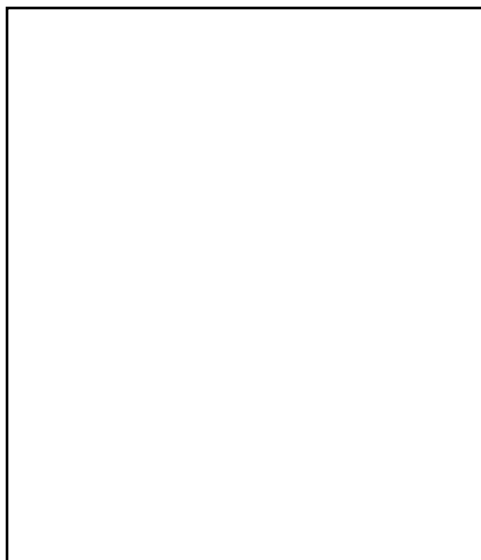


***Breadman***

# INSTRUCTION MANUAL



AUTOMATIC BREAD BAKER



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# IMPORTANT SAFEGUARDS

When using the Breadman® Automatic Bread Baker, basic safety precautions should always be followed, particularly the following:

1. **READ ALL INSTRUCTIONS BEFORE USE.**
2. Do not touch hot surfaces. Use handles or knobs. Always use oven mitts when handling hot materials and allow metal parts to cool before cleaning.
3. Unplug this product from wall outlet when not in use and before cleaning. Allow to cool thoroughly before putting on or taking off parts.
4. Do not immerse appliance in water or any other liquid.
5. Close supervision is always necessary when this or any appliance is used by or near children.
6. Do not allow anything to rest on the power cord. Do not plug in cord where persons may walk or trip on it.
7. Do not operate this or any appliance with a frayed or damaged cord, or after the appliance malfunctions, or has been damaged in any manner. Return the appliance to Salton/MAXIM Housewares, Inc. for examination and repair.
8. Avoid contact with any moving parts.
9. Do not use attachments not recommended by Breadman® Products; they may damage the appliance or cause injury.
10. This appliance is intended for household use only. Do not use outdoors or for commercial purposes.

11. Do not let the cord hang over the edge of a table or counter, or touch hot surfaces. Do not place on an unsteady or cloth-covered surface.
12. Do not place the appliance near a hot gas or electric burner, in a heated oven, or in a microwave oven.
13. Keep the unit at least 2 inches away from walls or any other objects when using it.
14. To disconnect, grip the plug and pull it from the wall outlet. Never pull on the cord.

## SAVE THESE INSTRUCTIONS

### *Note:*

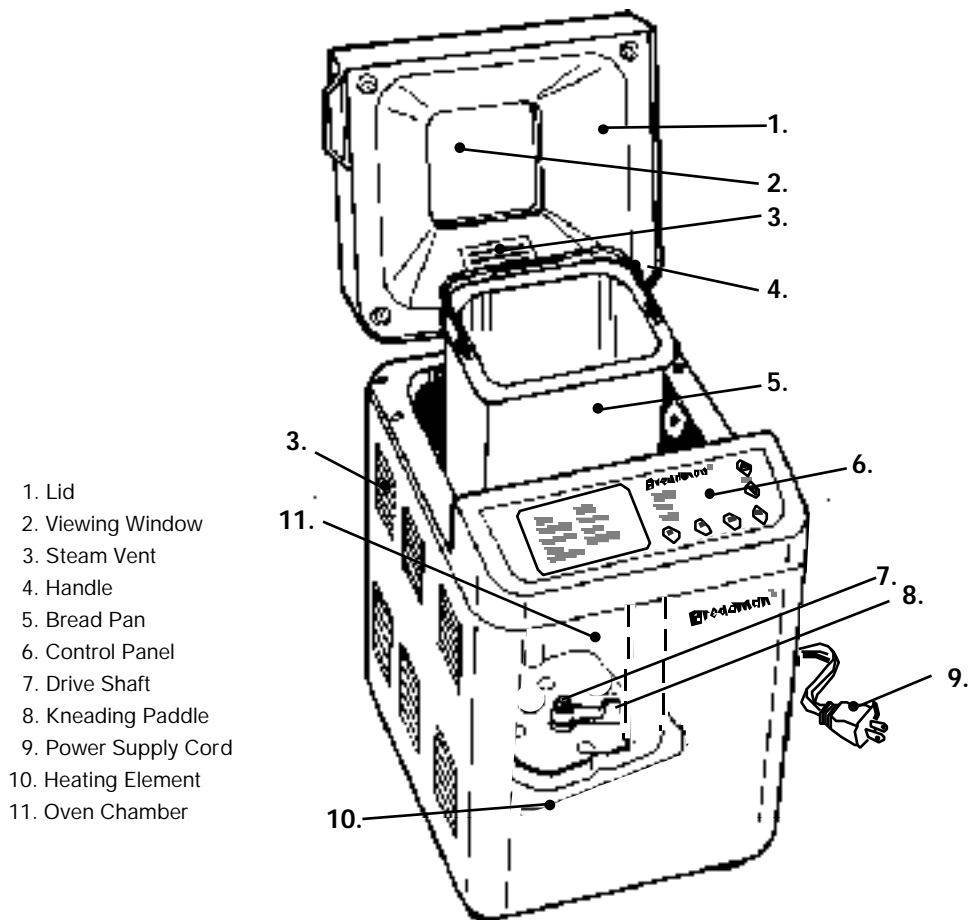
- A. A short power-supply cord is provided to reduce the risk of becoming entangled in or tripping over a longer cord.
- B. Extension cords are available and may be used, but special care must be exercised in use.
- C. If an extension cord is used:
  - (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and
  - (2) the cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

