, press the Select button. Each time the button is pressed you will hear a beep and the number of the setting will advance in the order listed below.
- Your breadmaker will automatically produce a medium crust color, unless another is chosen. Select crust color by pressing the color button: P - medium crust, H - dark crust, L - light crust.

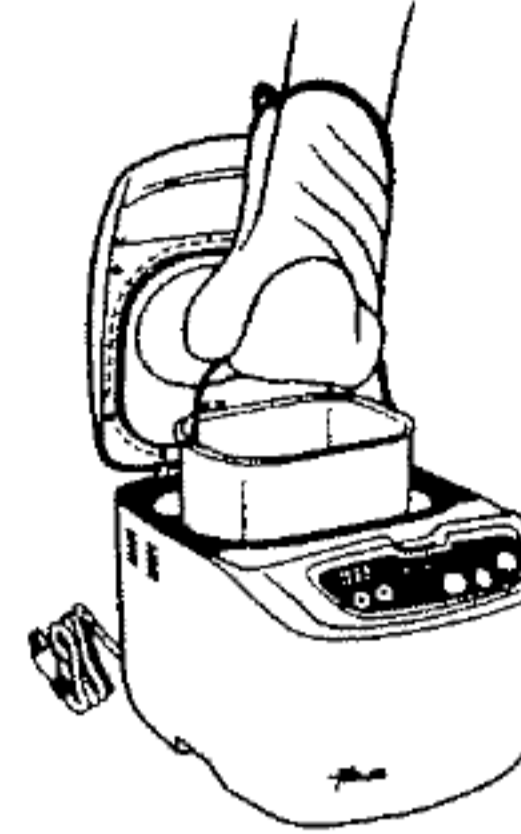
No. on Display	Setting	Time
1P	Basic	3:00
2P	Rapid	2:20
3P	Sweet	2:50
4P	French	3:50
5P	Quick Bread	1:50
6P	Whole Wheat	3:40
7P	Dough	1:30
8P	Bake	1:00

- Press Start/Stop. The read-out on the display will begin counting down the minutes until the end of the cycle you have selected. The colon will be flashing.

NOTE: Once the Start/Stop button is pressed the selected function(s) cannot be altered. To make any changes at this point, the unit must be stopped, reset and restarted. To stop, press Start/Stop button and hold until signal sounds and screen reverts to setting display.

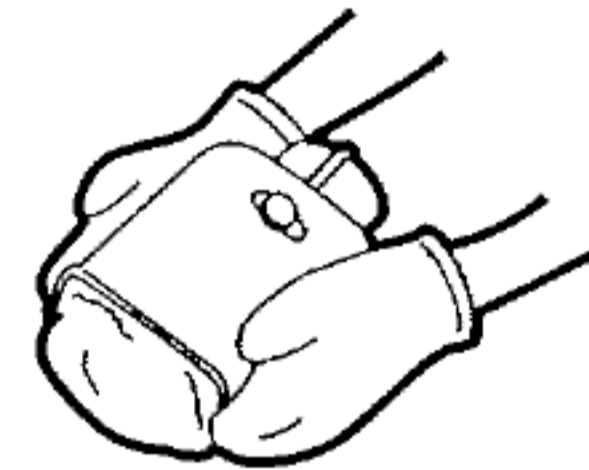
- When baking is finished, the unit will signal and the display will read 0:00 (colon will continue flashing). The Keep Warm setting will automatically continue to keep the bread warm for one hour after the cycle ends (except when using the dough setting). For best results remove the bread as soon as possible to keep the crust from getting soggy.

11. Press the Start/Stop button, to cancel the keep-warm cycle. For the Stop function to be activated, the button must be held down for 3 to 4 seconds until the unit sounds. Using pot holders or oven mitts, carefully open the cover of the breadmaker and remove the bread pan by lifting it out of the breadmaker. Place bread pan on a heat-proof surface.



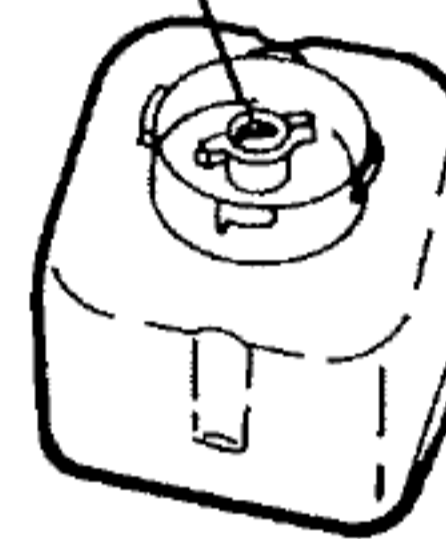
CAUTION: Steam will escape when the cover is opened. Be sure to use pot holders or oven mitts to avoid steam burns.

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



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

Drive Shaft



CAUTION: The drive shaft will be hot.

If the kneading blade comes out with the bread, use a plastic or wooden utensil to remove it from the bread. Do not use a metal utensil since it may scratch the nonstick surface. Place bread on a wire rack to cool before slicing.

CAUTION: The kneading blade will be hot! Do not attempt to remove it with bare hands.

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



NOTE: Your breadmaker includes an auto cycle recall feature. When a cycle is completed, and Start/Stop button is pressed, unit will automatically revert to the last setting selected.

NOTE: If you wish to make another loaf of bread right away, allow the breadmaker to cool down for 10 to 15 minutes with the cover open and pan removed. If you attempt to use the unit too soon, it will signal and display will read HHH. Press Start/Stop until screen reverts to setting display and wait until unit has cooled.

To Clean Breadmaker

Unplug the breadmaker and allow it to cool before cleaning.

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

DO NOT IMMERSE BREADMAKER IN WATER

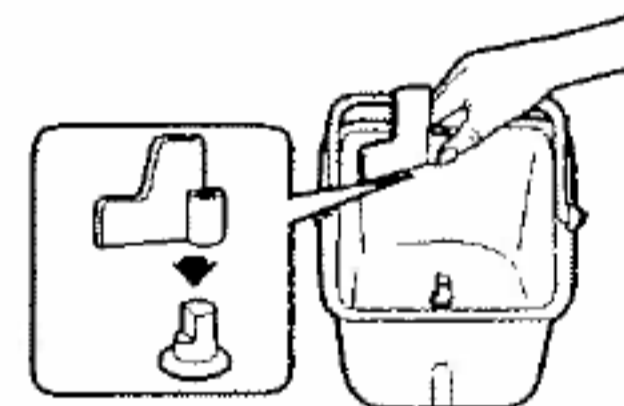
Body

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



Bread Pan/Kneading Blade

- Wash inside of bread pan and kneading blade with warm, soapy water; rinse and dry thoroughly. Do not immerse base of bread pan in water as this could cause the drive shaft to malfunction.
- As with any of the non-stick cooking utensils in your kitchen, treat the bread pan gently. Do not use metal objects or steel wool, etc., to clean it.
- If the kneading blade does not come loose, hold blade with one hand and turn the drive shaft on the bottom of the pan with the other hand. If the kneading blade still sticks to the drive shaft, pour warm water in the pan and let stand 15 to 20 minutes to loosen it.



DO NOT USE EXCESSIVE FORCE.

- If the hole of the kneading blade is filled with dough, clean it with a wooden toothpick or small brush.

NOTE: The coating inside the bread pan may change color after repeated use. This is caused by heat, moisture and steam, and will not affect the release properties or performance of the nonstick.

Storage

- Cool breadmaker completely before storing.

Cleaning Help For Over-Rising

If the bread should over-rise and hit the cover, extra cleaning will be necessary. Unplug the breadmaker and gently remove cover. Using a nylon spatula or wooden utensil, scrape all loose dough from inside the cover. Then wash the cover in warm, soapy water.

Move breadmaker to countertop next to kitchen sink; place on backside. You may want to place it on a towel to avoid scratching it. Use a pastry brush to "sweep" crumbs from inside the breadmaker and around the hinges. Wipe inside of breadmaker with a damp cloth.

