Bread, Rolls, Muffins and Things Made with Flour:

(Last Updated 12-12-24)

Sourdough Recipes are in a separate 250 page document.

Skip Down for Bread Machine Recipes

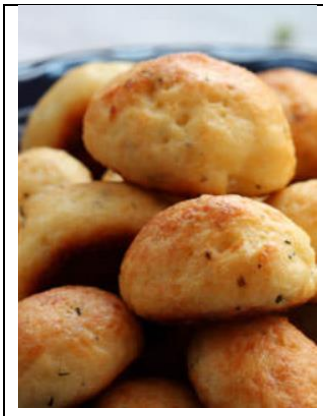
The point of making your own bread products is to avoid putting toxic preservatives in your body like potassium bromate and other foul chemicals and carcinogenic ingredients. Less chemicals=less sickness.

AVOCADO BREAD	DATE NUT BREAD (MOMS)		
BAKED CHEESE BALLS	EZEKIEL BREAD	PANCAKES	
BANANNA BREAD MUG	FLOUR TORTILLAS	SEVEN UP BISCUITS	
BASIC MUFFIN	HISTORY OF FLOUR	SURVIVAL BREAD	
CRAB CHEDDAR BAY BISCUITS	NO OIL NO SUGAR BREAD	TWO INGREDIENT BREAD	
CRACKERS	ONE HOUR YEAST ROLLS		

Avocado Bread – from Tik Tok (Its good, trust me)

2 very ripe Avocados
3/4 cup Sugar
3 Eggs
2 cups Flour
1 1/2 tsp. Baking Powder

Tips for making avocado bread:
Make sure to use overripe avocados as they're a lot easier to mash and break up any chunks. This bread comes together in one bowl and is a super easy quick bread recipe. You'll first line a bread loaf pan with parchment paper, or lightly grease.
Mix ripe avocados and sugar in a medium bowl until fully combined. Add the eggs and mix thoroughly. Combine your dry ingredients like the flour and baking powder and fold into the bread mix without over-mixing. Bake for 45-50 minutes in a preheated 350 degree oven or until a toothpick inserted comes out clean.

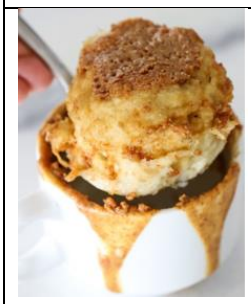


Baked Cheese Balls
You can fry the cheese balls as well but baking is a lot healthier.

Ingredients (Makes about 28-30 cheese balls)
3 cups grated semi-hard cheese
3 tbsp semolina flour
salt and freshly ground black pepper
1 egg
1 tsp fresh dill, chopped

Add ground breakfast sausage if you want something that will make you think about my Grandma.

Preheat the oven to 350°F (180°C).In a medium bowl mix the grated cheese with semolina flour. Then add the egg, salt, pepper and dill and mix thoroughly to form a dough. Take about 1 tbsp of mixture and shape into balls. Place the cheese balls on a greased baking sheet.Bake for about 15–20 minutes and another 3-5 minutes on broil.



BANANA BREAD MUFFIN IN A MUG
This easy Banana Bread Muffin in a Mug recipe is perfect when you want a quick breakfast for one in minutes! A great way to use up those brown bananas!
INGREDIENTS
1/2 very ripe banana
1/4 teaspoon vanilla extract
2 tablespoons all-purpose flour, or gluten-free flour mix
1 teaspoon sugar, optional but not needed
1/4 teaspoon baking powder
Pinch of salt
1 tsp oil of your choice, optional but not needed
Optional add ins:
mini chocolate chips, sprinkles, chopped walnuts, chopped pecans, hemp seeds, etc, (extra points)

BASIC MUFFIN
2 cups flour. sifted
3 teaspoons baking powder
1/z teaspoon salt
1 cup milk
1 egg
1/2 cup soft butter or margarine
3 tablespoons sugar

Mix together,in a medium size bowl, flour, baking powder and salt. Set aside.
Put remaining ingredients into container. Cover.
Press button 6 for 10 seconds or until well mixed.
Pour liquid mixture over dry ingredients in bowl. Stir until the dry mixture is moistened.
Do not overmix.
Fill muffin papers in muffin tins full. Use well greased muffin tin if paper cups are not used.
Bake in preheated 4000 oven for 20 to 25 minutes.
Yield: 1 dozen muffins

For variations: Add 4 strips crisp bacon to egg mixture before blending. Make banana muffins by adding 1 ripe banana. For spice muffins add to dry ingredients 1/4 teaspoon cinnamon and teaspoon nutmeg. For date muffins add 1/4 cup chopped and pitted dates to egg mixture

	after blending or chopped fresh strawberries or blueberries. Or create your own versions. These muffins can be frozen.
	**Crab Stuffed Cheddar Bay Biscuits with Lemon Butter (A Christmas Tradition with me and my kids-Lori)** Ingredients 1 package Cheddar Bay Biscuit Mix 1 tsp garlic 1 tsp Italian Seasoning Crab: 1 pound lump crab meat, be sure it is fully cooked ¼ tsp paprika ½ tsp onion powder ½ + cup mayonnaise 1 tbsp mustard ½ sleeve Ritz crackers, crushed 1 cup grated parmesan How To Make Crab Stuffed Cheddar Bay Biscuits with Lemon Butter Make the biscuit mix according to package directions, set to the side Preheat the oven to 375*, spray two muffin tins with nonstick spray In a bowl, combine the crab meat, paprika, onion powder, mustard, mayonnaise and crushed crackers Stir to combine well, adding a touch more mayonnaise if needed. Using a scoop, place some biscuit mix on your hand that has been dusted with flour, Form a cup type of biscuit Take a scoop of the crab mix and place it in the bowl part of the biscuit Cover the biscuit with a little more biscuit dough Continue until you have used all the dough Place each biscuit into a muffin tray Bake for 12 to 15 minutes Brush with a mixture of melted butter and 1 tsp of lemon juice
	**CRACKERS-Easy Homemade Roll Out Crackers** (Did you know other countries don't even sell Ritz due to their terrible nutrition content and carcinogenic ingredients) 1 cup whole grain flour, plus ¼ – ½ cup flour for flouring surface ⅓ cup + 2–4 Tbsp water ¼ tsp salt sea salt for topping (optional) Herbs (optional) Herb Combinations: Rosemary & sea salt Garlic & oregano Thyme & chives Italian seasoning & garlic Basil, thyme, & garlic Parmesan Cheese Step 1. Using your hands, combine flour and 1/3 cup of water in a medium bowl. If adding herbs, add 1 tsp per batch. Mix well until all the flour is wet. The dough needs to be stiff, but add additional water 1 Tbsp at a time if the dough is too stiff. Step 2. Divide the dough in half. Step 3. Using a rolling pin, roll half of the dough out onto a lightly floured silpat mat. Roll the dough to each edge and corner of the mat, rotating, flipping, and using flour as needed to prevent sticking. Roll the dough as thin as possible for a crunchy cracker, or leave it slightly thicker for a chewier cracker. Repeat with other half of dough. Step 4. Score the dough into desired size using a pizza cutter or a knife. Prick holes onto each cracker using a fork. Step 5. Bake in a preheated oven at 350 F for 10-15 minutes (10 min. For thin crackers, and 15 for thicker crackers), or until the crackers are medium brown and begin to pull up at the edges.

