



## Ontario Home Economics Association

### *Ask a Professional Home Economist*

**For Immediate Release**

# Best Bread Machine Secrets from the Pros

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Everyone delights in the flavour and aroma of fresh bread. And the chill of winter is the perfect incentive to discover the satisfaction of bread making. No need to spend time and effort kneading bread dough by hand. Just press a button after careful measuring of ingredients into a baking pan and come back when the machine indicates that your bread is baked. Homemade bread - it's that easy!

#### **Tips for Successful Bread Machine Baking:**

- First, read recipe through completely. Gather and prepare ingredients and assemble extra equipment before beginning.
- Select either metric or imperial measures and be consistent through entire recipe (never mix metric and imperial). Measure all the ingredients accurately.
- Remove the baking pan from the bread machine when measuring and adding ingredients; do not measure over the bread machine.
- Follow your bread machine manufacturer's recommended order of adding recipe ingredients.
- Consult operating manual for the best ingredient temperatures.
- Keep dried fruits, grains and cereals away from the liquid in the pan.
- Use the type of yeast and flour specified in the recipe. Most recipes call for bread machine (instant) yeast and either all-purpose or bread flour.
- Make a well in the top of the flour for the yeast. It should not touch the liquid.
- Keep cinnamon and garlic away from the yeast as they inhibit the rising.
- Measure the dried fruit for the "add ingredient signal" and place them beside the bread machine before starting the machine.
- Do not use the timer for recipes containing eggs, fresh milk, cheese and other perishables.
- Do not omit the salt even if you are on a low-sodium diet. Salt is essential in yeast action.
- Do not make substitutions or omit any ingredients in the recipe.

#### **Bread Machine Baking Pan Size:**

- Determine the volume of your baking pan by filling it with water using a measuring cup.
- Consult the chart below to verify the correct recipe size to use for your machine.

## Bread Machine Sizes and Capacities:

Capacity of baking pan	Recipe size
6 to 9 cups (1.5 to 2.25 L)	1.5 lb (750 g)
9 to 12 cups (2.25 to 3 L)	1.5 lb (750 g) or 2 lb (1 kg)
12 to 16 cups (3 to 4 L)	2 lb (1 kg) or 2.5 lb (1.25 kg) or 3 lb (1.5 kg)

### Triple-Seed Bread

This attractive loaf has lots of crunch! Consult the chart above for the correct size recipe for your own bread machine.

#### 1.5 lb (750 g)

1-1/4 cups	water	300 mL
1-1/4 tsp	salt	6 mL
2 tbsp	vegetable oil	25 mL
2 tbsp	liquid honey	25 mL
1-1/2 cups	whole wheat flour	375 mL
1-1/2 cups	all-purpose flour or bread flour	375 mL
1/4 cup	buttermilk powder	50 mL
1/4 cup	pumpkin seeds	50 mL
1/4 cup	sunflower seeds, raw, unsalted	50 mL
1/4 cup	sesame seeds	50 mL
3/4 tsp	bread machine yeast	3 mL

#### 2 lb (1 kg)

1-1/3 cups	water	325 mL
1-1/2 tsp	salt	7 mL
2 tbsp	vegetable oil	25 mL
3 tbsp	liquid honey	45 mL
1-2/3 cups	whole wheat flour	400 mL
1-2/3 cups	all-purpose flour or bread flour	400 mL
1/3 cup	buttermilk powder	75 mL
1/3 cup	pumpkin seeds	75 mL
1/3 cup	sunflower seeds, raw, unsalted	75 mL
1/3 cup	sesame seeds	75 mL
1 tsp	bread machine yeast	5 mL

#### 2.5 lb (1.25 kg)

1-3/4 cups	water	425 mL
2 tsp	salt	10 mL
3 tbsp	vegetable oil	45 mL
3 tbsp	liquid honey	45 mL
2 cups	whole wheat flour	500 mL
1-3/4 cups	all-purpose flour or bread flour	425 mL
1/2 cup	buttermilk powder	125 mL
1/2 cup	pumpkin seeds	125 mL
1/2 cup	sunflower seeds, raw, unsalted	125 mL
1/2 cup	sesame seeds	125 mL
1 tsp	bread machine yeast	5 mL

*Yes, you're reading it correctly:* The 2 lb (1 kg) and 2.5 lb (1.25 kg) recipes contain the *same* amount of yeast.

**3 lb (1.5 kg)**

2 cups	water	500 mL
2-1/2 tsp	salt	12 mL
1/4 cup	vegetable oil	50 mL
1/4 cup	liquid honey	50 mL
2-1/3 cups	whole wheat flour	575 mL
2-1/3 cups	all-purpose flour or bread flour	575 mL
2/3 cup	buttermilk powder	150 mL
2/3 cup	pumpkin seeds	150 mL
2/3 cup	sunflower seeds, raw, unsalted	150 mL
2/3 cup	sesame seeds	150 mL
1-1/2 tsp	bread machine yeast	7 mL

**Method:**

1. Measure ingredients into bread machine baking pan in the order recommended by the manufacturer of your machine. Insert baking pan into oven chamber.
2. Select Whole Wheat Cycle.

**Tips from the Pros:**

- Do not use roasted, salted sunflower seeds for this recipe. The extra fat and salt will make the loaf short and heavy.
- You can vary the kind of seeds you use, but keep the total amount the same.
- If your machine tends to bake darker loaves, try the Light Crust setting first.

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**Donna Washburn, P.H.Ec.** and **Heather Butt, P.H.Ec** are Professional Home Economists and co-authors of *300 Best Canadian Bread Machine Recipes* (Robert Rose Inc. 2009). They have extensive recipe development expertise working with many bread machine manufacturers and yeast companies. Other cookbooks by the same authors are: *250 Best Canadian Bread Machine Baking Recipes*; *125 Best Gluten-Free Recipes*; *Best Gluten-Free Family Cookbook*; *Complete Gluten-Free Cookbook*; *250 Gluten-Free Favorites*; and *125 Gluten-Free Bread Machine Recipes - to be released April 2010*. (All books published by Robert Rose Inc.). More information at [www.bestbreadrecipes.com](http://www.bestbreadrecipes.com) or contact [bread@ripnet.com](mailto:bread@ripnet.com).

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