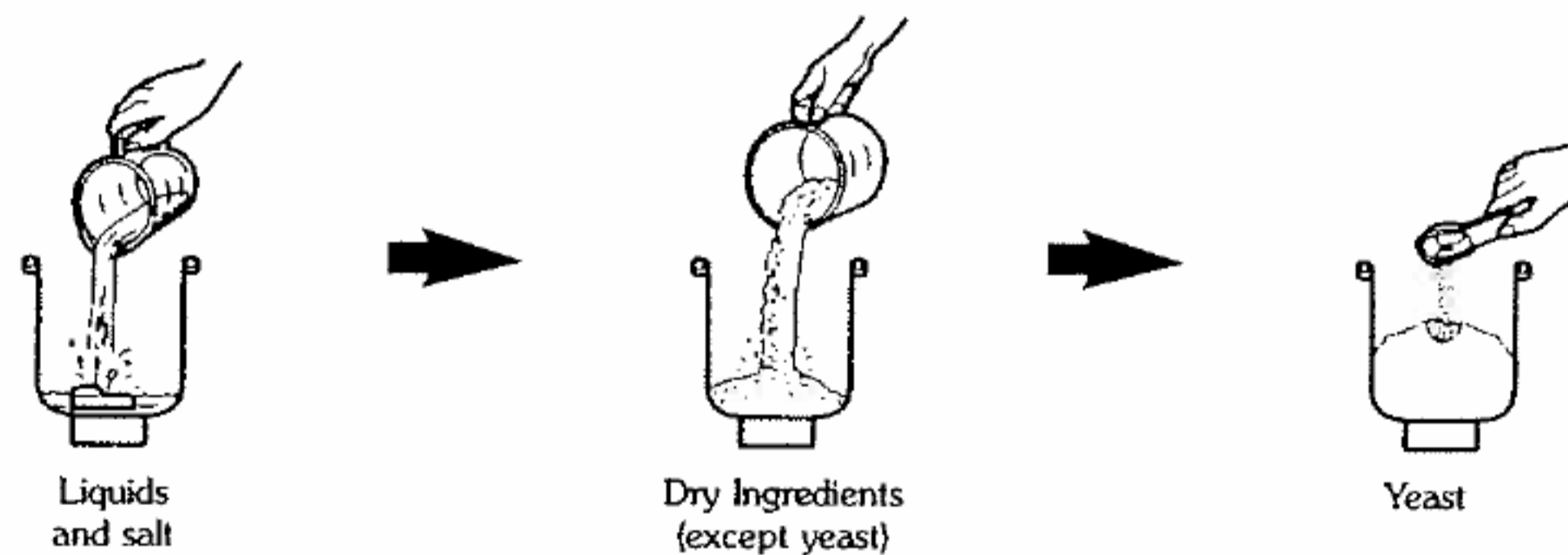
Using a wet dishcloth or sponge, soak all remaining dry or burned-on dough to loosen. Use a plastic scrub pad to remove any stubborn spots. Do not use abrasive cleansers or metal scouring pad which could damage the finish. Rinse well with a damp dishcloth or sponge and dry thoroughly. If any water has accumulated in the vent of the cover, wipe with a dishcloth or sponge to prevent it from running down the inside or outside of the breadmaker when you stand the unit upright. Carefully insert cover tabs into the slots and snap into place.

How to Use Timer

You can add the ingredients into your breadpan and set the timer to delay the baking. Baking can be delayed up to 13 hours.

NOTE: Do not use the timer if your recipe includes fresh eggs, milk or other ingredients that may spoil.

1. Measure ingredients into bread pan in the sequence specified in the recipe. Take special care not to let the yeast contact the liquid ingredients or the salt.



2. Calculate the number of hours and minutes until you want fresh baked bread. Example: If it is 8 o'clock and you want the bread to finish baking at 2 o'clock, your timer should be set at 6 hours.

3. Press Stop to clear display, then select the desired setting. Press the timer button once. The cycle length will appear in the display window.

Baking Cycle	Cycle Length
1 Basic	3:00
2 Rapid	2:20
3 Sweet	2:50
4 French	3:50
5 Quick Bread	1:50
6 Whole Wheat	3:40
7 Dough	1:30
8 Bake	1:00

4. Press the ▲ Timer button to advance the time in 10 minute increments. (Use ▼ Timer button to subtract time, if necessary.)
Example: You have chosen the Sweet Setting and 2:50 appears in the display window. If you wish your bread to be done in 6 hours, you will press the ▲ Timer button until 6:00 appears in the display window.
5. Press Start/Stop to begin the Timer. The colon (:) in the time displayed begins to flash, indicating that the Timer is engaged.
6. When unit beeps three times and 0:00 appears in the display window, press Start/Stop to cancel the keep-warm cycle and remove the bread.
7. If you make an error while setting the timer and wish to start over, press Start/Stop and hold until beep sounds and screen reverts to original setting. Timer is cancelled and you may begin again.

NOTE: If you forget to press Start/Stop the Timer will not function.

Important:

- Do not use fresh milk, eggs or fruit and vegetables purées when using the Timer. They could spoil.
- Always add carefully-measured ingredients in the same sequence: liquids, salt, dry ingredients and yeast (in a well in center of dry ingredients).
- When using the Timer cycle for more than a couple of hours during times of high humidity or hot weather, reduce the liquid by one or two tablespoons to reduce the possibility of over-rising. Salt may be increased by $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon to keep the dough from rising too quickly and falling. Sugar can also be reduced by up to half the amount called for in the recipe.

Display Information

Always use the breadmaker in a room that is free of drafts and is at least 55°F/13°C, but not warmer than 90°F/32°C. Do not use breadmaker in an unheated garage, outdoors, near a heat vent, or in direct sunlight.

Generally the display window will tell you what is happening with your breadmaker. Here are some points to consider.

Message	Reason	Solution
0:00 (Colon flashing)	Cycle is complete. Keep Warm is engaged.	Press Start/Stop button to cancel.
H:HH signal beeping	Unit is too hot.	Press Start/Stop button to cancel. Open cover, remove bread pan and allow unit to cool with cover open.
L:LL signal beeping	Room temperature is too low. (Below 59°F)	Press Start/Stop button to cancel. Place breadmaker in a warm room and allow to warm up.
Display Blank	Power has been interrupted.	Unplug unit and plug back into outlet. Unit must be reset.
E:EE signal beeping	Room temperature is too high. (Above 86°F)	Press Start/Stop button to cancel. Place breadmaker in a cooler location and allow it to adjust before using.

Before Calling for Service

Problem	Possible Reasons
The unit does not operate after pushing the Start/Stop button.	<ul style="list-style-type: none"> • Unplugged • Setting was not selected. • Did not push Start/Stop to clear display after last cycle.
The bread rose too high.	<ul style="list-style-type: none"> • Too much yeast or moisture.
The bread didn't rise high enough.	<ul style="list-style-type: none"> • Too much flour, not enough yeast (See Adjusting Recipes).

Ingredients

FLOUR:

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

- **Bread Flour** is milled from hard wheat and contains a higher percentage of protein than regular all-purpose flour, usually 14% or higher. This is also referred to as the gluten content, which gives structure and height to bread. If bread flour is not available in your area, all-purpose flour with a protein content of 14% or higher is an acceptable substitution. Bread flour requires no sifting.
- **Whole Wheat Flour**, sometimes called graham flour, is milled from the entire wheat kernel. It is light brown in color and contains all natural nutrients. It is lower in gluten and is usually used with bread flour. Vital gluten may be added to give the whole wheat flour a lift especially in 100% whole wheat bread recipes. No sifting is required.
- **Rye Flour** is a heavy flour milled from rye grain. It is low in gluten and needs to be combined with bread flour to get an acceptable loaf. Many rye bread recipes include vinegar or lemon juice to assist the structuring of the dough. Rye flour usually produces a stickier dough. No sifting is required.
- **Rice Flour, Tapioca Flour or Potato Starch** are used primarily in making gluten-free breads to accommodate those with certain allergies. Other proteins are usually added to make up for the lack of gluten (i.e. cheese, xanthan gum, etc.).

LEAVENING:

- **Yeast** is the primary leavening agent used in the recipes in this booklet. Too little yeast can result in improper rising. Too much yeast can cause over-rising and the dough could stick to the inside of the cover; or it could collapse during baking. When combined with sugar and water at the right temperature, yeast generates carbon dioxide which makes the dough rise. The recipes in this booklet have been developed using active dry yeast which we recommend using as it is the most stable and forgiving of all the different types available. If you prefer to use a fast-rising yeast, such as Quick Rise or Rapid Rise, merely decrease the amount used. As a general guide, we recommend using ½ teaspoon of fast-rising yeast per cup of flour. Example: 3 cups bread flour would require 1½ teaspoons of fast-rising yeast.

- **Baking powder and baking soda** may be used to assist yeast or on their own as leavening in quick breads which require no kneading or rising. Recipes with baking powder and baking soda are different than yeast recipes. Leavening agents cannot be substituted for one another.

LIQUIDS:

Liquid is necessary to moisten and bind the proteins in flour together and to assist the yeast to flourish. Liquids such as beer, fruit juice or purées can be used as the liquid in bread recipes.

- **Water** is the most common liquid used in bread making. It produces a heavier, crisper crust and a more open texture.
- **Milk** enhances flavor and increases the nutritional value of the bread but it is not a necessary ingredient. Other liquids can be substituted. For best results, always bring milk, or other liquid to room temperature.
- **Buttermilk** results in a light, high rising and tender bread. Buttermilk also helps bread stay fresh longer. To offset the acidity, add ¼ teaspoon baking soda per cup of buttermilk.

SALT:

- **Salt** controls the action of the yeast, enhances flavor and aids in producing a firm dough. If you are on a restricted diet, feel free to cut the amount of salt in the recipe in half or use a low sodium salt. If you elect to use a "light salt" it must contain both potassium chloride and sodium. Plain potassium chloride will not work. You may decide to eliminate the salt, but this will affect the size, texture and taste of the bread.

SWEETENERS:

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

FATS:

- Any form of solid shortening or oil can be substituted for one another in same amounts. Fat enriches bread's flavor, and keeps it tender and moist. **Do not use diet spreads or tub-type margarines as they will affect quality.**
- **Butter** adds flavor. The same amount of vegetable shortening or oil can be substituted. Salted or unsalted butter may be used. **Soft spreads will NOT work.**
- **Margarine** is an acceptable substitute for butter. **Do not use whipped or diet margarines.**

- **Vegetable Shortening** is a solid, white shortening that gives a slightly crispier crust than butter or oil.
- **Oil** in a recipe can be vegetable, canola, corn, peanut, olive, safflower, soy or sunflower oil. Olive oil produces a softer crust than butter or margarine. Peanut oil keeps bread fresh longer. Unsaturated safflower oil is a good substitute in health breads.