	Step 6. Remove from the oven. Eat immediately, or the next day. Store in a sealed container.
	**DATE NUT BREAD (Mom's Recipe) (Loretta Diman) (Loris Favorite)** Bake at 250 degrees for 1 hour 30 min. 2 Cups sugar 1 cup chopped dates 2 teaspoons vanilla 3 teaspoons baking soda 2 cups boiling water 2 tablespoons melted butter 2 eggs unbeaten 4 cups flour 1 teaspoon salt ½ to 1 cup pecans Mix chopped dates, baking soda and boiling water and allow to cool. Add butter, sugar and eggs and mix in the date mixture. Now add flour, salt, vanilla and nuts. Grease 5 or 6 #2 cans (gold lined) and fill half full with batter. (or use a loaf pan) Bake at 250 degrees for 1.5 hours. & Remove from can while still warm. (Eat it with a cream cheese spread) **DATE NUT BREAD RECIPE #2** You can cover the loaf with buttered foil and steam it for an even moister bread. This can also be baked in a 28-ounce can. 2 ½ cups chopped dates ¼ cup butter 1 cup boiling water ½ cup packed brown sugar 1 large egg 1 ½ cups all-purpose flour 1 teaspoon baking soda 1 teaspoon baking powder 1 teaspoon salt 1 cup chopped walnuts Preheat the oven to 350 degrees F (175 degrees F). Grease and flour a 9x5-inch loaf pan.

In a medium bowl, combine dates and butter. Pour boiling water over top and let stand until cool.

Stir cooled date mixture to break up any clumps. Add brown sugar and egg; mix until well blended.

Combine flour, baking soda, baking powder, and salt in a bowl. Stir flour mixture into date mixture until just blended. Stir in walnuts. Pour batter into the prepared pan.

Bake in the preheated oven until a wooden pick inserted into the center comes out clean, about 50 minutes.

DATE NUT BREAD CAJUN STYLE--Alternate Date Nut Bread Recipe from my Cajun Mother-in-Law (Beryl Considine) and by the way, she is deeply missed and left a legacy of how we should all strive to be women of God. I loved her dearly.

2 cups chopped dates
4 tablespoons softened butter
1 teaspoon baking soda
3/4 teaspoon table salt
1 cup milk or water or coffee (if you use water, add 1 tablespoon of lemon juice for the acidity)
2/3 to 3/4 cup light brown sugar or dark brown sugar, packed (depending on how sweet you want your bread)
1 large egg
1 tablespoon vodka, brandy or rum. (It wont taste like alcohol, it just helps marry the flavors)
1 teaspoon Pure Vanilla Extract
1/2 teaspoon baking powder
1 3/4 cups Unbleached All-Purpose Flour
1 cup coarsely chopped walnuts

Preheat the oven to 350°F. Lightly grease an 8 1/2" x 4 1/2" loaf pan.

Place the dates, butter, baking soda, salt, and brown sugar in a mixing bowl. Allow the mixture to cool for 15 minutes.

Add the egg, vanilla, baking powder, and flour, beating gently until smooth. Stir in the walnuts.

Pour the batter into the pan, gently tapping the pan on the counter to settle the batter.

Bake the bread for 45 to 55 minutes, tenting the loaf gently with foil after 30 minutes, to prevent over-browning. Remove the bread from the oven; a cake tester or toothpick inserted into the center should come out clean, and an instant-read thermometer should read about 200°F.

After 10 minutes, gently turn the bread out of the pan onto a rack to cool. Cool completely before slicing. Wrap airtight, and store at room temperature for several days; freeze for longer storage.

Tips from Lori:
She also would sometimes add caramel and/or vanilla at will.

Substitute boiling water for hot coffee: If you can't take coffee's acidity or caffeine, though, then substituting water or milk is fine. The bread may be slightly denser, due to the removal of coffee's

	acidity, which reacts with baking soda to produce rise; counteract this by substituting 1 tablespoon lemon juice for 1 tablespoon of the water.
	**EZEKIEL BREAD** (It's in the bible so I HAD to include it here.) PART 1: JUST THE MIX (Basically the flour for this unique recipe below) 2 cups Spelt 2 cups Kamut 2 cups Hard White Wheat 1/2 cup Millet 1/2 cup Barley 2 tbsp Lentils 2 tbsp Great Northern Beans 2 tbsp Black Beans 2 tbsp Garbonzo Beans Mix all together and store in an airtight container. For the bread, mill 3 cups of the mixture. PART 2: THE BREAD RECIPE 3 cups Ezekiel mix (from above) ground in a grain mill or blender 1 cup very warm water 105-110 degrees F 1/4 cup olive oil 1/4 cup honey 1 tsp salt 1 egg optional 1 tbsp lecithin optional 2 1/2 tsp instant yeast In the bowl of a stand mixer or a large bowl, mix the water, oil, honey, lecithin, egg, salt, and 2 cups of the flour. Mix well. Sprinkle the yeast and continue mixing while adding flour 1/2 cup at a time. Add enough flour until the dough begins to pull away from the side of the bowl. Knead for 10 minutes. Place dough in a greased bowl, cover, and allow to rise until doubled. Once doubled, deflate the dough and shape into a loaf. Place in a greased loaf pan. Cover and allow to rise until it tops over the pan. Preheat oven to 350 degrees F. Bake for 30-35 minutes. Remove loaf immediately from pan and place on a cooling rack. Allow to cool completely before slicing. The beans and lentils contain water which is released as they're kneaded, so the bread starts off dry but becomes suitably moist over the first knead. It will look dry for the first five minutes or so of kneading; resist the temptation to add more water for at least five minutes. People with diabetes and those trying to lose weight should only eat it in small amounts. Ezekiel bread is not consistent with a keto diet.

Flour Tortillas, The Simple Way

3 cups all purpose flour
2 teaspoons baking powder
1 1/2 teaspoons kosher salt
5 tablespoons salted butter, at room temperature (or coconut oil)
1 cup hot water

1. In a bowl, combine the flour, baking powder, and salt. Add the butter, then pour over the hot water. Stir until a shaggy dough begins to form.
2. Turn the dough out onto a floured counter. Use your hands to knead the dough for 1-2 minutes until it forms a smooth ball. Cover the bowl with a damp towel and let rest 10 minutes.
3. Cut the dough into 12-14 equal wedges, then roll each wedge into a ball (they don't need to be perfect). Use a rolling pin or a tortilla press to roll the dough out into an 8 – inch circle.
4. Heat a skillet over medium-high heat. Add a small drizzle of olive oil, then a tortilla. Cook 30-60 seconds, until little bubbles appear on the surface. Flip and cook another 30 seconds, or until the bottom is slightly golden. Set on a plate and cover with a towel. Repeat with the remaining dough.
5. Serve warm (yum!) or save for later. Keep the tortillas stored in an airtight container for up to 3 days.