**CAUTION:** During use, the internal parts of the Breadman® and the area around the Steam Vent are **HOT**.

**Keep out of reach of children to avoid possible injury.**

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## YOUR BREADMAN® AUTOMATIC BREAD BAKER

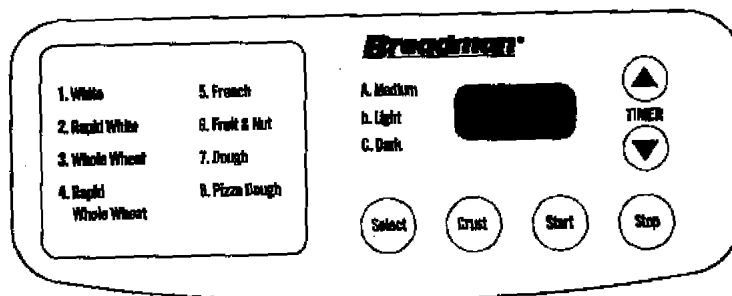


### POLARIZED PLUG

This appliance has a **polarized plug** (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.



## CONTROL PANEL



### A. Display Window

Shows your selection and Timer settings

### B. Select

Press this button to select the Baking Cycle you want. Each time you press this button, the selection number will be displayed in the Display Window.

Select from these bread choices:

1. White
2. Rapid White
3. Whole Wheat
4. Rapid Whole Wheat
5. French
6. Fruit & Nut
7. Dough
8. Pizza Dough

### C. Crust

Press this button to select the crust color you would like your finished bread to have.

- A. Light
- b. Medium
- C. Dark

Your selection will be shown in the Display Window next to your bread selection.

For example: If the Display window says 1A, then you will be baking a White bread with a Medium crust color.

### D.Timer

Use this button to add or subtract time displayed in the Display Window.

▲ Each time you press this arrow, the Timer advances 10 minutes.

▼ Each time you press this arrow, the Timer is set back 10 minutes.

*(Hint: Holding the arrow down in place will either fast forward ▲, or fast reverse ▼ the time.)*

### E. Start

Press this button to start the Baking Cycle you choose, or to start the Timer.

### F. Stop

Press this button for a full second to turn off the power, to reset the Baking Cycle or Timer setting, or to stop baking.

**\*Note: When the TIMER, SELECT, CRUST, START or STOP Buttons are pressed, you will hear a beep. This lets you know that your selection was made.**



## USING THE BREADMAN® AUTOMATIC BREAD BAKER

Before using the Breadman® for the first time, carefully read all of the instructions included in this manual.

With your new Breadman® :

- You can use commonly available pre-packaged bread mixes. Be sure they do not exceed 1-1/2 lb. loaf size. Follow the instructions on the package.
- You can bake a loaf of bread from scratch. See the *Recipe and Menu Planner* included with your Breadman® for lots of tasty options.
- You can make dough for rolls or shaped loaves you'll bake in a standard oven.

Use the Breadman®'s Dough Cycle to do the mixing and kneading for you , then shape, proof and bake the bread yourself in a conventional oven.