EGGS:

- **Eggs** are often used in bread, adding additional protein and producing a richer but tighter dough. Large-size eggs were used in developing the recipes in this booklet. One quarter cup of egg substitute equals one large egg.

ENHANCERS:

The term 'enhancer' indicates any ingredient added to assist the primary ingredients in producing a loaf of bread.

- **Vital gluten** is the dried protein taken from the flour by getting rid of the starch. It usually contains 75% protein and is a good dough enhancer or conditioner for breads that use yeast; especially for whole grain breads, or when using all-purpose flour in place of bread flour. As a guide, add 1 teaspoon vital gluten per cup of all-purpose flour and 1½ teaspoons per cup of whole grain flours in the recipe. Gluten flour is half vital gluten. It is expensive and does not seem to enhance the bread as well as vital gluten. Vital gluten and gluten flour are usually available in health food stores and through the mail. (See Sources for Ingredients.)
- **Vinegar and lemon juice** are also good dough enhancers. They are frequently added to rye bread, and others, to improve the structure.

Tips for Making Bread

■ Use Standard Measures

Measure ingredients exactly.

Dry ingredients: Spoon into standard dry measuring cup or spoon until overflowing. Level off with straight-edged spatula.

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

Liquid ingredients: Place standard liquid measuring cup (8 fluid ounces) on level surface. Fill to specified mark and check measurement at eye level, top of liquid should be even with indicator line on the cup.

■ Other Tips

- Use only fresh ingredients.
- **Timer:** When using the timer for delayed baking in warm weather conditions, you may need to reduce the yeast by $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon and use only half the amount of sugar called for in the recipe to prevent over-rising.
- **Slicing:** For best results always allow bread to cool before slicing. To slice warm bread, use a sharp serrated-edge knife or electric knife.
- **Storage:** After cooling bread completely on a wire rack, store immediately in a tightly sealed plastic bag, plastic wrap or covered container. Do not store in the refrigerator as this will cause the bread to dry out faster. For longer storage, tightly seal bread in a moisture-proof wrap or bag and store in freezer.
- **Cheese** melts into liquid during baking. Allow for that by reducing liquid when adding cheese to a recipe. Do not pack grated cheese into the measuring cup; lightly spoon into cup.
- Before measuring honey or molasses, coat the measuring spoon or cup with cooking oil or vegetable spray.
- Add spices and herbs after flour, away from liquid to avoid altering the liquid/flour action.
- To make yeast breads last longer and rise slightly higher, use water in which you have cooked potatoes (cool to room temperature-70-80°F/21-27°C).
- To reuse the breadmaker immediately after baking, allow unit to cool down for 10 to 15 minutes with the cover open and the pan removed. Yeast will not function properly if machine is too hot at the start.
- To substitute dry milk for fresh milk, use approximately 2 tablespoons dry milk plus 1 cup water for every cup of milk.
- **Temperature:** If making bread in a cool room (under 65°F/18°C), use warmer water (100-110°F/38-43°C).
- **Bread mixes** may also be used in your breadmaker. Follow package instructions. Select the loaf size on breadmaker to match the loaf size of the mix. Do not exceed the bread pan capacity.
- **Eggs:** If you wish to add an egg to a recipe that does not call for one, crack the egg into a liquid measuring cup, then fill it with liquid to level specified in the recipe.

Recipe Conversions

Most of your old family favorites as well as your new bread recipes can be prepared in the Regal breadmaker.

Here are some recipe conversion tips:

1. If the recipe yields two conventional loaves, cut the recipe in half to make one loaf. The breadmaker only makes one loaf at a time.
2. Do not exceed the maximum flour amounts for the loaf size selected. As a guide follow these amounts:

1½ lb. loaf = about 3 cups flour
2 lb. loaf = about 4¼ cups flour

Use the recipes in this book as your guide when converting or adapting other recipes.

3. Always measure and add water and other liquids first, followed by the salt. Then measure dry ingredients into the bread pan in the order listed. Finally place active dry yeast on top of dry ingredients, avoiding contact with the liquid and salt. The order in which ingredients are added is important, especially when using the timer. The yeast must remain dry until the unit begins mixing.

4. **NOTE:** Fresh milk, cream, eggs, sour cream, etc., should not be used if using the timer on your breadmaker for delayed baking. Ingredients may spoil before baking takes place.

High Altitude Adjustments

At altitudes above 3,000 feet, flour tends to be drier and absorbs less liquid. Slightly more liquid or less flour may be required.

Dough rises faster at higher altitudes. Either sugar, yeast or liquid should be adjusted slightly to prevent over-rising. See Table for guidelines.

Adjustment	Altitude		
	3,000 ft.	5,000 ft.	7,000 ft.
Reducing yeast. For each teaspoon, decrease by:	1/8 tsp.	1/8 - 1/4 tsp.	1/4 tsp.
Reducing sugar. For each tablespoon, decrease by:	0-1 tsp.	0-2 tsp.	1-3 tsp.
Increasing liquid. For each cup, add:	1-2 tbsp.	2-4 tbsp.	3-4 tbsp.

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

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

Adjusting Recipes

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

About 5 minutes after you press Start, lift the cover and check the contents of the bread pan. The ingredients will be mixing and starting to form a ball. The dough ball should have an even consistency, if not, an adjustment may be necessary.

When making bread by hand, the old fashioned way, the amount of flour is the control for adjusting. For example, most conventional bread recipes read: 6 to 7 cups flour. That 1 cup difference is the allowance to adjust the dough to the correct consistency. In the Regal Kitchen Pro Breadmaker, we recommend using the liquid amount to make the adjustment. Start with the least amount of liquid in your recipe. Make the adjustment, adding 1 tablespoon at a time, during the first knead cycle while the machine is still kneading.

If adjusted ingredient did not completely mix into the dough, press Start/Stop (hold down the button until the display reverts to setting). Restart, by pressing the Select button to reach the desired setting then press Start/Stop.

If the baked loaf falls while baking, too much liquid was used. Next time, reduce liquid by one or two tablespoons. If the bread is small, heavy or has a dense, moist texture, the dough was too dry. Next time, increase liquid.

Not all recipes will produce the same size loaf. When using whole grain flours, wheats and grains, the loaf will be shorter.

Dry Dough

If your breadmaker begins to "knock" while kneading, the dough is too dry. This may occur during cold months. Simply add warm water (100-110°F/38-43°C), 1 tablespoon at a time, until the dough looks soft and smooth.

A dough that is dry will remain in a dense ball irregularly shaped instead of a soft ball. When baked, dry doughs will have an uneven or irregular top, possibly cracked, and the finished loaf will be short.

At the end of the kneading, the dough should be soft enough to very slowly relax toward the corners of the bread pan. As the dough rises, it fills into the corners.

When using the Dough cycle, the dough can be a little wetter than when you bake bread in the machine. Because it will be removed and shaped by hand, the dough should be manageable, not sticky.

Moist Dough

If the dough contains too much liquid, it will look more like batter rather than dough. If too wet, the dough may rise okay, but then fall during the bake cycle. Or, it could over-rise and “mushroom” over the bread pan, or hit the cover.

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

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

Sources for Ingredients

Sources (For Gluten, Whole Grains and other Ingredients)

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

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

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

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

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

Sources (For Gluten Free and Wheat Free Flours)

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

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

Gluten Free Pantry
22 Kreiger Lane
Glastonbury, CT 06033
(860) 633-3826

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

Bread Recipes

Important

Weather conditions such as temperature, altitude or accuracy in measuring can affect the outcome of a loaf. In order to allow you to compensate we have created each recipe with a liquid range.

We recommend you start with the smaller amount of liquid. Allow unit to mix for a few minutes before checking the dough consistency. If the dough is dense, irregularly shaped or the unit is making a knocking noise, add 1 tablespoon of water at a time until the dough is soft and pliable.

Do not exceed 4¼ cups dry ingredients.

Classic White

Basic or Rapid Setting Timer OK

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

	(1.5 pound)	(2 pound)
Water	8-9 ounces	10-12 ounces
Salt	1½ teaspoons	1¾ teaspoons
Butter or margarine	2 tablespoons	2 tablespoons
Bread flour	3 cups	4 cups
Dry milk	2 tablespoons	2 tablespoons
Sugar	1 tablespoon	2 tablespoons
Active dry yeast	2 teaspoons	2¼ teaspoons

Measure all ingredients into bread pan. Select desired setting (Basic or Rapid). Select crust setting if other than medium. Press Start/Stop to begin. When display reads 0:00, press Start/Stop to cancel. Remove bread.

Deluxe White

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

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

11-12 ounces warm milk (110-115°F/43-46°C)
1½ teaspoons salt
2 tablespoons butter or margarine, softened
4 cups bread flour
1½ tablespoons sugar
2 teaspoons active dry yeast

Measure all ingredients into bread pan. Select desired setting (Basic, Rapid or Sweet). Select crust setting if other than medium. Press Start/Stop to begin. When display reads 0:00, press Start/Stop to cancel. Remove bread.