Notes
Butter: I like the flavor of butter best, but coconut oil can also be used.
Storage: the tortillas can be stored in a food storage bag at room temperature for up to 3 days, or frozen for up to 3 months.

The History of White Flour

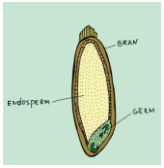
Where it all began

As long as we've been recording history, men and women have ground grain to make their daily bread. Traditionally, grains like wheat have been stoneground, which simply means that some variety of stone contraption was used to mill the flour. Throughout history, different cultures developed their own, increasingly modern methods for grinding flour.

Ancient Egyptians used a stone mortar. Later, that gave way to a design using two round stones stacked atop one another, where the top stone was turned with a handle. Eventually, user- and animal-powered milling methods were replaced with mills powered by wind and water. These methods were much more powerful and used two large stones to grind wheat slowly and gently.

White flour as a status symbol

Flour milled using the above methods is known as stoneground flour. It retains all the parts of the wheat kernel—the bran, endosperm, and the germ. The bran and germ are the bulkiest components of the wheat grain (also the most nutritious), so stoneground flours that leave these intact are coarser and have less rise when used in baking.



Ancient Egyptians are the earliest recorded example we have of humans seeking a finer texture for flour. Around 3000 B.C.E., the Egyptians began sifting flour using hand sieves. This helped separate the coarser parts of wheat grains from the finer grains—in essence, creating the first version of "white" flour. Achieving this finer flour was a time-consuming process, and typically only royalty could afford it.

Similar practices have been used by many cultures across the centuries. For example, in Medieval England, various cloths of differing weaves were used to sift flour in a process known as "boulting." With this finer flour, lighter and more exquisite baked goods could be produced—but only for those who could afford it.

	Because of the cost associated with achieving a light texture and whiter appearance, flour sifted in this way was a status symbol. Common people could only afford the coarser stoneground wheat flour, and the poorest individuals used cheaper varieties of flour made from grains like rye and barley. White flour – then vs. now Until about 1870, "white" flour was created using this sifting method. While the bulky parts of the bran and germ were removed physically, the flour still contained wheat germ oil, which passed on some of the nutrients from the wheat germ. However, between 1870 and 1890, the modern practice of milling flour using steel rollers became extremely popular. This commercial process not only milled flour at a high speed, but also enabled millers to separate the different parts of the wheat kernel. Thus, flour could be produced much more quickly, and millers could cut out the bran and germ and use only the soft endosperm. The result? Completely automated production of very fine white flour that the common household could more easily afford. In addition, this flour didn't include any wheat germ oil, making it far more shelf-stable as well as more attractive (a purer white vs. the grayish-white of hand-sifted white flour or stoneground flour). Within about 10 years of the introduction of commercial steel roller mills, many stone-grinding mills across Europe and North America went out of business—they couldn't compete with the efficiency of modern mills or the public desire for white flour. Everyone wanted a little bit of "royalty" in their home. Delicious, but not so nutritious While mass production of white flour was extremely popular (as well as lucrative for the milling industry), some unexpected and very big problems came with its rollout. Previously, common households used traditional stoneground flour varieties, which included all the naturally occurring vitamins and minerals from the bran and germ of the wheat kernel. Steel roller mills, however, discarded the bran and germ, leaving only the endosperm—a soft but nutritionally useless part of the wheat grain. Without these nutritious parts of the grain or even the oils from them, white flour produced with steel roller mills had virtually no nutritional value. This was problematic especially for the poorest households, for which wheat flour products had previously provided a significant portion of their daily nutrition (a reality that holds true even today). Studies estimate that by the 1930s, the average American was only getting one-third of the amount of thiamin as compared to when stoneground flour was the only variety available. As the preference for and consumption of white flour grew, deficiency-related illnesses started popping up—like beriberi (thiamin deficiency), pellagra (niacin/tryptophan deficiency), and anemia (iron deficiency). In the 1920s, Benjamin R. Jacobs began to document how modern milling practices resulted in the loss of vital nutrients. Recognizing that the milling industry was not simply going to revert to stoneground practices, he also began advocating for the addition of some of the lost nutrients—a practice we know today as enrichment. (Side note: while enrichment adds back nutrients that were naturally occurring in a product, fortification adds nutrients that weren't there before) The first tests of flour enrichment began in the 1930s. In 1941, the U.S. began mandating the enrichment of white flour-based food with iron, niacin, thiamin, and riboflavin (folic acid was added to this list in the 1990s). While this practice did not make white flour as nutritious as stoneground flours, it did almost immediately eradicate the deficiency-based illnesses that had been observed. Modern-day white flour Now that the nutritional implications are well known, these days it is illegal in most countries to sell white flour that has not been enriched. While enrichment is not a perfect solution, it does help to prevent large-scale vitamin and nutrient deficiencies like what we saw just a century ago.

	White flours like all-purpose flour in the U.S. remain the go-to flour for most home bakers and many commercial operations because it produces lighter products, better rise, and the finer texture of baked goods that we've become accustomed to. However, because of the highly processed, stripped-down nature of white flour, some prefer only whole grain flours. They see these flours as simpler, less processed, and with their full nutritional values still naturally intact. This or That? How Ingredient Swaps Impact Your Recipes, Part 2 (hint: It's the one about flour!).
	**No Oil, No Sugar, Banana Bread** This is a DENSE bread, the last one I made I actually weighed on my kitchen scale and it came to just under 2 1/2 lbs! This probably due to the 2 1/3 cups mashed bananas; I position my rack one notch lower than direct middle of my oven and it comes out perfectly. Ingredients: 2 cups whole wheat flour 1 teaspoon baking soda 1/4 teaspoon salt 1/2 cup sugar-free applesauce 3/4 cup honey 2 eggs, beaten 3 mashed overripe bananas How To Make It: Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9×5 inch loaf pan. In a large bowl, combine flour, baking soda and salt. In a separate bowl, mix together applesauce and honey. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan. Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.
	**One Hour Yeast Rolls** (from Gwen, who says its mom's recipe—whoever's rolls they are—they are so good) 2 pkg. yeast 1/4 cup warm water 1.5 cups buttermilk heated to lukewarm 1/2 cup sugar 1/2 cup melted shortening or oil 1 teaspoon salt 4 cups flour 1/2 teaspoon baking soda Dissolve yeast in warm water. Combine buttermilk, sugar, oil and salt. Sift flour and soda into a bowl. Mix yeast to milk and add to flour mixture. Mix well. Let stand 10 minutes. Roll out and cut into desired shapes. Melt butter in bottom of pan. Place rolls in pan and turn over to butter the tops. Let stand 30 minutes. Bake at 425 degrees for 10-12 minutes.