### Inserting and Removing the Bread Pan

- To insert the Bread Pan into the Oven Chamber, seat it into place on a slight right angle with the marking "Front" facing the front of the machine. While gently pressing down turn the pan clockwise until it locks into place. You will know it is in place when you pull gently on the handle and the pan does not move.

Remember to insert the Kneading Paddle **FIRST**, then add all ingredients.

- **To remove the Bread Pan:** Grab the handle and gently turn the pan counter-clockwise and pull out of the Oven Chamber. **AFTER BAKING MAKE SURE YOU ALWAYS WEAR OVEN MITTS TO AVOID BEING BURNED.**

### Operating Tips

- Use oven mitts when working with bread or any part of the Breadman® that is hot from baking.
- Wipe off crumbs and clean as needed, after baking.
- Unplug the Breadman® when you are not using it.
- **It is normal for the Viewing Window to collect moisture during the rise cycle.** As your bread bakes, the moisture soon will evaporate so you can watch your bread's baking progress.



## USING THE BREADMAN® *(continued)*

### Caution

- **Don't open the Lid during the Kneading or Baking process.** This causes the bread to bake improperly.
- **Don't unplug the Breadman® during Kneading or Baking.** This will stop the operation and you will have to start all over again, with new ingredients.
- To protect young children, keep the Breadman® out of their reach when there is no supervision; especially during the Kneading and Baking Cycles.
- Use the Breadman® on a flat, hard surface. Do not place it near a flame or heat, or on a soft surface (such as a carpet). Avoid placing it where it may tip over during use. Dropping the Breadman® could cause it to malfunction.
- To avoid burns, stay clear of the Steam Vent during Kneading and Baking Cycles. The Viewing Window can get quite hot as well.
- After baking, wait for the Breadman® to cool down before touching or cleaning the Bread Pan or internals of the machine.
- Never use metal utensils with the Breadman®. These can scratch the non-stick surface of the Bread Pan.
- Avoid electric shock by unplugging the Breadman® before using a damp cloth or sponge to wipe down the interior of the Oven.
- Never use the Bread Pan on a gas or electric cooktop or on an open flame.
- Avoid covering the Steam Vent during Kneading or Baking Cycles. This could cause the Breadman® to warp or discolor.



## KNEADING AND BAKING CYCLES

The Breadman® Automatic Bread Baker has several Baking Cycles from which you can choose:

- The White: Light, Medium and Dark Cycles let you choose your favorite type of crust.
- The Fruit & Nut Cycle is for breads such as apple-walnut or raisin bread with higher sugar content.
- The Whole Wheat Cycle is designed specifically for breads that contain whole wheat flour.
- The French Cycle is designed for crispy French or European breads.
- The Dough and Pizza Dough Cycles are designed to mix and knead the dough for specially shaped breads and for authentic pizza dough.

The following table shows how long each part of every Baking Cycle takes.

Course Selection	White Basic			Rapid White			Whole Wheat			Rapid Whole Wheat		
Crust Selection	Light	Medium	Dark	Light	Medium	Dark	Light	Medium	Dark	Light	Medium	Dark
Preheat	—	—	—	—	—	—	30 min.	30 min.	30 min.	—	—	—
1st Knead	3 min.	3 min.	3 min.	3 min.	3 min.	3 min.	3 min.	3 min.	3 min.	3 min.	3 min.	3 min.
2nd Knead*	31 min.	31 min.	31 min.	22 min.	22 min.	22 min.	18 min.	18 min.	18 min.	18 min.	18 min.	18 min.
1st Rise	23 min.	23 min.	23 min.	14 min.	14 min.	14 min.	74 min.	74 min.	74 min.	25 min.	25 min.	25 min.
Punch	20 sec.	20 sec.	20 sec.	10 sec.	10 sec.	10 sec.	10 sec.	10 sec.	10 sec.	10 sec.	10 sec.	10 sec.
2nd Rise	63 m.40s.	63 m.40s.	63 m.40s.	—	—	—	26 m.50s.	26 m.50s.	26 m.50s.	15m.50s.	15m.50s.	15m.50s.
Punch	—	—	—	—	—	—	3 sec.	3 sec.	3 sec.	3 sec.	3 sec.	3 sec.
3rd Rise	—	—	—	29m.50s.	29m.50s.	29m.50s.	57m.57s.	57m.57s.	57m.57s.	57m.57s.	57m.57s.	57m.57s.
Bake	35 min.	49 min.	62 min.	31 min.	50 min.	66 min.	40 min.	50 min.	65 min.	40 min.	50 min.	65 min.
Keep Warm	1 hour	1 hour	1 hour	1 hour	1 hour	1 hour	1 hour	1 hour	1 hour	1 hour	1 hour	1 hour
Total	2:35	2:50	3:05	1:40	1:59	2:15	4:10	4:20	4:35	2:40	2:50	3:05
Display Time for Beep	2:07	2:22	2:37	1:21	1:40	1:56	3:25	3:35	3:50	2:25	2:35	2:50