Country White

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

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

7-9 ounces milk (110-115°F/43-46°C)
1½ teaspoons salt
1 large egg
1½ tablespoons butter or margarine, softened
4 cups bread flour
3 tablespoons sugar
2 teaspoons active dry yeast

Measure all ingredients into bread pan. Select desired setting (Basic, Rapid or Sweet). Select crust setting if other than medium. Press Start/Stop to begin. When display reads 0:00, press Start/Stop to cancel. Remove bread.



Potato Bread**Basic Setting**
Timer OK

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

10 to 12 ounces water
2 tablespoons butter or margarine
1¹/₄ teaspoons salt
4 cups bread flour
1/4 cup instant potato flakes
2 tablespoons non-fat dry milk
2¹/₂ tablespoons sugar
2 teaspoons active dry yeast

Measure all ingredients into bread pan. Select Basic setting. Select crust setting if other than medium. Press Start/Stop to begin. When unit signals and display reads 0:00, press Start/Stop to cancel. Remove bread.



French**French Setting**
Timer OK

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

11-13 ounces water
1¹/₂ teaspoons salt
1¹/₂ tablespoons vegetable or olive oil
4 cups bread flour
1 tablespoon sugar
2 teaspoons active dry yeast

Measure all ingredients into bread pan. Select French setting. Select crust setting if other than medium. Press Start/Stop to begin. When display reads 0:00, press Start/Stop to cancel. Remove bread.

Italian Herb**French Setting
Timer OK**

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

9-11 ounces water
1 teaspoon salt
1½ tablespoons vegetable oil
3½ cups bread flour
¼ cup grated Parmesan cheese
1 tablespoon dried parsley
2 teaspoons sugar
2 teaspoons dried onion flakes
½ teaspoon dried basil
½ teaspoon garlic powder
2 teaspoons active dry yeast

Measure all ingredients into bread pan. Select French setting. Select crust setting if other than medium. Press Start/Stop to begin. When display reads 0:00, press Start/Stop to cancel. Remove bread.

Deli Rye**Basic or Whole Wheat Setting
Not for Timer**

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

8 ounces buttermilk
1-2 ounces water
1¼ teaspoons salt
1 large egg
1 tablespoon vegetable oil
2 tablespoons molasses
2 cups bread flour
1½ cups rye flour
¼ teaspoon baking soda
2 teaspoons active dry yeast

Measure all ingredients into bread pan. Select Basic or Whole Wheat setting. Select crust setting if other than medium. Press Start/Stop to begin. When display reads 0:00, press Start/Stop to cancel. Remove bread.

Buttermilk Rye**Whole Wheat Setting
Timer OK**

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

9-11 ounces water
1½ teaspoons salt
1½ tablespoons vegetable oil
2 tablespoons honey
1 teaspoon white vinegar
2 cups bread flour
1 cup whole wheat flour
1 cup rye flour
2 tablespoons powdered buttermilk
1 tablespoon vital gluten
1½ teaspoons caraway seed
2 teaspoons active dry yeast

Measure all ingredients into bread pan. Select Whole Wheat setting. Select crust setting if other than medium. Press Start/Stop to begin. When display reads 0:00, press Start/Stop to cancel. Remove bread.

Light Rye**Basic Setting
Timer OK**

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

10-12 ounces water
1½ teaspoons salt
1½ tablespoons vegetable oil
2 tablespoons packed brown sugar
3 cups bread flour
1 cup rye flour
2 teaspoons active dry yeast

Measure all ingredients into bread pan. Select Basic setting. Select crust setting if other than medium. Press Start/Stop to begin. When display reads 0:00, press Start/Stop to cancel. Remove bread.

Honey Wheat**Whole Wheat Setting
Timer OK**

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

8-10 ounces water
1½ teaspoons salt
2 tablespoons butter or margarine, softened
3 tablespoons honey
3½ cups bread flour
1 cup wheat flakes
2 tablespoons wheat bran
2¼ teaspoons active dry yeast

Measure all ingredients into bread pan. Select Whole Wheat setting. Select crust setting if other than medium. Press Start/Stop to begin. When display reads 0:00, press Start/Stop to cancel. Remove bread.

Wheat**Whole Wheat Setting
Timer OK**

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

10-12 ounces water
1½ teaspoons salt
1½ tablespoons vegetable oil
2 tablespoons molasses
2 cups bread flour
2 cups whole wheat flour
2 teaspoons active dry yeast

Measure all ingredients into bread pan. Select Whole Wheat setting. Select crust setting if other than medium. Press Start/Stop to begin. When display reads 0:00, press Start/Stop to cancel. Remove bread.

Cracked Wheat**Whole Wheat Setting
Timer OK**

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

10-12 ounces water
1½ teaspoons salt
½ cup cracked wheat
1½ tablespoons butter or margarine, softened
2 tablespoons honey
2¼ cups bread flour
1¼ cups whole wheat flour
2¼ teaspoons active dry yeast

Measure all ingredients into bread pan. Select Whole Wheat setting. Select crust setting if other than medium. Press Start/Stop to begin. When display reads 0:00, press Start/Stop to cancel. Remove bread.

100% Whole Wheat**Whole Wheat Setting
Timer OK**

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

10-12 ounces water
2 teaspoons salt
2 tablespoons molasses
1 tablespoon packed brown sugar
4 cups whole wheat flour
1½ tablespoons vital gluten
2 teaspoons active dry yeast

Measure all ingredients into bread pan. Select Whole Wheat setting. Select crust setting if other than medium. Press Start/Stop to begin. When display reads 0:00, press Start/Stop to cancel. Remove bread.

Sourdough

Basic Setting
Timer OK

10 ounces sourdough starter
5 to 6 ounces warm water
1³/₄ teaspoons salt
4 cups bread flour
3 tablespoons sugar
2 teaspoons active dry yeast

Measure all ingredients into bread pan. Select Basic setting. Select crust setting if other than medium. Press Start/Stop to begin. When unit signals and the display reads 0:00, press Start/Stop to cancel. Remove bread.

Sourdough Starter

2¹/₄ teaspoons active dry yeast
16 ounces warm water
2 cups all-purpose flour

In a 2 or 3 quart glass bowl, using a wooden or nylon spoon, mix yeast and warm water, let stand 10 minutes. Add flour; mix until thick batter forms. Batter need not be smooth. Cover loosely with cheesecloth, lightweight kitchen towel or plastic wrap; let stand in warm place for 24 hours. Stir; cover loosely. Place starter in a warm place for 2 to 3 days or until it bubbles and smells sour; stir once a day. Cover loosely with plastic wrap or plastic cover; refrigerate.

To Replenish Starter

After using a portion of starter, replenish with equal amounts of flour and warm water. For example, if 10 ounces (1¹/₄ cups) of starter were removed to make bread, replenish remaining starter with 10 ounces (1¹/₄ cups) warm water and 10 ounces (1¹/₄ cups) flour. Stir well to blend, cover and let stand in warm place until bubbly, 3 to 5 hours. Store starter in loosely covered glass container in refrigerator. If not used at the end of one week, remove 1 cup starter and discard; then replenish with equal amounts of flour and warm water as instructed above.

Hints for Successful Sourdough Baking

1. Always make starter in a glass container. Never store in metal containers or use metal utensils. The starter will react to the metal.
2. All ingredients, including starter, should be at room temperature (70-80°F/21-27°C). Cold ingredients slow down the activity.
3. When removing starter, always replenish it. Let stand at room temperature for 3 to 5 hours, until mixture bubbles. Cover and refrigerate.
4. If starter separates (liquid forms on surface), stir until blended before using.
5. If the liquid that forms on surface of starter turns pink in color at any time, discard the starter and start over again with fresh ingredients.
6. Sourdough bread made in an automatic breadmaker requires the addition of yeast. The starter's strength and the rising times in the breadmaker are not long enough to allow proper rising without it.

Cottage Cheese and Chives

**Sweet Setting
Not for Timer**

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

- 1 cup cottage cheese
- 1 egg
- 1½ teaspoons salt
- 2 tablespoons butter or margarine
- 3 to 5 ounces water
- 3¾ cups bread flour
- 3 tablespoons dried chives
- 2½ tablespoons sugar
- 2¼ teaspoons active dry yeast

Measure all ingredients into bread pan. Select Sweet setting. Select crust setting if other than medium. Press Start/Stop. When unit signals and the display reads 0:00, press Start/Stop to cancel. Remove bread.

Pumpernickel

**Basic or Whole Wheat Setting
Not for Timer**

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

- 4 ounces milk
- 5 to 7 ounces water
- 1½ teaspoons salt
- 2 tablespoons molasses
- 1½ tablespoons butter or margarine
- 2½ cups bread flour
- 1 cup rye flour
- 1 teaspoon onion powder
- 1 tablespoon cocoa, optional
- 2¼ teaspoons active dry yeast

Measure all ingredients into bread pan. Select Basic or Whole Wheat setting. Press Start/Stop. When unit signals and the display reads 0:00, press Start/Stop to cancel. Remove bread.