Best Homemade Pancakes

2 cups all-purpose flour, spooned into measuring cup and leveled off
4 teaspoons baking powder
¼ cup sugar
1 teaspoon salt
2 large eggs
1½ cups milk, plus more if necessary (or whipping cream or buttermilk for a fun swap)
4 tablespoons unsalted butter, melted and slightly cooled, plus more for cooking
Vegetable oil, for cooking

In a large bowl, whisk together the flour, baking powder, sugar and salt.
In a medium bowl, whisk the eggs and milk until evenly combined.

Pour the milk/egg mixture and the melted butter into the dry ingredients and whisk until just combined. If the batter seems too thick, add 1 to 2 tablespoons more milk.

Heat a griddle or nonstick pan over medium heat; coat it lightly with vegetable oil and swirl in a thin pat of butter. Ladle or drop the batter onto the griddle, using approximately ¼ cup for each pancake; cook until the first side is golden brown, or until the top surface bubbles and is dotted with holes. Flip and cook until the other side is golden brown. This happens quickly so peek after 30 seconds and watch carefully! Adjust the heat setting if necessary. Wipe the griddle clean with a paper towel between batches. Serve immediately with maple syrup.

Freezer-Friendly Instructions: The pancakes can be frozen for up to 3 months. After they are completely cooled, place a sheet of parchment or wax paper between each pancake and stack together. Wrap the stack of pancakes tightly in aluminum foil or place inside a heavy-duty freezer bag. To reheat, place them in a single layer on a baking sheet and cover with foil. Bake in a 375°F oven for about 8 to 10 minutes, or until hot.

7 Up Biscuits

2 Cups Bisquick Mix
½ Cup Sour Cream
½ Cup 7up Soda
¼ cup melted butter

Bake at 450 until lightly brown.

SURVIVAL BREAD

cups oats
2 1/2 cups powdered milk
1 cup sugar up to 1.5 cups
3 Tbl honey
3 Tbl water
1 pkg. lemon or orange Jell-O (3oz)

STEP 1
Combine oats, powdered milk and sugar. In a medium pan, mix water, Jell-O and honey. Bring to a boil. Add dry ingredients. Mix well. (If the dough is too dry, add a small amount of water a teaspoon at a time.) Shape dough into a loaf. (About the size of a brick.) Place on cookie sheet and bake at 350 degrees for 15-20 minutes. Cool. Wrap in aluminum foil to store. This bread will keep indefinitely, and each loaf is the daily nutrients for one adult.

	Well, the ingredients don't sound too bad, but that last line bothers me for some reason. Healthy food should deteriorate, shouldn't it? I have teenage boys and not much goes to waste around here, so I figured it was worth trying out. Even though the recipe doesn't specify, I used quick oats. As for the liquid, that little bit didn't even begin to cover it. It was so dry, I was still stirring mostly powder, so I ended up adding another 1/3 cup water plus more - almost 1/2 cup! It was very stiff, and very sticky. I wonder if I should have added less and got my hands in there and just packed it all together when it was still a lot drier. I don't know, but here's the results: It doesn't look so bad! AND - it actually tasted pretty good! It has a heavy powdered milk taste, which I'm not a big fan of, but with a little butter, or honey, or butter AND honey(!) I hardly noticed. I'm sure the recipe can be altered. Maybe less powdered milk and more oats? Unless it's formulated to an exact scientifically nutritional specification! :) But I doubt it. Has anyone else had any experience with survival bread? Or maybe if you have a different recipe you'd like to share, email it to me and I'll post it with your name. My email is naugafarm@gmail.com. I'm always looking for good recipes that are made from truly storage-type ingredients - things easy to store, and nothing out of the ordinary
	**2 INGREDIENT MILK BREAD** (NO YEAST, BUTTER, OIL, SUGAR OR EGGS) (Lengthy but included because it's interesting and you never know when you need to make whole wheat berries a part of your survival food) This is a very easy homemade bread. It's only 2 ingredients and doesn't require any yeast, butter, oil, sugar or eggs. The milk bread comes out soft and fluffy. It can be eaten as is or used for sandwiches, toast and more. three slices of milk bread. This may be the easiest bread loaf recipe I've ever shared. It takes less than five minutes to prepare and then the bread is ready to go into the oven. My family really enjoys this bread. INGREDIENTS Self-Rising Flour Milk (or milk alternatives like almond, oat, coconut milk) Self-Rising Flour: This recipe uses self-rising flour. If you do not have self-rising flour, you can easily make your own using all-purpose flour, baking powder and salt. See the recipe card at the end of the post for the exact amounts. Milk: I used whole milk but low fat milk will also work. I do recommend whole milk because it adds some fat to the recipe, which helps make the bread softer. You can also use dairy-free milk alternatives like soy milk, almond milk, oat milk or coconut milk. a loaf of bread with slices cut off. HOW TO MAKE EASY MILK BREAD The flour and milk are mixed together until no flour lumps remain. The mixture is then poured into a loaf pan and then it's ready to go in the oven. The bread bakes for about 35 minutes or until done. TEXTURE The bread has a similar texture to classic sandwich bread. It can be eaten right away with your favorite spread. You can also toast it or use it to make small sandwiches. We like using it to make open-faced sandwiches.

MORE INGREDIENTS YOU CAN USE FOR BREAD
(I looked this up after reading in the bible about bread in the Old Testament using only Olive Oil and Flour.) (Lori)

This article throws light upon the nine main ingredients used in making bread. The ingredients are: 1. Flour 2. Water 3. Yeast 4. Salt 5. Sugar 6. Milk 7. Egg 8. Oil/Fat 9. 9. Bread Improvers.

Ingredient # 1. Flour:
It is the main ingredient used in making breads. Usually strong flours are used in bread making. Wholewheat flours have lesser concentration of gluten as the bran content is increased. This causes a weaker structure in the bread. Since the bran particles are slightly abrasive, they cut the gluten fibres resulting in a loaf with a smaller crumb.

The presence of the bran particles also allows a higher moisture absorption, resulting in a fermentation time. When the germ is present in the flour there is a higher enzyme activity, as a result of which the gluten develops faster and the breads are made with a shorter fermentation time.

Ingredient # 2. Water:

Water is the most commonly used liquid in bread making. It moistens the flour and helps in forming the dough. It also aids in the baking process. Water performs the following three main functions in the bread dough.

1. Helps hydrate and moisten the insoluble proteins.
2. Disperses the yeast amongst the entire dough.
3. Binds the flour and other ingredients into a dough.

It is observed that the water content in the dough greatly affects the rate of fermentation. The speed of fermentation is greater in ferment and dough process as compared to sponge and dough process, which have an increasing level of hydration.

As the fermentation time increases it becomes essential to reduce the water content to effect a higher ripening of the dough. The amount of water present will also greatly affect the texture of the final dough obtained. Table 19.1 shows the uses of different types of dough.