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**\*Fruit & Nut Add-In Beeper.** This signal will occur at the end of the second Kneading Cycle in the White: Light, Medium and Dark, Fruit & Nut Cycles, as well as the Whole Wheat and French Cycles.

**Note:** If bread is not removed immediately after baking and the Stop button is not pressed, a controlled 1-hour Keep Warm function will begin for each selection (except Dough). While this will help reduce condensation between loaf and Bread Pan, it is best to remove bread as soon as possible after completion of the baking phase.





## KNEADING AND BAKING CYCLES *(continued)*

Course Selection	French			Fruit & Nut			Dough	Pizza Dough
Crust Selection	Light	Medium	Dark	Light	Medium	Dark		
Preheat	—	—	—	—	—	—	—	—
1st Knead	3 min.	3 min.	3 min.	3 min.	3 min.	3 min.	3 min.	3 min.
2nd Knead*	30 min.	30 min.	30 min.	31 min.	31 min.	31 min.	27 min.	17 min.
1st Rise	34 min.	34 min.	34 min.	38 min.	38 min.	38 min.	60 min.	30 min.
Punch	20 sec.	20 sec.	20 sec.	20 sec.	20 sec.	20 sec.	—	—
2nd Rise	23m.40s.	23m.40s.	23m.40s.	23m.40s.	23m.40s.	23m.40s.	—	—
Punch	20 sec.	20 sec.	20 sec.	20 sec.	20 sec.	20 sec.	—	—
3rd Rise	58m.40s.	58m.40s.	58m.40s.	58m.40s.	58m.40s.	58m.40s.	—	—
Bake	50 min.	60 min.	66 min.	40 min.	50 min.	61 min.	—	—
KeepWarm	1 hour	1 hour	1 hour	1 hour	1 hour	1 hour	—	—
Total	3:20	3:30	3:40	3:05	3:20	3:30	1:30	0:50
DisplayTime for Beep	2:53	3:03	3:13	2:37	2:52	3:02	1:30	—

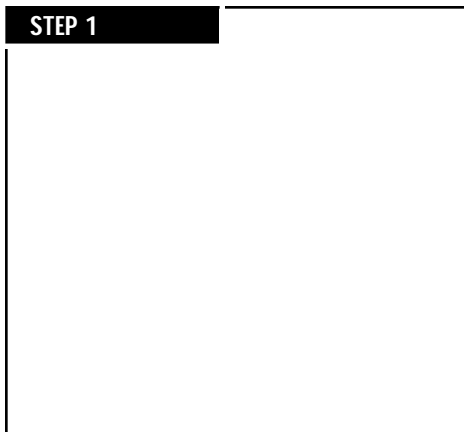
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## HOW TO MAKE BREAD OR DOUGH

Always use the freshest ingredients available. By carefully following the simple recipes that come with the Breadman®, you will be able to bake delicious bread every time.

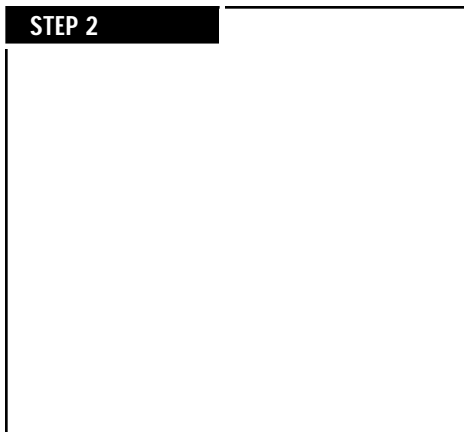
### STEP 1



**Open the Lid and remove the Bread Pan.**

Gently grab the handle and turn the pan counter-clockwise until it snaps out of place. Pull out of the Oven Chamber.