Oatmeal

**Basic Setting
Timer OK**

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

- 9 to 11 ounces water
- 1³/₄ teaspoons salt
- 3 tablespoons honey
- 2 tablespoons butter or margarine
- ³/₄ cup quick cook oats
- 3³/₄ cups bread flour
- 2 tablespoons oat bran
- 2 tablespoons dry milk
- 2 teaspoons active dry yeast

Measure all ingredients into bread pan. Select Basic setting. Select crust setting if other than medium. Press Start/Stop. When unit signals and the display reads 0:00, press Start/Stop to cancel. Remove bread.

Raisin

**Basic Setting
Not for Timer**

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

	1.5 Pound	2 Pound
Water	7 to 9 ounces	10 to 12 ounces
Salt	1 teaspoon	1 ¹ / ₂ teaspoons
Butter or margarine	1 ¹ / ₂ tablespoons	2 tablespoons
Bread flour	3 cups	4 cups
Sugar	1 ¹ / ₂ tablespoons	2 tablespoons
Dry milk	1 ¹ / ₂ tablespoons	2 tablespoons
Cinnamon	1 teaspoon	1 ¹ / ₂ teaspoons
Active dry yeast	1 ³ / ₄ teaspoons	2 teaspoons
Raisins	³ / ₄ cup	1 cup

Measure all ingredients into bread pan. Select Basic setting. Select crust setting if other than medium. Press Start/Stop. When unit signals during the kneading cycle, add the raisins a few at a time. When the unit signals and the display reads 0:00, press Start/Stop to cancel. Remove bread.

Honey Grain**Whole Wheat Setting
Timer OK**

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

	1.5 Pound	2 Pound
Water	8 to 10 ounces	10 to 12 ounces
Salt	1 teaspoon	1½ teaspoons
Butter or margarine	2 tablespoons	2½ tablespoons
Honey	1½ tablespoons	2 tablespoons
Bread flour	2¼ cups	2½ cups
Whole wheat flour	1 cup	1¼ cups
Quick cook oats	½ cup	⅔ cup
Active dry yeast	2 teaspoons	2¼ teaspoons

Measure all ingredients into bread pan. Select Whole Wheat setting. Select crust setting if other than medium. Press Start/Stop. When the unit signals and the display reads 0:00, press Start/Stop to cancel. Remove bread.

Anadama Bread**Sweet Setting
Not for Timer**

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

6 to 8 ounces water
1¼ teaspoons salt
2 tablespoons butter or margarine
1 egg, large
¼ cup molasses
¼ cup corn meal
2¾ cups bread flour
⅔ cups whole wheat flour
2¼ teaspoons yeast

Measure all ingredients into bread pan. Select Sweet setting. Select crust setting, if other than medium. Press Start/Stop. When unit signals and display reads 0:00, press Start/Stop to cancel. Remove bread.

100% Whole Wheat - Fat Free**Whole Wheat Setting
Timer OK**

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

	1.5 Pound	2 Pound
Water	8 to 9 ounces	10 to 12 ounces
Salt	1½ teaspoons	1¾ teaspoons
Honey	1½ tablespoons	2 tablespoons
Molasses	1½ tablespoons	2 tablespoons
Whole wheat flour	3 cups	4 cups
Vital gluten	1 tablespoon	1½ tablespoons
Active dry yeast	2 teaspoons	2½ teaspoons

Measure all ingredients into bread pan. Select Whole Wheat setting. Select crust setting if other than medium. Press Start/Stop. When the unit signals and the display reads 0:00, press Start/Stop to cancel. Remove bread.

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

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

8 to 10 ounces buttermilk
1¼ teaspoons salt
2½ tablespoons butter
3 tablespoons honey
⅓ cup carrots, shredded
⅓ cup wheat germ
⅓ cup oats, quick-cook
3 tablespoons wheat berries, cooked, optional*
1½ cups whole wheat flour
1½ cups bread flour
2 tablespoons sugar
¼ teaspoon baking soda
2¼ teaspoons yeast
½ cup raisins

Measure all ingredients into bread pan. Select Whole Wheat Setting. Select crust setting if other than medium. Press Start/Stop. When the unit signals and the display reads 0:00, press Start/Stop to cancel. Remove bread.

* To cook wheat berries, soak overnight in water, then drain and add to boiling water. Bring back to boil, cover, reduce heat and simmer 60 minutes or until tender. Drain and cool completely under running water. Drain well before adding to bread pan.

Apple Walnut

**Basic Setting
Not for Timer**

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

6 ounces unsweetened applesauce
3 to 5 ounces apple juice
1 teaspoon salt
3 tablespoons butter or margarine
1 large egg
4 cups bread flour
 $\frac{1}{4}$ cup packed brown sugar
 $1\frac{1}{4}$ teaspoons cinnamon
 $\frac{1}{2}$ teaspoon baking soda
2 teaspoons active dry yeast
 $\frac{1}{2}$ cup chopped walnuts

Measure all ingredients into bread pan. Select Basic Setting. Select crust setting if other than medium. Press Start/Stop. When the unit signals and the display reads 0:00, press Start/Stop to cancel. Remove bread.

Panettone

**Basic Setting
Not for Timer**

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

7 to 9 ounces water
1 teaspoon salt
 $\frac{1}{4}$ cup butter or margarine
1 large egg
 $1\frac{1}{2}$ teaspoons vanilla extract
 $1\frac{1}{4}$ teaspoons almond extract
 $3\frac{3}{4}$ cups bread flour
 $\frac{1}{2}$ cup sugar
3 tablespoons dry milk
2 teaspoons active dry yeast
 $\frac{3}{4}$ cup raisins
 $\frac{1}{2}$ cup candied orange peel

Measure all ingredients into bread pan. Select Basic Setting. Select crust setting if other than medium. Press Start/Stop. When unit signals during the kneading cycle, add the raisins and orange peel slowly. When the unit signals and the display reads 0:00, press Start/Stop. Remove bread.

Gluten Free Bread Instructions

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

Instructions for Making Gluten Free Breads

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

Substitutions when Making Gluten Free Breads

- Fructose, molasses and honey can be used in place of sugar.
- Any vegetable oil or butter can be used in place of canola oil.
- Rice flour can be used in place of potato starch.
- Tofu can be used in place of ricotta cheese.
- Lactose-free milk can be used in place of dry milk or water; use equal proportions.
- Pulverized Nut-quick and dry baby formulas such as Isomil, Prosobee and Pregestimil, may be used in place of dry milk for soy and lactose intolerance. Use $\frac{1}{3}$ cup to replace $\frac{1}{2}$ cup dry milk.
- Egg replacer can be used in place of eggs. To substitute 3 eggs, use 8 teaspoons egg replacer. Mix with dry ingredients; add $\frac{2}{3}$ cup water with wet ingredients.

Tips for Successful Gluten Free Breads

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

Gluten Free White Bread

**Whole Wheat Setting
Not for Timer**

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

3 eggs
1½ cups water
3 tablespoons canola oil
1 teaspoon cider vinegar
1 pkg. (2¼ teaspoons) active dry yeast
3¼ cups white rice flour
2½ teaspoons xanthan gum
1½ teaspoons salt
½ cup dry milk powder
3 tablespoons sugar

Follow instructions for making gluten free bread.

Gluten Free Cheddar Cheese Bread

**Whole Wheat Setting
Not for Timer**

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

3 eggs
1¾ cups water
2 tablespoons canola oil
1 pkg. (2¼ teaspoons) active dry yeast
2 cups white rice flour
1 cup brown rice flour
¼ cup dry milk powder
2 tablespoons sugar
1 tablespoon instant minced onions (optional)
1 tablespoon poppy seeds (optional)
3½ teaspoons xanthan gum
1½ teaspoons celery seeds (optional)
1½ teaspoons dried dill weed (optional)
1 teaspoon salt
1½ cups (6 ounces) grated sharp Cheddar cheese

Follow instructions for making gluten free bread.

**Gluten Free
Cinnamon Raisin Bread**

**Whole Wheat Setting
Not for Timer**

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

- 3 eggs
- 1½ cups water
- 3 tablespoons canola oil
- 1 teaspoon cider vinegar
- 1 pkg. (2¼ teaspoons) active dry yeast
- 2 cups white rice flour
- ¾ cup potato starch
- ½ cup tapioca flour
- 2½ teaspoons xanthan gum
- 1½ teaspoons salt
- 3 tablespoons sugar
- 2 teaspoons ground cinnamon
- ½ cup raisins

Follow instructions for making gluten free bread.

**Gluten Free
Mock Limpa Bread**

**Whole Wheat Setting
Not for Timer**

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

- 3 eggs
- 3 tablespoons molasses
- 1 teaspoon cider vinegar
- 1½ cups water
- 3 tablespoons canola oil
- 1 pkg. (2¼ teaspoons) active dry yeast
- 2 cups brown rice flour
- ½ cup tapioca flour
- ½ cup potato starch
- 1 tablespoon xanthan gum
- 1 tablespoon fennel seeds
- 1½ teaspoons salt
- ½ cup dry milk powder
- 3 tablespoons sugar
- 2 teaspoons grated orange zest

Follow instructions for making gluten free bread.



Gluten Free Sourdough Starter

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

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

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

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

**Gluten Free
Sourdough White Bread**

**Whole Wheat Setting
Not for Timer**

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

- 3 eggs
- ¾ cups sourdough starter
- 1 cup water
- ¾ cup ricotta cheese (whole, part skim or nonfat)
- ¼ cup honey
- 2 tablespoons canola oil
- 1 teaspoon cider vinegar
- 2 cups white rice flour
- ⅔ cup potato starch
- ⅓ cup tapioca flour
- ½ cup dry milk powder
- 3½ teaspoons xanthan gum
- 1½ teaspoons salt

Follow instructions for making gluten free bread.