Uses of Different Types of Dough

Hard water has a higher alkalinity. As yeast works best in an acidic medium, fermentation can be slower in the initial stages if hard water is used. However as the fermentation proceeds the acids produced will neutralize this alkalinity and then the fermentation will continue at a brisk pace. Also, the alkalinity and the mineral salts will tighten the gluten and thus the dough will be firmer.

Very hard water also has magnesium sulphate which has a retarding action on the yeast. Breads can be made with both hard and soft water, provided the physical adjustments are made. When the dough is needed for longer duration of time, the temperature in the dough increases due to friction.

This has to be watched carefully as the temperature of the dough should not go beyond 25°C for the yeast to start working. In such cases a baker often uses ice to make the dough. Ice keeps the fermentation activity of yeast at an ideal rate for gluten ripening.

	The quantity used will vary depending upon the time of kneading of the dough or the friction factor, and the dough temperature required. Ice used must be in the form of flaked ice so that it is evenly distributed in the bread dough and causes an even cooling of the dough. It can be safely said that 5 kg of ice will be equivalent to 4 litres of water. Ingredient # 3. Yeast: Yeast is a single cell microorganism which causes the leavening in the dough. It converts the natural sugar in the flour into tiny bubbles of carbon dioxide that are trapped in the dough. During baking these bubbles expand to give the texture and lightness to the dough. Yeast is available in two forms—dry and compressed. The ideal temperature for yeast to act is 25°C. The primary function of yeast is to change sugar into carbon dioxide so that the dough is aerated. When dispersed in water with yeast food, the yeast exudes an enzyme that changes sucrose into dextrose, which is then absorbed by the yeast cell. Inside the cell, this is broken down into carbon dioxide and other by-products. Yeast also has enzymes which change protein into simpler compounds which can pass through the yeast cell membrane. Yeast works best within a temperature range of 25 to 40°C. Above this, fermentation becomes rapid but the yeast gets weaker successively and is finally killed at 70°C. At this temperature, yeast is completely retarded though it is not damaged. Yeast can never dissolve completely in water, though it is just dispersed well into it. One could use a whisk to effectively distribute. Compressed yeast must be cold to touch and must possess a creamy colour breaking with a clean fracture. If it is light in colour, and is dry, warm, with a pungent odour, it is in poor condition and the quality of bread might not be good. If it is dark brown in colour with a soft sticky consistency and an unpleasant odour, it is unsuitable for use. Ingredient # 4. Salt: The main function of salt is to control the action of yeast as it slows down the fermentation process. It should be mixed with flour for best results. It also provides flavour to the bread. It also affects the quality of the crumb, crust, and colour of the baked product. So salt mainly performs the following functions: i. Imparts flavor; ii. Gives stability to gluten. iii. Controls the rate of fermentation. iv. Retains and of moisture; and v. Affects the crust colour and crumb, due to control on the rate of fermentation. More salt or less salt will adversely affect the final product as shown in Table 19.2. Effects of Less and Excessive Salt Ingredient # 5. Sugar: The main function of sugar is to act as food for yeast. It helps in developing flavour and colour. Sugar is the primary food that the yeast feeds on to produce alcohol and carbon dioxide. With the exception of lactose, yeast can break down all the other sugars present in the dough, either naturally in the flour or as an addition of sugar, mainly sucrose or sometimes, maltose.

	Flour naturally contains about two and a half to three per cent of sugar in the form of sucrose and maltose. This is enough for the yeast in the initial parts of the fermentation. However in the final proof when maximum of the sugar is required to be broken down for an optimum rise, the natural sugars are exhausted and the addition of sucrose or maltose is required. Like salt, too much sugar or less sugar will impact the dough texture (refer to Table 19.3). Impact of Sugar: Sugar has a solvent effect on gluten and this greatly affects the quality of the crumb in bread loaves. To counteract this, a mineral improver is used and excess salt is used as salt has a stabilizing effect on the gluten. Sugar has many roles to play in dough. Few of these are as follows: i. Sugar is the primary food for the yeast. ii. It helps improve the crust colour. iii. Sugar also acts as preservative and this behaves as an anti-staling agent. iv. Some sugars act as bread improvers. v. Sugar helps the bread to retain moisture, thereby keeping the bread moist. vi. Some sugars impart flavours, for example, treacle, honey, and demerara sugar. Ingredient # 6. Milk: It makes the bread whiter and softer, and provides moisture and a distinct flavour. Milk also has a physical effect on bread in the form of the tightening effect of gluten by the action of 'casein' or the milk protein. However boiling or pasteurization neutralizes the effect to a great extent. Lactose or milk sugar is the only sugar which cannot be fermented by yeast and hence it remains in the dough right till the end, resulting in a good crust colour. Milk is generally used in powdered and skimmed form and hence the amount of water taken up in the dough is slightly more, though not considerably. Ingredient # 7. Egg: Eggs are used for richness and to give lightness and colour. Eggs are again rich in protein and hence will tighten the gluten strands, but this effect gets balanced, as the fat in a yolk helps to soften the gluten as well. The use of eggs will yield softer bread. In many types of bread where a hard structure is required like hard rolls, one does not use eggs in the recipe. Ingredient # 8. Oil/Fat: It is used to provide flavour and softness to the texture. Different kinds of fats are used for different breads such as olive oil for focacia (Italian bread). Fats have a physical effect on breads rather than any chemical reaction. Fat being a shortening agent reduces the toughness of the gluten and mellows the final product. Fat also has lubricating effect on the fine gluten strands giving extra volume to the final product. These strands begin to slip over each other and thus affect the final quality. As the amount of fat increases, the fermentation rate decreases. This is because the fat will form a thin layer on the yeast cell membrane hindering the release and the absorption of the materials. Thus yeast quantity is slightly increased. Effects of Fat:

	The effects of using fat are as follows: i. It increases the nutritious value of the bread. ii. It reduces elasticity, softens the crust and the crumb. iii. It helps retain moisture in the baked product, thereby keeping it moist. iv. It increases volume if used extensively. v. Fats such as butter and lard give flavour to the product. vi. If used in large amounts, it retards fermentation. Ingredient # 9. Bread Improvers: Flour is of variable quality and hence it becomes necessary at times to add bread improvers to the dough to bring the final product to a set standard. Bread improvers may be divided into three main categories. These include: i. Those of mineral nature, used by the miller. ii. Those of organic nature, mainly enriching agents. iii. Those of the mineral and organic categories which are also foods for yeast. Mineral improvers are popular because they increase the yield of the bread by necessitating the use of extra water. Some of the mineral improvers have a slight drying effect on

BREAD MACHINE BREAD

Did I mention how much I love this machine?

(KBS: byran@jmkbs.com)

BASIC BREAD	FRENCH BREAD	PIZZA DOUGH	SUGAR FREE BREAD
	JAM	PUMPKIN SOURDOUGH	SWEET BREAD
	LEAVEN DOUGH	QUICK BREAD	TIPS AND TRICKS
	MILKY LOAF	RAW DOUGH	
		SOURDOUGH	

The raw dough setting prepares dough without rise for whatever you're using it for (rolls, pasta noodles, baguettes, etc). The leaven dough setting allows the bread to rise then can be taken out to use for whatever purpose. The ferment setting is simply to allow your dough a place to rise.

