

RANDOM HOUSE  BOOKS

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The Breadmaker Bible  
Karen Saunders

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# **About the Book**

The ultimate must-have breadmaker cookbook.

Over 100 recipes to take you through each day, from breakfasts to midnight feasts.

Recipes can be made in any machine regardless of make or model.

## About the Author

Karen Saunders is the author of *The Breadmaker Bible*, *Traditional Breads for Your Breadmaker* and *Tips for Your Breadmaker*, all published by Ebury Press, as well as the small books *Allinson Bread*, which sold more than 250,000 copies (mainly through Sainsburys), and *Allinson Continental Deli Cookbook*, which sold more than 125,000. She is a qualified home economist and an expert in breadmaking and works closely with the Allinson Baking Club, developing recipes and offering help and advice to members. Karen lives in Somerset with her husband and two children.

# THE Breadmaker Bible

**Crostini to Croutons, Sourdough to Stollen**

New ideas, clever techniques and exciting recipes

Karen Saunders



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For Sonia and Simon

# Introduction

**What is it about breadmakers? I remember my first conversation with Sonia Allison and discussing this very point. Little did we know then just where that conversation would lead us.**

Both of us could hold our own where food, cooking and baking were concerned and both of us had started dabbling with these curious, new, trendy kitchen gadgets. In the beginning they seemed almost alien to us as we'd both learned to bake the traditional way, but destiny was taking us down the same path: my job – advising consumers and writing bread recipes for Allinson flour – meant I had had to become a dab hand at using breadmakers in a very short space of time; and, recognising the potential of this market, Sonia had started sowing the seeds for what was to become her *Complete Bread Machine Cookbook*.

Between us we spent endless days trying out different recipe combinations, Sonia in Watford and me in Wiltshire, our experiences enlivened by many lengthy telephone conversations comparing notes. And we had wonderful afternoons together laughing about our trials and tribulations while enjoying one of Sonia's fabulous home-made cakes.

Sonia's sudden death in the summer of 2002 put an untimely end to our union. Our friendship gave me great joy and I am reminded of Sonia's determination and spirit every time I bake a loaf. It is an honour and a pleasure to continue her work and further our collective cause with the production of this book.

Starting to use a breadmaker throws up a host of immediate questions and challenges. What is this plastic cup for? Which yeast and flour should I use? Why must I add the ingredients in a certain order, and what's the

difference between the white, wholemeal and French programmes? When Sonia first started her book there was a need for clear, concise explanation; consumers wanted a recipe book that was allied to British baking and one that bridged the gap between cup measures and good old grams and ounces. *The Complete Bread Machine Cookbook* did this perfectly and so, in writing its sequel, I have moved on a stage. In this book you will still find all the basic information you need if you're a complete novice, but also recipes tempting enough to guide you to more advanced baking. But central to the philosophy of this book is making your daily bread work for you.

So, whether you're looking to find loaves to complement special dietary requirements, to boost nutrients for children, or the best bread for barbecues, breakfasts and packed lunches, it's all here in one essential volume. I've also enlisted the help of my good friend Dan De Gustibus, the award-winning artisan baker and proprietor of the De Gustibus bakeries and cafés in London. I've had the pleasure of working with Dan on many projects over the years and we've mixed a good few doughs together. I thank him for his inspiration for the wonderful breadmaker sourdoughs in this book.

**Karen Saunders**



# The Breadmaker Phenomenon

**I'd class myself as a bit of a cook, the sort of person you'd expect to have a breadmaker. But breadmakers attract more than just us cooks. They've become less scary than a hand-mixer and trendier than espresso machines and everyone seems to have one. Just think, how many times have you heard 'Oh, and I got a breadmaker for Christmas'? I mean, my father, who incidentally is the sort that eats baked beans from the tin, and my sister, the queen of convenience food, have both readily turned their hands to breadmaking using these marvellous machines. And both of them regularly produce an impressive repertoire that makes the bread fixtures of your average supermarket look decidedly dull.**

Making bread in a breadmaker is a whole new experience. If you're a seasoned bread machine owner you'll realise, as Sonia and I did, that everything you may once have learned about yeast cookery is mostly irrelevant. Using a breadmaker needs an entirely different approach - maybe that's why my dad and my sister can do it so well and why Sonia and I had to start from scratch.