**Gluten Free
Sourdough Rye Bread**

**Whole Wheat Setting
Not for Timer**

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

- 3 eggs
- ¼ cup molasses
- ¾ cup sourdough starter
- 1 cup water
- ¾ cup ricotta cheese (whole, part skim or nonfat)
- 2 tablespoons canola oil
- 1 teaspoon cider vinegar
- 2 cups white rice flour
- ⅔ cup potato starch
- ⅓ cup tapioca flour
- ½ cup dry milk powder
- 3½ teaspoons xanthan gum
- 1½ teaspoons salt
- 1 tablespoon caraway seeds
- 2 teaspoons instant coffee

Follow instructions for making gluten free bread.

Quick Bread Instructions

Unlike yeast breads, quick breads do not use yeast as the rising agent. Therefore, the knead and rise cycles have been omitted. Instead, quick breads use baking powder or baking soda along with steam to act as a leavening agent.

Instructions for making Quick Bread:

1. Measure all ingredients into bread pan. Position pan in baking chamber.
2. Select Quick Bread Setting. Press Start/Stop; let ingredients mix for 5 minutes. Using rubber spatula, scrape down sides of the bread pan to eliminate flour pockets in the corners.
3. When the quick bread has finished baking. Press Start/Stop to cancel keep warm feature. Remove pan to heatproof surface and let cool in pan 15 minutes to allow bread to "set." Remove bread from pan to wire rack and cool completely before slicing.

Quick Bread Recipes

Cranberry Nut

Quick Bread Setting
Not for Timer

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

- 7 ounces milk
- 1 large egg
- 2 tablespoons vegetable oil
- 2¹/₂ cups all-purpose flour
- ³/₄ cup sugar
- 3¹/₂ teaspoons baking powder
- 1 teaspoon salt
- 1 cup coarsely chopped cranberries
- 1 cup chopped walnuts

Measure milk, egg and oil into bread pan and set aside. In a medium mixing bowl, combine remaining dry ingredients except cranberries and nuts. Mix well and add to bread pan. Then add cranberries and nuts.

Select Quick Bread setting. Press Start/Stop. When unit signals and the display reads 0:00, press Stop/Start. Remove bread.

Banana Chocolate Chip**Quick Bread Setting
Not for Timer**

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

3 medium ripe bananas, mashed
¼ cup butter or margarine, melted
1 egg, slightly beaten
3 tablespoons sour milk (1 tablespoon
vinegar and 2 tablespoons milk)
2¼ cups all-purpose flour
½ cup sugar
1 teaspoon baking soda
1 teaspoon baking powder
½ teaspoon salt
½ to ¾ cup chopped nuts
½ cup chocolate chips

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

Select Quick Bread setting. Press Start/Stop. When unit signals and the display reads 0:00, press Start/Stop. Remove bread.

Zucchini**Quick Bread Setting
Not for Timer**

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

2 cups shredded zucchini, about 2 to 3 medium
½ cup vegetable oil
2 eggs, slightly beaten
2 teaspoons vanilla
2 cups all-purpose flour
1 cup sugar
¾ teaspoon baking soda
½ teaspoon cinnamon, optional
¼ teaspoon baking powder
½ cup chopped nuts

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

Select Quick Bread setting. Press Start/Stop. When unit signals and the display reads 0:00, press Start/Stop. Remove bread.

Nut Bread**Quick Bread Setting
Not for Timer**

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

9 ounces milk
1 large egg
3 tablespoons vegetable oil
2³/₄ cups all-purpose flour
1/3 cup sugar
1/3 cup packed brown sugar
3¹/₂ teaspoons baking powder
1 teaspoon salt
1 teaspoon cinnamon
1 cup chopped nuts

Measure milk, egg and oil into bread pan and set aside. In medium mixing bowl, combine remaining ingredients, stir together. Add to bread pan.

Select Quick Bread setting. Press Start/Stop. When unit signals and the display reads 0:00, press Start/Stop. Remove bread.

Apricot Nut**Quick Bread Setting
Not for Timer**

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

6 ounces orange juice
1 large egg
2 tablespoons butter or margarine
2¹/₂ cups all-purpose flour
3/4 cup sugar
2 teaspoons baking powder
1/4 teaspoon baking soda
1 teaspoon salt
1 cup chopped dried apricots
3/4 cup slivered almonds

Measure orange juice, egg and butter into bread pan and set aside. In medium mixing bowl, combine remaining ingredients, stir together. Add to bread pan.

Select Quick Bread setting. Press Start/Stop. When unit signals and the display reads 0:00, press Start/Stop. Remove bread.

Dough Instructions

1. Follow General Operating Instructions.
2. Press the Select button to reach the dough setting.
3. Press Start/Stop. The read-out on the display will begin counting down the time on the Dough setting. When dough is ready, the unit will signal and the display will read 0:00.
4. Press Start/Stop, holding it down until you hear a beep and the display clears.
5. To remove the bread pan, grasp handle firmly and lift pan out of breadmaker.

NOTE: The pan does not get hot when using the dough setting.

PREPARE DOUGH FOR BAKING

1. Lightly sprinkle all-purpose flour onto a pastry mat or board. Using a rubber spatula or wooden spoon, remove dough from the bread pan and place on lightly floured surface. Knead by hand 2 or 3 times to release the air. If the dough is easy to handle without flour, shape on a lightly oiled, clean countertop.
2. Shape dough into your favorite rolls, coffee cake, etc. (suggestions follow). Place on greased baking pan. Cover dough with a clean cloth and let rise until almost doubled in size, about 1 hour.
3. Bake as directed in recipe. Remove from pan and cool on a wire rack, or serve warm.

CRUST TREATMENTS AND GLAZES

After rolls rise, just before baking, gently apply desired glaze with a pastry brush. Bake as directed in recipe.

- For a shiny golden crust, use Egg Glaze or Egg Yolk Glaze.
- For a shiny chewy crust, use Egg White Glaze (crust will be lighter in color).

Egg Glaze

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

Egg Yolk Glaze

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

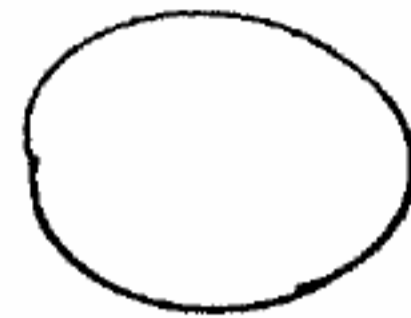
Egg White Glaze

Mix 1 slightly
beaten egg white
with 1 tablespoon
water.

NOTE: To keep unused egg yolk fresh for several days, cover with cold water and store in refrigerator in a covered container.

Variations for Shaping Dough

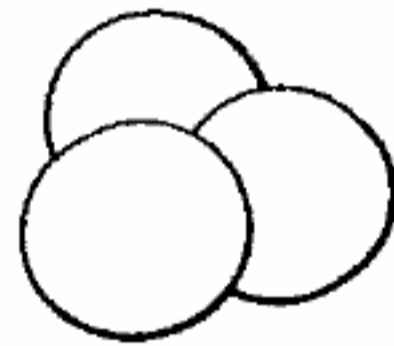
Easy Dinner Rolls



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

Makes 12.

Cloverleaves



Lightly grease 12 muffin cups. Divide dough into 36 1-inch pieces. Pull edges under, smoothing tops to shape into balls. Place 3 balls in each muffin cup, smooth-side-up. Cover, let rise and bake as directed.

Makes 12.

Simple Pan Rolls



Lightly grease 8 x 1½ inch, or 9 x 1½ inch, round baking pan. Divide dough into 12 pieces. Shape each piece into a ball, pulling edges under to make a smooth top. Arrange rolls smooth-side-up in prepared pan. Cover, let rise and bake as directed.

Makes 12.