BASIC BREAD	Note: 1LB≈15oz-17.7oz, 1.5LB≈22.5oz-26.5oz, 2LB≈30oz-35.3oz Precautions: 1. Milk powder and eggs in the formula can be replaced. One egg is equivalent to 50ml water, and the egg in the formula can be replaced with 50ml water. 2.Butter that are cut into small cubes is preferred, and edible oil can also be used instead. 3.Use bread flour to make bread, and use low-gluten flour to make cakes, biscuits, etc. Please be sure to choose the correct flour to make delicious bread. 4. Gluten-free flour should be used to make gluten-free bread. Common gluten-free flours on the market are usually further processed on the basis of wheat flour. 5. Excessive fermentation may occur in the hot summer, so the amount of yeast powder can be appropriately reduced. 6. The water in the recipe can be replaced with milk, and the milk powder in the recipe can be ignored after the water is replaced.

Basic White Bread--Bread Machine Recipe

1 Cup (227g) Lukewarm water
1/3 (74g) cup lukewarm milk
3 Tablespoons of butter (43g)
3.75 Cups flour (450g) Unbleached All Purpose
3 Tablespoons (35g) granulated sugar
1.5 Teaspoons (9g) Salt
1.5 Teaspoons active dry yeast or instant yeast

Just dump it all into the bread machine liquids first, and yeast last.
Use KBS Breach Machine Setting #6 (about 1.5 hours till done)

Store on counter up to 3 days or in the freezer for up to 3 months.

1. Soft bread

	1LB	1.5LB	2.0LB
Water	180ml	240 ml	280ml
Butter	2 tablespoons	2 tablespoons	3 tablespoons
Salt	1/2 teaspoon	1/2 teaspoon	1 teaspoon
Sugar	1 tablespoon	2 tablespoons	3 tablespoons
Milk powder	2 tablespoons	3 tablespoons	5 tablespoons
Bread flour	1 7/8 cups / 300g	2 1/2 cups / 400g	2 7/8 cups / 460g
Yeast powder	1/2 teaspoon	2/3 teaspoon	1 teaspoon

FRENCH BREAD

4. French

	1LB	1.5LB	2.0LB
Water	170ml	220 ml	290ml
Butter	2 tablespoons	2 tablespoons	3 tablespoons
Salt	1/2 teaspoon	1/2 teaspoon	1/2 teaspoon
Milk powder	2 tablespoons	3 tablespoons	4 tablespoons
Bread flour	1 3/4 cups / 280g	2 1/4 cups / 360g	3 cups / 480g
Yeast powder	1/2 teaspoon	2/3 teaspoon	1 teaspoon

Check out "Making French Bread in the KBS bread machine~YouTube ~ Butterfly Meadows Homestead. She explains all that and rarely uses it. She is very knowledgeable about bread.

JAM

Jam

The bread maker can make a variety of jams with extremely delicious flavors. When making jam, choose the fruits you need, such as oranges, pineapples, apples and strawberries, and estimate the amount of fruit to be used according to the recommended recipe. Wash, peel and de-core, and cut the fruit into 3cm cubes, then use a juice maker or a blender to beat the fruit cubes into delicate fruit paste, and prepare the ingredients according to the jam recipe in the manual. Select the "Jam" function and start the machine. Select Menu 13, and the default time is 1 hour and 5 minutes. Baking Color, Weight or Time is not available for the function. When jam is ready, there will be a sound prompt. Take out the bread pan, and pour the jam into a container after cooling. Notice: The freshly made jam is very hot, so keep it out of reach of children to prevent burning. 30

Orange (Peel and cut into small dices.) 600g/21.2oz
Sugar 2 cups / 300g
Gelatin or pudding powder 1/3 cup

LEAVEN DOUGH

Leaven Dough

The bread maker can be used as a dough fermenting machine. You can prepare the ingredients according to the dough fermenting recipe in the user manual, or according to your own needs (salt, sugar, milk powder, etc. may not be added). Then select the "Dough Fermentation" function and start the machine. Select Menu 12, and the default time is 1 hour and 24 minutes. Baking Color or Weight is not available for the function. When the dough fermentation is completed, the buzzer will sound. You can also stop the fermentation process in advance according to the degree of fermentation you need.

Water 240ml
Vegetable oil 2 tablespoons
Salt 1 1/2 teaspoons
Sugar 1 tablespoon

<table>
<tr><td></td><td>Bread flour 2 7/8 cups / 460g
Yeast powder 1 teaspoon</td></tr>
<tr><td>MILKY LOAF</td><td>9. Milky loaf
<table>
<tr><th></th><th>1LB</th><th>1.5LB</th><th>2.0LB</th></tr>
<tr><td>Pure milk</td><td>1/2 cup / 120ml</td><td>3/4 cup / 180 ml</td><td>11/12 cup / 220ml</td></tr>
<tr><td>Egg</td><td>1 egg</td><td>1 egg</td><td>1 egg</td></tr>
<tr><td>Butter</td><td>2 tablespoons</td><td>2 tablespoons</td><td>3 tablespoons</td></tr>
<tr><td>Salt</td><td>1/2 teaspoon</td><td>2/3 teaspoon</td><td>1 teaspoon</td></tr>
<tr><td>Sugar</td><td>2 tablespoons</td><td>3 tablespoons</td><td>4 tablespoons</td></tr>
<tr><td>Milk powder</td><td>2 tablespoons</td><td>3 tablespoons</td><td>5 tablespoons</td></tr>
<tr><td>Bread flour</td><td>13/4 cups / 280g</td><td>23/8 cups / 380g</td><td>27/8 cups / 460g</td></tr>
<tr><td>Yeast powder</td><td>1/2 teaspoon</td><td>2/3 teaspoon</td><td>1 teaspoon</td></tr>
</table></td></tr>
<tr><td>PIZZA DOUGH</td><td>1-1/3 cups water,
1/4 cup olive oil,
3-1/2 cups I bleached all purpose flour,
1 tbsp sugar,
1-1/2 teaspoons salt
2 teaspoons of SAF yeast

Dump it all into the bucket in this specific order, and set the bread machine to setting 11 (dough mixing mode) and in 23 minutes, you will have enough dough for 2 large pizzas! You can cut the dough in two chunks and place them in plastic bags and refrigerate or freeze.</td></tr>
<tr><td>PUMPKIN SOURDOUGH</td><td>Pumpkin Sourdough:
100g starter
100g pumpkin (canned or fresh)
275g water
500g flour
65g brown sugar
10g salt
1tsp cinnamon
1tsp pumpkin pie spice
Dump it all on the machine on sourdough setting and go.</td></tr>
<tr><td>QUICK BREAD</td><td>6. Quick
<table>
<tr><th></th><th>1LB</th><th>1.5LB</th><th>2.0LB</th></tr>
<tr><td>Water (104-122 °F)</td><td>170ml</td><td>220 ml</td><td>280ml</td></tr>
<tr><td>Butter</td><td>2 tablespoons</td><td>2 tablespoons</td><td>3 tablespoons</td></tr>
<tr><td>Salt</td><td>1/2 teaspoon</td><td>1/2 teaspoon</td><td>1/2 teaspoon</td></tr>
<tr><td>Sugar</td><td>1 tablespoon</td><td>2 tablespoons</td><td>3 tablespoons</td></tr>
<tr><td>Milk powder</td><td>2 tablespoons</td><td>3 tablespoons</td><td>4 tablespoons</td></tr>
<tr><td>Bread flour</td><td>13/4 cups / 280g</td><td>21/4 cups / 360g</td><td>27/8 cups / 460 g</td></tr>
<tr><td>Yeast powder</td><td>1 teaspoon</td><td>2 teaspoons</td><td>3 teaspoons</td></tr>
</table></td></tr>
</table>

RAW BREAD MACHINE DOUGH

Raw Dough for Buns, Rolls and Etc.