### STEP 2



**Position the Kneading Paddle on the Drive Shaft as shown.**

Match the flat side of the Drive Shaft to the flat part of the hole in the Kneading Paddle. Make sure the Paddle is secure.



### STEP 3

#### **Place the ingredients into the Bread Pan.**

For best results, add all liquid ingredients first. Then, add all dry ingredients EXCEPT yeast.

#### **ALWAYS ADD YEAST LAST.**

***Note: If your recipe contains salt, please add salt with liquid ingredients, keeping it away from the yeast.***

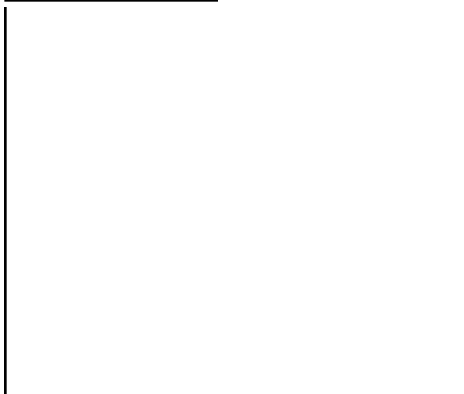
### STEP 4

#### **Make a small indentation on top of the dry ingredients (not so deep it reaches the wet layer) and add the yeast to the indentation.**

This order of adding ingredients is important, especially when using the Timer, because it keeps the yeast away from the liquid ingredients until it's time to knead them together. (Liquid ingredients will activate the yeast.)



#### STEP 5



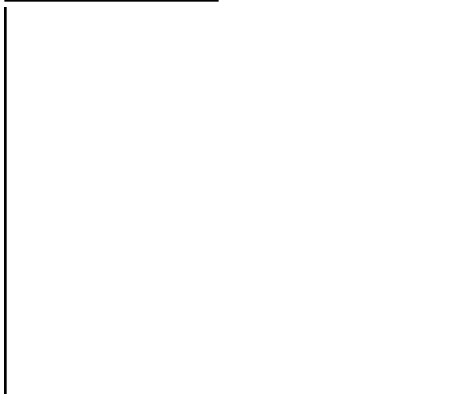
#### **Insert the Bread Pan into the Oven Chamber.**

Seat the pan into the Oven Chamber on a slight right angle with the marking "Front" facing the front of the machine. While gently pressing down turn the pan clockwise to lock into place. You will know it is in place when you pull slightly on the handle and the pan does not move.

#### **Close the Lid and plug in the Breadman®.**

When you first plug it in, this Breadman® flashes 0:00 in the Display Window. It will continue flashing until a selection is made.

#### STEP 6



#### **Press the **SELECT** Button to choose the Cycle you want.**

As you press **SELECT**, the number corresponding to each cycle will appear in the Display Window. It will move in this order:

1. White
2. Rapid White
3. Whole Wheat
4. Rapid Whole Wheat
5. French
6. Fruit & Nut
7. Dough
8. Pizza Dough

If the **SELECT** button is not pressed, the Breadman® can not be started.



## STEP 7

Press the **CRUST** Button to select what color crust you would like for your finished bread.

Every time this button is pressed the Crust selection will be shown in the Display Window. The selections are :

- A. Light
- b. Medium
- C. Dark

**If you forget to choose a crust color, the Breadman® will automatically select A. Medium.**

**Note: The CRUST Button cannot be used for Dough or Pizza Dough Cycles.**

## STEP 8

Press **START** to begin your chosen Cycle.

First, the Breadman® will mix the ingredients. Then it begins the Kneading process. During this process, the yeast begins to activate. The Breadman® will go through two Kneading Cycles with a rest period in between. After this process the bread dough will rise before baking.

If you plan on making bread with dried fruit or nuts in it, add these ingredients when the Breadman® beeps several times after the **second** Kneading Cycle. This will occur in all Cycles except for the Dough and Pizza Dough Cycles.

When the bread has finished baking, the Breadman® will beep to indicate that the Baking Cycle is done. If the bread is not removed immediately, a 1-hour Keep Warm Function will begin. This will happen with all cycles except Dough and Pizza Dough Cycles. For best results it is best to remove the finished loaf immediately upon completion of the Baking Cycle. **Use oven mitts to remove the Baking Pan after baking as it will be very hot.**

\* For the Whole Wheat Cycle, the ingredients will have a 30 minute rest period before any movement occurs in the pan. After 30 minutes the Breadman® will begin to mix and knead the ingredients.