Getting to know your breadmaker is very important. Tedious as it may seem, it's important to know how the cycles work, how the dough should look and feel at every stage and also how the machine sounds. Can you tell if your machine is kneading a stiff or a soft dough by the sound it makes? Well, if you make a habit of listening and lifting the lid to feel the dough as it's worked you'll learn the characteristics of the best dough for your particular model. By doing this you'll be able to make adjustments to recipes during the kneading cycles should your dough be too wet

or too dry. This means you can put any potential problems right before it's too late.

## **Helpful Hints**

Successfully using a breadmaker is easy as long as you follow a few basic rules:

- If you are new to baking with a breadmaker, take the time to read the hints and tips in this book and in your manufacturer's handbook before you start. Then practice with basic loaves until you are familiar with how your machine works before moving on to the more advanced recipes.

- Measure your ingredients carefully and accurately. Either use the plastic cup provided with your machine or metric or imperial measures. Follow one set of measures only; NEVER mix them. ALWAYS use the plastic spoon provided for measuring teaspoons and tablespoons. NEVER use household cutlery as their size varies greatly.

If you're a fan of grams and ounces, I strongly recommend investing in a set of electronic scales that measure both liquid (ml/fl oz) and dry ingredients (g/oz) for the best results. In most cases you can stand the breadmaker bucket on top of the scales and measure directly into it, which is much quicker and it saves washing up.

- Always use instant or fast-acting dried yeast (also called easy-bake yeast). This yeast is available in sachets and now in larger packs that are more convenient if you bake every day. Be particular about the storage and use-by information on the packet and don't try and save partially used sachets for next time – the yeast will become inactive and your bread will not rise.

Do not use fresh yeast in your breadmaker. Although some manufacturers persist in recommending traditional dried active yeast (usually sold in tins), I would not advise it for breadmaker use. This yeast is designed for traditional hand baking and is best used only for this purpose.

- Always add the ingredients in the order specified for your particular model. Most machines put the wet ingredients in first, followed by the flour and then the yeast. Some machines advise the reverse - adding the yeast first, then the dry ingredients followed by the liquid. If your machine recommends this, then, when using my recipes, simply reverse the order in which the ingredients are added to the bucket by reading the list from bottom to top. In both cases the aim is to keep the yeast away from the moisture; as soon as yeast meets moisture it starts to activate and you don't want this to happen until your bread starts mixing to ensure there is enough power left in the yeast to rise the bread.

Some books also recommend keeping the sugar and salt away from the yeast. If you get into the habit of adding liquid, sugar, salt, flour then yeast - or completely reversing this order - then you'll soon find you do this automatically. Sonia's method was to add half the flour, then the sugar and salt and then the other half. I always forgot to do this, so all my recipes follow the sequence I've outlined, with the exception of the sourdough-style recipes where I've kept the salt and sugar away from the delicate starter by using the flour as a buffer.

- Although some instruction books advise against lifting the lid, I'd definitely advise you to look at your dough as it's mixing and kneading. It's even worth having a quick feel of it. Also, listen to the motor of your machine and, with practice, you'll find you are able to judge whether it's kneading a stiff dough or mixing a soft one just by the

sound of it. This will all help build your knowledge of what a good dough looks and feels like; and, as you become more experienced, you'll know whether the dough is just right, too wet or too dry. Do not lift the lid during the rising or baking cycles. The only time I ever do this is to quickly brush on an Egg Wash ([see here](#)).

- Even though breadmakers control the environment in which they bake the bread, the external environment can still affect them. When in Australia recently I was talking to a bread machine owner about this and she was describing how on really hot and humid days she sometimes cannot produce a satisfactory loaf. It's worth bearing this in mind if you suddenly have a failure of a tried and trusted recipe. Have you just put the central heating on; or is it very hot or humid?

In general keep your machine in a dry and draught-free place at a comfortable room temperature. Never keep it outside or in the garage and never in direct sunlight or next to the hob or oven. Ensure there is ample space around and above your machine for air to circulate and that the air vents are not obstructed. Take care when the machine is baking as the outside can get quite hot and the air vents may puff out steam.