The " Raw Dough" operating instructions are basically similar to the "Bread" operating instructions. Prepare the ingredients according to the Raw Dough recipe in the user manual (salt, sugar, milk powder, etc. may not be added), then select the " Raw Dough" function and start the machine. Select Menu 11, and the default time is 23 minutes. Baking Color or Weight is not available for the function. When the dough kneading is completed, there will be a beep.

Water 240ml
Vegetable oil 2 tablespoons
Egg 2 eggs
Salt 1 1/3 teaspoons
Sugar 1 tablespoon
Bread flour 3 cups / 480g

SOURDOUGH

Just use the same recipe as you would with handmade sourdough. Just dump it all in the machine and set for sourdough and wait. (In my KBS Machine it is setting #3 and it takes about 6.5 hours to complete)

3. **Natural Sourdough**

	1LB	1.5LB	2.0LB
Water	140ml	160 ml	220ml
Oil / Butter	1 tablespoon	1 tablespoon	2 tablespoons
Salt	1/2 teaspoon	3/4 teaspoon	1 teaspoon
Sugar	1 tablespoon	1 tablespoon	2 tablespoons
Milk powder	2 tablespoon	3 tablespoon	4 tablespoons
Bread flour	1 3/4 cups / 280g	2 cups / 320g	2 3/4 cup / 440g
Yeast powder	1/4 teaspoon	1/3 teaspoon	1/3 teaspoon
Sourdough Starter	1/4 teaspoon	1/3 teaspoon	1/3 teaspoon

Recipe above is for the **KBS recipe** for sourdough.

Recipe Below is for my homestyle sourdough using starter:

Standard Sourdough Recipe Using Starter

Ingredients for Standard Dutch Oven Loaf	Ingredients for KBS Breadmaker 1.5 lb. Loaf
500 g Unbleached Organic All Purpose Flour	250 g Unbleached Organic All Purpose Flour
450 g Organic Bread Flour	225 g Organic Bread Flour
200 g Active Starter	100 g Active Starter
20 g Sea Salt	10 g Sea Salt
650 g Warm Water	325 g Warm Water
15 g Olive Oil (or butter)	8 g Olive Oil (or butter)

Directions for 1.5 lb. loaf in the KBS Bread Maker:

Dump all the ingredients into the bread machine. Set the machine to bread setting #3 (a 6.5 hour process) and use the setting for a 1.5 lb loaf. Start. That's it.

TIP: Sourdough in the bread machine can be kind of dense, so if you want lighter bread you can either prepare it so the dough is a little wetter OR use the bread machine to mix the dough and do the first couple of stretch and folds..but then take the dough out just before it begins to bake (at about the 5th hour) and put it in your dutch oven and let it rise one more time for 5-8 hours then bake it and you will get that classic sourdough consistency with the delightfully perfect crust.

Directions for Handmade Sourdough in a Dutch Oven:

1. Feed your already active starter (50g flour & 50g warm water) about 12 hours before you are ready to mix your dough.
2. Combine active starter with water in a large mixing bowl and stir until smooth and combined.
3. Add bread flour, all purpose flour, salt and olive oil to the mixture.
4. Use a dough hook on a mixer to combine or use a stiff wooden stir stick or your hands to combine well until smooth.
5. Cover the bowl with a tea towel and let rest for about an hour at room temperature.
6. Uncover and begin the first stretch and fold.
7. How to stretch and fold: Wet your hands and pick up the dough on one side to stretch it up and over itself. Continue on all four sides.
8. Cover the dough again and let sit for another hour.
9. Perform stretch and fold again.
10. Cover and let ferment in a bowl for 8-10 hours. This step is very important. This process is called "**bulk fermentation**".
11. At the 6-8 hour mark of your bulk fermentation you need to stretch and fold the dough. Let it rest for 2 more hours then complete the second stretch and fold.
12. Now, finally, shape your dough into a ball.
13. If you have a banneton place your ball of dough into a gently floured (use rice flour) banneton to **proof.**
14. If you don't have a banneton place your ball of dough onto a gently floured piece of parchment paper (NOT wax paper) to proof.
15. Let the dough rest inside the banneton or on the parchment paper for 1-2 hours.
16. Once the dough has rested, you can now score your dough. This is when you use a bread lame to cut design into your dough.
17. Thirty minutes before you're ready to bake preheat the oven to 450F degrees with your Dutch oven already inside while preheating.
18. Using high heat resistant gloves, remove the Dutch oven and the lid. Place the dough while still on the parchment paper, directly into the Dutch oven cover. And bake for 20 to 35 minutes.
19. Remove the lid and bake for 15 to 25 minutes longer, or until the loaf appearance is Golden Brown.
20. Finally remove the sourdough from the Dutch oven and allow to cool for at least an hour before cutting into it.

Storage:
Sourdough is a high protein and high gluten containing bread. That means it should not be stored the same way as store bought loaf of bread. It also does not have any preservatives. The best way to store sourdough and keep it from drying out is by covering it with a beeswax wrap or beeswax bread bag. Store it with the cut side down when possible. Sourdough stores great frozen. You just want to properly cover it fully with beeswax wrap and store no longer than a month. When you're ready to use it, just

remove it from the freezer, bake it 350 degrees just long enough to warm it up to slice and eat.
It will last for two or three days on the counter, or you can refrigerator freeze it.