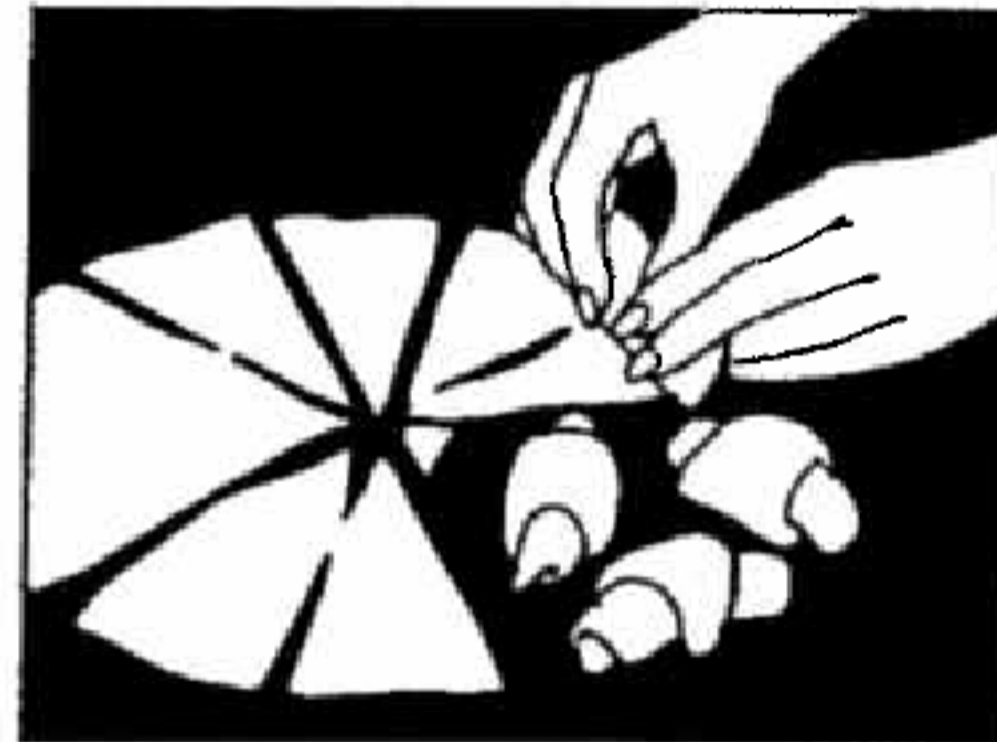
Swirls



Lightly grease baking sheet. Divide dough into 12 equal pieces. On a lightly floured surface, using your hand, roll each piece into a pencil-like strand about 9 inches long. Beginning at center, make a loose swirl with each strand. Place rolls 2-3 inches apart on prepared baking sheet. Cover, let rise and bake as directed.

Makes 12.

Butterhorns



Lightly grease baking sheet and set aside. On lightly floured surface, roll dough into a 12-inch circle. Brush dough with melted butter. Cut into 12 wedges. To shape rolls, begin at wide end of wedge and roll toward point. Place rolls point side down, 2 to 3 inches apart, on prepared baking sheet. Cover, let rise and bake as directed.

Makes 12.

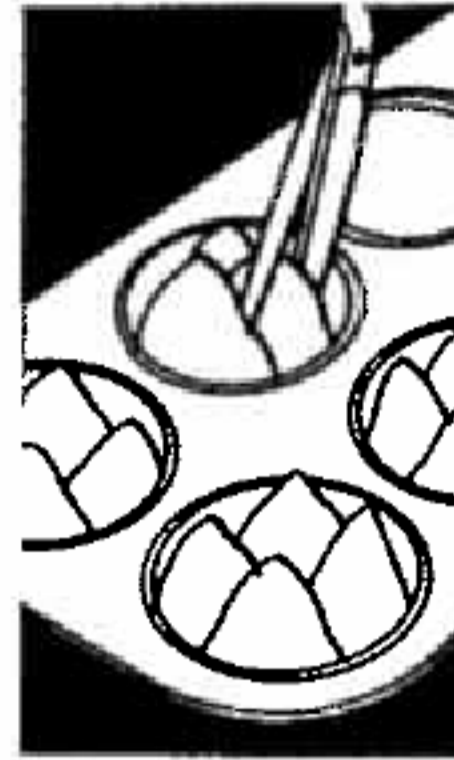
Bow Knots



Lightly grease baking sheet. Divide dough into 12 equal pieces. On lightly floured surface, using your hand, roll each piece into a pencil-like strand about 9 inches long. Form a loose knot. Place rolls 2 to 3 inches apart on prepared baking sheet. Cover, let rise and bake as directed.

Makes 12.

Shortcut Cloverleaves



Lightly grease 12 muffin cups. Divide dough into 12 pieces. Shape each piece into a ball, pulling edges under to make a smooth top.

Place one ball in each greased muffin cup, smooth-side-up. Using scissors dipped in flour, snip top in half, then snip again crosswise, making 4 points. Cover, let rise and bake as directed.

Makes 12.

Rising

To reduce rising time of dough

- Preheat conventional oven to 200°F/93°C for 5 minutes, then turn off oven. Shape dough, place on baking pan as directed and cover with a clean kitchen towel. Place dough in oven until doubled in size. This will reduce rising time by about one-half.
- If television is in use, stand pan of dough on top of TV to rise. It is a good source of heat and, if you are watching a program, you will not forget about the dough.
- Recipes using whole grain or unrefined flours contain less gluten and may not rise as much as those using white bread flour. These heavier breads may fall slightly in the center. This is normal and will not affect the flavor. Wheat gluten can also be added to improve the shape and volume of bread made with low gluten flours.

Freezing

For best results, store unbaked yeast dough in the freezer for no more than two weeks.

To freeze unbaked bread dough

- Shape loaves and wrap in plastic wrap or foil. When you shape the loaf, be sure it fits easily into the baking pan as it will spread a little before freezing. Place wrapped loaf on a flat surface in your freezer so it will keep its shape until frozen.
- To bake: Remove dough from freezer, unwrap, and place in greased loaf pan (size specified in recipe). Cover, let thaw and rise in a warm place until almost doubled in size, about 6 hours for a standard size loaf. Or, thaw dough in refrigerator overnight, then unwrap, place dough in pan, and let rise in a warm place for approximately 2 hours.

To freeze unbaked rolls

- Shape rolls and place on greased baking sheets, or in muffin pans as indicated in recipe. Cover rolls with plastic wrap or foil and place in freezer. Rolls shaped in muffin pans are best frozen and stored in the pans. Rolls shaped on baking sheets should be removed as soon as they are completely frozen and placed in freezer bags or wrapped securely. Label each package with date and quantity.
- To bake: Remove rolls from freezer about 2 hours before baking. If not already in a pan, place 1 inch apart on greased baking pan. Cover pan loosely with a clean cloth and set in a warm place to thaw and rise until almost doubled in size (approximately 1½ to 2 hours). Bake as directed in recipe.
- You can also wrap and freeze unshaped dough right after the first rise and after you have punched it down. To use, thaw dough about 3 hours at room temperature, or overnight in the refrigerator; then shape, cover, let rise, and bake as directed in recipe.

Storing

Keeping your bread fresh

- There are no preservatives in your homemade bread, so store cooled loaf in a tightly sealed plastic bag. If desired, enclose a stalk of celery in the bag to keep bread fresh longer. Do not store in the refrigerator as this causes bread to dry out faster.
- Water in which potatoes have been cooked is an excellent variation for other liquid in the recipe. This will aid in keeping the bread fresh longer.

Dough Recipes

Honey & Wheat Rolls

Dough Setting
Not for Timer

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

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

Measure all ingredients into bread pan. Select Dough setting. Press Start/Stop. When unit signals and display reads 0:00, press Start/Stop and remove dough. Shape as desired, see Shaping Dough. Bake at 350°F/177°C for 25 to 30 minutes.

Makes 12 rolls.

Focaccia

Dough Setting
Timer OK

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

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

Measure all ingredients into bread pan except 1½ tablespoons olive oil, tomatoes and Parmesan cheese. Select Dough setting. Press Start/Stop. When the unit signals and the display reads 0:00, press Start/Stop and remove the dough. Pat dough into a greased 9 x 13 inch pan. Cover; let rise for 30 minutes. With the handle of a wooden spoon, make indentations in dough, about 1 inch apart. Brush dough with 1½ tablespoons olive oil, sprinkle with tomatoes and Parmesan cheese. Preheat oven to 400°F/204°C. Bake 15-20 minutes or until edges are golden brown. Let cool, cut into squares to serve.

Bran Buns**Dough Setting
Not for Timer**

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

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

Measure all ingredients into bread pan. Select Dough setting. Press Start/Stop. When unit signals and display reads 0:00, press Start/Stop and remove dough. Shape as desired, see Shaping Dough. Bake at 350°F/177°C for 25 to 30 minutes.

Makes 12 buns or 24 rolls.

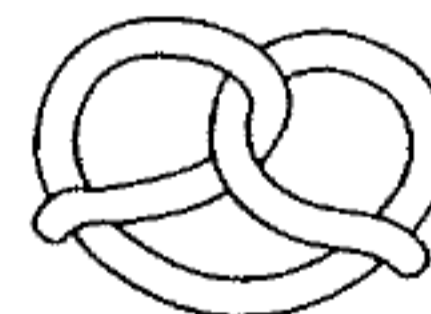
Bread Pretzels**Dough Setting
Timer OK**

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

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

Measure all ingredients into bread pan, except egg and coarse salt. Press Start/Stop to clear display. Select Dough setting. Press Start/Stop. When unit signals and display reads 0:00, press Start/Stop and remove dough.

Preheat oven to 450°F/232°C. Divide dough into 12 pieces. Roll each into 8-inch rope. Form into pretzel shape or leave in stick shape. Place on a greased cookie sheet, brush each with beaten egg. Sprinkle with coarse salt. Bake in preheated oven for 12 to 15 minutes.



Makes 12 pretzels.

English Muffins**Dough Setting
Timer OK**

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

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

Measure all ingredients into bread pan, except cornmeal. Select Dough setting. Press Start/Stop. When unit signals and display reads 0:00, press Start/Stop and remove dough.

Sprinkle cornmeal over flat surface. Place dough on cornmeal and roll to ¼ inch thickness. Cut into 2½ to 3-inch circles. Place dough, cornmeal-side-down, on an ungreased baking sheet. Cover and let rise in a warm, draft-free place for 30 minutes. Preheat electric griddle or fry pan to 250°F/121°C. Cook, cornmeal-side-down about 8 minutes or until golden brown. Turn and cook another 8 minutes.