- If you are using a fan oven to bake doughs made in your breadmaker, you may need to reduce the temperature slightly from that given in the recipe - usually by about 10-20°C, depending on the recipe.
- Never put your breadmaker baking pan in the dishwasher as it will damage the paddle mechanism and never use metal utensils in it as they will scratch the non-stick surface. If your paddle gets stuck in the bottom of your bread, carefully remove it with a pair of plastic kitchen tongs, taking care not to damage the non-stick surface of

the paddle. It's worth noting that most manufacturers sell extra paddles and buckets, if yours ever need replacing.

- In some recipes it may be necessary to scrape excess flour into the mix/dough from the sides of the bucket as the dough is mixing. This is especially true when making gluten-free or yeast-free bread as the dough is not so elastic and more cake-like. I use a small but long-handled plastic spatula for this purpose (intended for scraping the last bit of sauce from the tomato ketchup bottle!) and it works a treat.

- As there are now so many different breadmakers on the market, with new models coming out all the time, it is impossible within the limits of one book to write recipes for the capacity of every machine. All machines have a cycle based on approximately 450 g/16 oz/3 cups of flour and I have used this as a basis for all the recipes in this book. Recipes for larger loaves based on 600 g/21 oz/4 cups of flour are given in the Basic Breads chapter to help get you started. You can then use these as a guide to gross up quantities for machines with larger capacities.

- As bread machines become more complex their functions include specific cycles for an ever-wider range of bread. For convenience, I have used programmes that are universal to the majority of machines on the market. There's nothing to stop you experimenting with the other programmes; simply follow your manufacturer's handbook and adjust the recipe if necessary.

A lot of the latest machines now have specific cycles for gluten-free loaves. I have found these to be very good for the gluten-free recipes in this book. If you are following a gluten-free diet then buying a machine with this option would be best.

- Although many machines offer jam-making programmes I have not included jam recipes in this book.
- Finally, remember that even though you are using an automatic breadmaker every loaf will be different. That's part of the charm of home baking. The crust colour and texture will vary, as will its smoothness and shape. If you are having particular difficulties, see the Common Problems [here](#). Otherwise, be prepared for variety and enjoy the individual character of your homemade bread.



Date and Walnut Bread

# **Store Cupboard Essentials and Breadmaking Ingredients**

**Fundamentally, bread is a combination of flour, yeast and water. Salt and a sweetener (usually sugar or honey) is added to assist the action of the yeast and the rest is really up to you. There are literally thousands of ingredients that can be added to flavour breads and to vary the texture - the possibilities are truly endless. But before we get carried away with creativity it is essential to understand how each breadmaking ingredient contributes to the final loaf. So take a few minutes to read on - your breadmaking will benefit.**

**The secret of success is simple. Use the right ingredients, use them correctly and measure them accurately. Once you've mastered this, there will be no looking back.**

## **Wheat Flours**

The most common grain used in breadmaking is wheat. The wheat kernel comprises three parts; the bran, the germ and the endosperm. The bran is the husk that encloses the kernel; the nutritious wheatgerm is the seed that would grow into a new plant; and the endosperm is the inner part of the kernel that contains starch and protein. It is the level of protein found in the endosperm that determines whether a flour is ideal for breadmaking. As dough made from high-protein, hard-wheat flour is kneaded, the protein develops into gluten, the elastic substance which forms the mesh-like structure that encapsulates the carbon dioxide bubbles given off by the fermenting yeast. It is the gluten structure

that allows dough to develop into the light and airy texture of fresh cooked bread.

As breadmaking has become more popular, the choice of bread flours on the market has grown. Alongside strong white and wholemeal flour you'll find other interesting varieties like brown flour with malted flakes and white flour with grains of rye and wheat. By making your own bread you can decide on a unique combination of flours to give exactly the taste and texture you want. Be guided by the recipes in the Basic Breads chapter ([see here](#)) and experiment with your own flour combinations.

## **Wheat Bread Flours Used in this Book**

### **STRONG WHITE BREAD FLOUR**

The classic white bread flour that, during milling, has the bran and germ removed giving a flour of approximately 70–75 per cent extraction.

### **VERY STRONG WHITE BREAD FLOUR**

This new white bread flour is specially blended from the finest hard wheat varieties, normally from Canada and North America, to give a flour super-high in gluten. I've used this flour widely in this book and it's especially good for breadmakers, giving improved rise and texture to bread, particularly when blended with strong wholemeal flour or flours naturally low in gluten.