SUGAR FREE BREAD

7. Sugar-free

	1LB	1.5LB	2.0LB
Water	120ml	160 ml	220ml
Butter	2 tablespoons	2 tablespoons	3 tablespoons
Salt	3/4 teaspoon	1 teaspoon	1 1/4 teaspoon
Xylitol	3 tablespoons	4 tablespoons	5 tablespoons
Milk powder	2 tablespoons	3 tablespoons	4 tablespoons
Bread flour	1 3/4 cups / 280g	2 1/4 cups / 360g	2 7/8cups / 460g
Egg	1 egg	1 egg	1 egg
Yeast powder	1/2 teaspoon	2/3 teaspoon	1 teaspoon

SWEET BREAD

2. Sweet bread

	1LB	1.5LB	2.0LB
Water	160ml	230 ml	260ml
Butter	2 tablespoons	2 tablespoons	3 tablespoons
Salt	1/2 teaspoon	1/2 teaspoon	1/2 teaspoon
Sugar	3 tablespoons	4 tablespoons	5 tablespoons
Milk powder	2 tablespoons	3 tablespoons	4 tablespoons
Bread flour	1 3/4 cups / 280g	2 1/2 cups / 400g	2 7/8 cups / 460g
Yeast powder	1/2 teaspoon	2/3 teaspoon	1 teaspoon

TIPS AND TRICKS

How to make the most successful loaves in your bread machine
5 bread tips for home bakers.

Tip: A cup of flour weighs about 160g(5.6oz).

Let's make some bread. We'll go with our most popular bread machine recipe: Bread Machine Bread — Easy As Can Be.
Begin by putting everything into the bucket of your bread machine. Putting the liquids in first makes the dough (and baked bread) less prone to floury spots.

Note: There is a setting on the KBS Bread Machine for CAKE..but be warned: The cake made entirely by machine is relatively dry and solid…so maybe stick to bread.

Tip 1: Open the lid and check the dough as it kneads.
So many people seem afraid to "interfere" with their bread machine as it works. But honestly, nothing bad will happen if you open the lid and poke at the dough.
Start watching the dough about 10 minutes into its kneading cycle; it shouldn't be viscous and liquid-like, nor dry, stiff, and "gnarly." As fellow blogger Susan Reid says, "If you touch the dough and your finger comes back coated, the dough is too wet. If you touch the dough and it feels like poking a beach ball, it's too dry."

The dough should have formed a cohesive unit and, if not "smooth as a baby's bottom" yet, should be headed in that direction. If it's not, add more flour (if it's too soft), or water (if it's dry).

Bread dough 10 minutes into kneading.

Fully kneaded dough.

Tip 2: Once the dough is done kneading, take a paper towel and wipe any excess flour out of the bucket.

This step takes just a few seconds and will help prevent floury spots on the baked loaf's crust.

Tip 3: To prevent big rips and holes in the bottom of your loaf, take the paddles out of the bucket before the loaf bakes, just before its final rise.

The timing for this can be a bit tricky; but once you figure it out, you're good to go forever.

Get out your kitchen timer, and put it in count-up (stopwatch) mode. Start your timer when you press "Start" on your bread machine (even if your machine has a "rest" or "preheat" mode right at the beginning); you're simply trying to gauge the amount of time between when you press start, and when the final rise begins.

You want to be around when your bread starts its final rise. Most bread machine manuals show a timeline of steps: e.g., preheat 31 minutes, knead 19 minutes, first rise 35 minutes, second rise 20 minutes, etc. A little simple arithmetic will give you an idea of when the final rise will start.

Hang around the kitchen when you figure that final rise is imminent. You'll hear the machine start up momentarily; it'll be knocking down the dough, which means the final rise is about to begin. When you hear that happen, stop your timer and check the time. (On our Zojirushi Virtuoso, it's 1 hour, 45 minutes).

So there you have it: You now know, for the next time you bake bread, that 1 hour, 45 minutes (or whatever) will elapse between the time you press "Start" and when the final rise begins. So whenever you make bread-machine bread and want to remove the paddles before the loaf bakes — pull out your timer and put it to good use.

Reach into the bucket, move the dough aside, and lift out the paddles.

How your bucket should look with paddles removed.

This step will result in loaves of bread without that noticeable divot at the bottom.

The loaf on the right baked with its paddles in. On the left, no paddles. What a difference!

Tip 4: Reshape the loaf before its final rise.

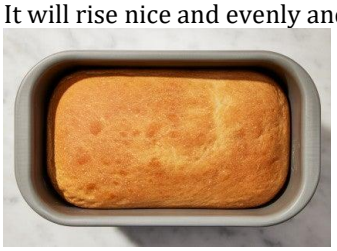
This is where you prevent ski-slope loaves — unevenly shaped bread that's much higher on one end than the other. When you open the lid of the machine to remove the bucket's paddles, check out the shape of the loaf. It might be just fine, filling the pan from end to end. Or it might look like this:

If the dough isn't evenly dispersed in the machine, it can lead to misshaped loaves.

If the dough isn't in an acceptable loaf shape, take it out of the bucket, shape it into a nice, symmetrical log, and put it back into the bucket.

Shaping the dough before baking results in prettier loaves.

It will rise nice and evenly and bake into a lovely loaf.



Tip 5: Cool the bread in the machine, instead of on a rack on the counter.

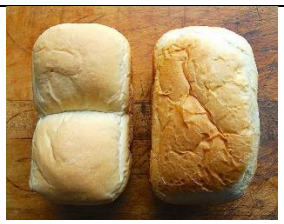
Isn't it annoying when you've done everything right, and your loaf still comes out looking ... well, not as good as it could?

You've pulled your gorgeous loaf out of the pan, and within minutes it develops a crust as wrinkled as Yoda. What's up with that? And how do you prevent it?

As soon as your bread is done, remove the bucket from the machine, take out the bread (which will be easy, since the paddles aren't there to impede its progress), and gently set the loaf back into the machine, sans bucket. *Note: While setting the loaf back into the machine without its bucket is a reasonable option with our Zojirushi machines, it may not work well in other brands' machines. Let experience with your own machine be your guide here.*

Crack the lid open an inch or so, and let the bread cool right in the turned-off machine. The still-warm (but gradually cooling) air helps prevent moisture from condensing on your loaf's surface — no wrinkles!

So, what's the baking science behind this? If your loaf hits the cooler air outside the machine, any moisture migrating from inside reaches the top surface and condenses, forming water droplets that cause the crust to shrink unevenly — in other words, to wrinkle.

	 The loaf on the right cooled on the counter — check out those wrinkles.  This bread machine bread is ready for sandwiches.

Check it out on Etsy:
LOBE LOGIC Heavy Earring Holder Hanger Ear Relief Support Hooks Choose From: Gold, Silver, Bronze & Black - Etsy

Also on Etsy a complete list of my Recipe Collections

Recipes List of Documents and Pages (839 recipes in all plus over 400 other bonus pages with health and Herbals and Charts and other useful information)
Bonus Pages in Yellow

TOPIC	WORD DOC PAGES	Linked Table of Contents?	# of actual recipes
Main Dishes	44	linked	83
Napkin Folding	15	Needs Re-Do	
Mostly Plant Based Recipes	131	linked	81
Salads	21	linked	34
Sides	31	linked	66
Soups	20	linked	26
Sourdough Bread	120	linked	57
Storage	32		
Meal Prep-Humor Only	8		
Cookies & Candy	22	linkable	48

Appetizers	21	linked	47
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Herbals	321	linked	
Vinegar	3	Linked	
Meal Prep Ideas		In Development Stage	

Check out my Etsy page for these heavy earring support hooks:
https://lorilogicland.etsy.com