#### STEP 9



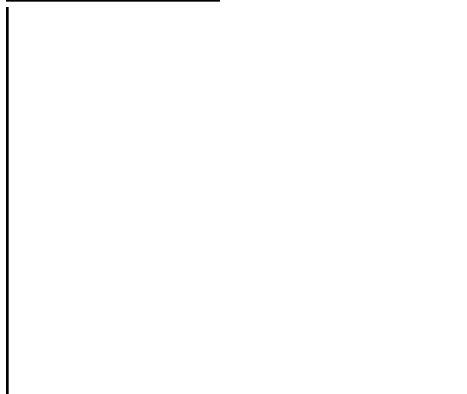
When your bread is done, the Breadman® will beep. This indicates that the Baking phase is completed. Press the **STOP** Button, then put on your oven mitts and remove the Bread Pan.

Remember that the Bread Pan and your loaf are both very hot! Be careful not to place either on a tablecloth, plastic surface, or other surface that might scorch or melt.

#### ***For all cycles except Dough and Pizza Dough:***

If the bread is not removed immediately after baking and if the **STOP** Button is not pressed, a controlled Keep Warm Cycle will begin and the machine will automatically shut off after 1 hour. While this will help prevent the bread from becoming soggy, **for best results**, remove bread immediately after Baking Cycle is complete.

#### STEP 10



#### **Remove the loaf from the Bread Pan.**

Turn over the Bread Pan a few inches from the countertop and gently shake out the loaf. It's best to remove the loaf as soon as the machine is done baking.

Place the loaf on a wire rack or other ventilated cooling surface to cool. Bread should be cooled slightly (30 minutes) before it is sliced.

#### **If necessary, remove the Kneading Paddle from the loaf.**

Sometimes the Kneading Paddle will stick in a loaf of bread. If it does, use a non-metal utensil to gently remove it, taking care not to scratch the Kneading Paddle.

When you are done using the Breadman®, be sure to unplug it.



## USING THE TIMER

You can preset your Breadman® to cook bread from 2 hours and 50 minutes to 13 hours in advance. You can set the Timer to make Dough from 1 hour 30 minutes to 13 hours in advance or Pizza Dough from 50 minutes to 13 hours in advance.

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

To preset your Breadman®, follow these steps:

1. Add your ingredients as usual, taking care not to let the yeast and liquid ingredients contact one another.
2. Close the Breadman® Lid and plug it in.
3. Press the **SELECT** Button for the Baking Cycle you would like. Press the **CRUST** Button to choose the crust color you would like your finished loaf to have.
4. Press the **TIMER ▲** Button once for each 10 minutes you want to add to the clock. Press the **TIMER ▼** to decrease the time in 10 minute intervals. The amount of time set is shown in the Display Window.

**Note:** *To fast forward time, continually press down the ▲ or ▼ Buttons*

For example, if it is 8:00 PM and you want a loaf of bread ready at 7:00 AM, which is 11 hours from now, then press the **TIMER SET** Button until 11:00 appears on the display.

5. Press Start button to begin the Timer. The colon (:) in the Display Window begins to flash, letting you know the Timer is started.
6. If you make an error after you have activated the Timer and want to start over, press **STOP** and you can begin again.



## USING THE TIMER *(continued)*

### For Best Results

- Take care to measure ingredients accurately, using a good set of measuring cups and spoons, or a good scale. Make sure to level all dry ingredients as you measure them. Inaccurate measuring could cause unexpected results in your loaf of bread.
- In particular, be precise in measuring the water.
- After placing all the ingredients in the Baking Pan, wait 10 minutes before pressing “Start,” or use the Timer to add 10 minutes to the total processing cycle.
- Use fresh ingredients.
  - Since moisture is an enemy to flour, be sure to store your flour in an airtight container.
  - To keep your yeast active, store it in an airtight container in your refrigerator.
- ***Speaking of fresh*** — when using the Timer, we recommend setting it for as short a time as possible. Because ingredients are partially combined in the Bread Pan, the dough may tend to deteriorate if left too many hours, especially on a warm or humid day.
- Although you can preset the Breadman® for Dough, we only recommend this for prepackaged mixes. Eggs and dairy products can easily spoil.
- Keep the Lid closed during the Baking Cycle. Opening it causes uneven baking.
- After your bread has cooled completely, store it in a plastic bag or plastic wrap to prevent it from drying out.