### **STRONG WHOLEMEAL FLOUR**

To be called wholemeal this flour must be of 100 per cent extraction. This means that the whole grain is used in its production, including the germ and bran. Therefore the full nutritional value of the grain is retained, making this flour a useful source of B vitamins, calcium, iron and fibre. However, the presence of bran reduces the effectiveness of gluten during baking and hence bread made with only

wholemeal flour will not rise as high and will be much denser than its white equivalent. The presence of bran also means that the flour will absorb more liquid, so more water is needed in the dough. When using wholemeal flour in a breadmaker, use only 50 per cent of the total mix: a 50:50 blend with strong white flour or very strong white flour will produce a better texture and a lighter loaf.

#### **STRONG BROWN FLOUR**

Brown flour is different to wholemeal in that it is of 90 per cent extraction, i.e. 10 per cent of the bran is omitted. Brown flour is high in nutrients and will still absorb slightly more liquid than white flour. However, it will produce a noticeably lighter loaf than wholemeal, hence it is possible to make excellent 100 per cent brown loaves in a breadmaker.

#### **COUNTRY GRAIN STRONG BROWN BREAD FLOUR**

A base of strong brown flour enhanced with malted wheat flakes. This flour is also known as malted wheatgrain or granary.

#### **SOFT GRAIN STRONG WHITE BREAD FLOUR**

Strong white flour with added fibre thanks to the addition of cracked wheat and rye grains, which also give bread an interesting texture and additional 'bite'.

### **Other Flours Used in this Book**

It's not just wheat-based flours that can be used for breadmaking. For thousands of years a vast range of dried grains, roots and seeds have been used in bread. These flours tend to have little or no gluten and cannot therefore be used alone to make bread in a breadmaker. They can, however, be blended with strong flours to vary the taste and texture of bread. For coeliac diets, gluten-free flours

can be used in a breadmaker but special ingredients need to be added for good results ([see here](#)).

Below are details of the other flours I have used in the recipes for this book. They can be purchased from health food shops, delicatessens or specialist websites (see suppliers details [here](#)).

#### **BARLEY FLOUR**

Barley has been used for centuries as a base for bread; in fact, together with oats, it was the usual choice for early bakestone breads here in the UK. Barley flour is low in gluten, grey-brown in colour and gives an earthy tang to bread.

#### **BUCKWHEAT FLOUR**

Buckwheat is naturally gluten-free as it is not really a cereal at all. It is native to Russia and is produced from the esculentum shrub, which belongs to the same plant group as rhubarb and the common dock.

The flour, ground from esculentum's triangular seeds that look similar to beechnuts, can be found in good health food shops. Buckwheat flour is grey-brown in colour and has a distinctive, slightly bitter taste.



### **CORNMEAL (OR MAIZE MEAL)**

An excellent gluten-free ingredient for adding both flavour and texture to bread, particularly to gluten-free loaves. It is made from maize - the familiar corn-on-the-cob - and is widely used in American and Italian cooking. From the same origins, but not quite as fine as cornmeal, is polenta, which is also used to give a gritty texture, rich colour and sweet, corn flavour to recipes in this book.

### **GLUTEN-FREE FLOUR AND GLUTEN-FREE BREAD FLOUR**

Generally gluten-free flour is a pre-blended mix of rice, potato, buckwheat, maize, tapioca and other gluten-free flours. It will need to be used with xanthum gum ([see here](#)) for loaves made in a breadmaker. Also on the market is gluten-free bread flour, again a blend of gluten-free flours but with the xanthum gum already added.

Unlike wheat bread, gluten-free breads are made from a mix that resembles a very thick batter rather than a dough. Because of the lack of elasticity in the mix it will be necessary to scrape down the edges of the bucket with a plastic spatula during the mixing cycle to ensure all the ingredients are incorporated into the batter prior to baking.

Gluten-free loaves will have a different texture to traditional wheat breads and will not rise as high. When baking gluten-free loaves expect a moist, firm, cake-like texture.

### **GRAM FLOUR**

Gram flour or *besun* is made from ground chickpeas and is most commonly used in Indian and Pakistani dishes. Chickpea flour is gluten-free and gives a rich flavour and golden colour to bread even if only added in small quantities.

### **KUMAT FLOUR**