Makes 10 to 12 3-inch muffins.

Butter Rolls**Dough Setting
Not for Timer**

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

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

Measure all ingredients into bread pan. Select Dough setting. Press Start/Stop. When unit signals and display reads 0:00, press Start/Stop and remove dough. Shape as desired, see Shaping Dough. Bake at 350°F/177°C for 25 to 30 minutes.

Makes 12 rolls.

Addie's Coffee Cake

**Dough Setting
Not for Timer**

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

6 to 7 ounces milk
1 teaspoon salt
1 egg yolk
1 tablespoon butter or margarine
2¼ cups bread flour
¼ cup sugar
2 teaspoons active dry yeast

Measure all ingredients into bread pan. Select Dough setting. Press Start/Stop. When unit signals and display reads 0:00, press Start/Stop and remove dough. Pat dough into greased 9-inch round, or 5 x 7-inch oblong cake pan. Add topping.

Topping

2 tablespoons butter, melted
½ cup sugar
1 teaspoon ground cinnamon
½ cup chopped pecans
Powdered Sugar Glaze, optional.

Drizzle butter over dough. In small bowl, mix sugar, cinnamon and nuts; sprinkle onto butter. Cover; let rise in warm place about 30 minutes. Bake in preheated oven (375°F/191°C) 20 to 25 minutes, until golden brown. Cool 10 minutes in pan on rack. Drizzle with powdered sugar glaze if desired.

12 servings.

Powdered Sugar Glaze (for Coffee Cakes and Sweet Rolls)

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

In a small bowl, combine all ingredients and blend until smooth. Spread or drizzle glaze on slightly warm coffee cake or sweet rolls.

Cinnamon Rolls

Dough Setting
Timer OK

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

1½ pound recipe classic white bread dough
2 tablespoons butter or margarine, softened
¼ cup sugar
2 teaspoons ground cinnamon
Powdered Sugar Glaze, page 56

Combine all ingredients for Classic White recipe in bread pan. Select Dough setting. Press Start/Stop. When unit signals and the display reads 0:00, press Start/Stop and remove dough.

On a lightly floured surface, roll dough into rectangle (15 x 9-inches), spread soft butter on dough. Mix sugar and cinnamon; sprinkle over butter. Roll up tightly, beginning at 15-inch side. Pinch edges to seal. Stretch roll to make even. Cut nine 1½-inch slices. Arrange in greased 9 x 9 x 2-inch square pan, spacing evenly. Cover; let rise until double in size; about 40 minutes. Preheat oven to 375°F/191°C. Bake 25 to 30 minutes or until golden brown. Cool on wire rack for 10 minutes. Top warm rolls with glaze (see page 56).

Makes 9 rolls.

Pizza Crust

Dough Setting
Timer OK

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

	1.5 Pound	2 Pound
Water	7 to 8 ounces	9 to 11 ounces
Salt	½ teaspoon	¾ teaspoon
Olive oil or vegetable oil	2 tablespoons	3 tablespoons
All-purpose flour	3 cups	4 cups
Active dry yeast	1½ teaspoons	2 teaspoons

Combine all ingredients into bread pan. Select Dough setting. Press Start/Stop. When the unit signals and the display reads 0:00, press Start/Stop and remove dough.

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

Pizza Toppings (optional)

1 cup (8 oz.) prepared pizza sauce
1 pkg. (3-4 oz.) sliced pepperoni
½ pound bulk pork sausage browned and drained
1 can (4 oz.) mushroom stems and pieces, drained
⅓ cup chopped onions
1 cup chopped green peppers
1 cup (8 oz.) shredded mozzarella cheese

◆

Multi-Grain Cinnamon Raisin Bagel **Dough Setting
Timer OK**

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

	1.5 Pound	2 Pound
Water	6 to 8 ounces	9 to 11 ounces
Salt	1½ teaspoons	2 teaspoons
Vegetable oil	1 tablespoon	2 tablespoons
Bread flour	2 cups	2¾ cups
Quick cook oatmeal	½ cup	⅔ cup
Whole wheat flour	¼ cup	⅓ cup
Brown sugar, packed	1 tablespoon	1½ tablespoons
Cinnamon	1½ teaspoons	2 teaspoons
Active dry yeast	1½ teaspoons	2 teaspoons
Raisins	½ cup	¾ cup

Measure all ingredients into bread pan. Select Dough setting. Press Start/Stop. When unit signals and display reads 0:00, press Start/Stop and remove dough.

Divide dough into 6 to 10 equal pieces. Roll each piece into a rope. Wrap rope around four fingers, moisten ends, overlap and join ends. Turn circle inside out. Place shaped bagels on greased baking sheet at least 1 inch apart. Cover with lightly dampened cloth. Allow to rise until puffy, about 30 minutes. Heat 4 to 6 quarts water to a boil in Dutch oven or stockpot. Drop 2 to 3 bagels into boiling water. Boil 1½ minutes on each side. Remove with slotted spoon and drain on towel. Repeat with remaining bagels. Lightly grease baking sheet or dust with cornmeal to prevent sticking. Bake in preheated 400°F oven 20 to 25 minutes or until golden brown. For crisper crust, spritz bagels several times with water during baking.

Basic Egg Bagels**Dough Setting
Not for Timer**

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

	1.5 Pound	2 Pound
Water	4 to 6 ounces	6 to 8 ounces
Salt	1½ teaspoons	2 teaspoons
Large egg	1	1
Vegetable oil	1½ tablespoons	2 tablespoons
Bread flour	2½ cups	3½ cups
Sugar	1 tablespoon	1½ tablespoons
Active dry yeast	1½ teaspoons	2 teaspoons

Measure all ingredients into bread pan. Select Dough setting. Press Start/Stop. When unit signals and display reads 0:00, press Start/Stop and remove dough.

Divide dough into 6 to 10 equal pieces. Roll each piece into a rope. Wrap rope around four fingers, moisten ends, overlap and join ends. Turn circle inside out. Place shaped bagels on greased baking sheet at least 1 inch apart. Cover with lightly dampened cloth. Allow to rise until puffy, about 30 minutes. Heat 4 to 6 quarts water to a boil in Dutch oven or stockpot. Drop 2 to 3 bagels into boiling water. Boil 1½ minutes on each side. Remove with slotted spoon and drain on towel. Repeat with remaining bagels. Lightly grease baking sheet or dust with cornmeal to prevent sticking. Bake in preheated 400°F oven 20 to 25 minutes or until golden brown. For crisper crust, spritz bagels several times with water during baking.

Pasta Recipes

Basic Pasta

**Dough Setting
Not for Timer**

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

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

Measure all ingredients into bread pan. Select Dough setting. Press Start/Stop, and allow to mix 8 to 10 minutes; then press Start/Stop to cancel. Remove dough and roll out on lightly floured surface. Roll to 1/8-inch thickness. Dust with flour if dough is sticky. Cut into 1/8-inch strips for narrow noodles or 1/4-inch for medium noodles. Cook noodles in large pot of boiling water for 10 to 15 minutes. Drain in colander.

Egg Pasta

**Dough Setting
Not for Timer**

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

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

Measure all ingredients into bread pan. Select Dough setting. Press Start/Stop, and allow to mix 8 to 10 minutes; then press Start/Stop. Remove dough and roll out on lightly floured surface. Roll to 1/8-inch thickness. Dust with flour if dough is sticky. Cut into 1/8-inch strips for narrow noodles or 1/4-inch for medium noodles. Cook noodles in large pot of boiling water for 10 to 15 minutes. Drain in colander.

Jam Recipes

Strawberry Jam

**Bake Setting
Not for Timer**

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

Combine all ingredients into bread pan. Select Basic setting. Press Start/Stop. Allow to mix 5 to 6 minutes, scraping sides of pan with rubber spatula. Press Start/Stop to cancel. Select Bake Setting. Press Start/Stop. When unit signals and display reads 0:00, press Start/Stop. Using hot pads, remove bread pan. Pour jam into containers; cover. Refrigerate to set.

Makes about 3 cups.

Orange Marmalade

**Bake Setting
Not for Timer**

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

With a vegetable peeler, shave off the bright layer of peel from one orange and lemon; chop finely. Remove remaining white peel from orange and lemon, discard. Peel remaining oranges, discard peels. Slice fruit into ½-inch pieces. Combine chopped peels, fruit, sugar and pectin in bread pan. Select Basic setting. Press Start/Stop. Allow to mix 5 to 6 minutes scraping sides of pan with rubber spatula. Press Start/Stop to cancel. Select Bake setting. Press Start/Stop. When unit signals and display reads 0:00, press Start/Stop. Using hot pads, remove bread pan. Pour jam into containers and cover. Refrigerate to set.

Makes about 3 cups.

Frozen Berry Jam

**Bake Setting
Not for Timer**

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

Combine all ingredients into bread pan. Select Basic setting. Press Start/Stop. Allow to mix 5 to 6 minutes, scraping sides of pan with rubber spatula. Press Start/Stop to cancel. Select Bake setting. Press Start/Stop. When unit signals and display reads 0:00, press Start/Stop. Using hot pads, remove bread pan. Spoon jam into containers; cover. Refrigerate 1 hour to set.

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