## CLEANING INSTRUCTIONS

The Bread Pan and Kneading Paddle have non-stick surfaces that make cleaning easy.

1. After baking each loaf of bread, unplug the Breadman® and discard any crumbs.
2. Remove the Bread Pan from the Oven and the Kneading Paddle from the Bread Pan. Then, as needed, wash the Bread Pan and Kneading Paddle inside and out with warm, soapy water. Avoid scratching the non-stick surfaces.  
***DO NOT PUT THE PAN IN A DISHWASHER.***

If the Kneading Paddle is stuck to the Drive Shaft, pour warm water in the Pan to loosen it.

***DO NOT USE EXCESSIVE FORCE.***

3. Wipe the inside of the Lid and Oven with a damp cloth or sponge. If any residue has scorched on the heating plate or elsewhere, wipe with a non-abrasive scrubbing pad and wipe clean.

Do not use vinegar, bleach, or harsh chemicals to clean the Breadman®.

Do not soak the Bread Pan for a long period of time — this could interfere with the free working of the Drive Shaft.

Be sure the machine is completely cooled before storing.

The inner casing contains the heating element and drive base. Therefore, when cleaning, ***NEVER pour water, solvents or cleaning solutions into this area.***

### Caution

To avoid electric shock, unplug the Breadman® before cleaning!



## RECIPE

### *Rich Country Buttermilk Bread*

	1 lb.	1-1/2 lbs.
Non Fat Buttermilk	3/4 cup	1 cup + 2 Tbl.
Unbleached Flour	2-1/2 cups	3-1/4 cups
Sea Salt	1 tsp.	1-1/2 tsp.
Butter or Canola Oil	2 Tbl.	3 Tbl.
Honey	2 Tbl.	3 Tbl.
Baking Soda	1/4 tsp.	1/4 tsp.
Active Dry Yeast	1-1/4 tsp.	1-1/2 tsp.

#### *To prepare Rich Country Buttermilk Bread:*

- Always use fresh ingredients.
- Always put liquids in the Bread Pan first, yeast last.
- Always allow the bread to cool thoroughly prior to slicing.

Beginning with the buttermilk, add the ingredients to the Pan in the order listed. Following the operating instructions in this book, then select the size of loaf and press **START**.



## TROUBLE SHOOTING

Symptom	Possible Solutions
<b>Display Window shows nothing</b>	Make sure the machine is plugged in. If nothing appears in the Display Window, unplug and plug in again.
<b>START button doesn't start the machine</b>	<p>Make sure the machine is plugged in.</p> <p>If nothing appears in the Display Window, press Select to choose your Baking Cycle. <b>(You must select a Baking Cycle before pressing Start.)</b></p> <p>If the baking area is too hot, the Breadman® will not start because of an automatic safety feature. Remove the Bread Pan with your ingredients, and wait until the Breadman® cools down — about 20 minutes — before starting a new loaf.</p>
<b>Can't set the Timer</b>	If you selected either the Rapid Bake or Dough Cycle, you should not use the Timer. This is because the ingredients should be processed immediately for these cycles.
<b>After starting, the Display Window flashes "E:01"</b>	<p>If the bread machine is too hot, it will not start because of an automatic safety feature.</p> <p>Remove the Pan and let the bread machine cool down until "E:01" disappears and the selection reappears. You may then start the cycle.</p>
<b>The Breadman® doesn't mix the ingredients</b>	On preheating the (:) in the Time Display flashes and Kneading Paddle will not move. There is a 4 - 5 min. rest period on some of the cycles in which there will be no movement in the pan for 4 - 5 min. If the Kneading Paddle does not operate after this period of time, check to see if the Kneading Paddle is engaged in the machine correctly.
<b>The Breadman® stops</b>	This happens if you press the Stop button, if you unplug the machine, or if there is a power outage. In each case, the Breadman® can't be restarted for this Cycle. Discard the contents of the Bread Pan and start again with new ingredients.



## TROUBLE SHOOTING (continued)

Symptom	Possible Solutions
The bread machine does not bake the bread	The Dough Program was selected. To bake the bread, choose the appropriate program for baking bread.
Bread has an offensive odor	Check to be sure you added the correct amount of yeast. Measure carefully — too much yeast will cause an unpleasant odor and may cause the loaf to rise too high. Be sure to use only fresh ingredients.
Baked bread is soggy or the bread's surface is sticky	Remove the bread from the Bread Pan as soon as it is done baking. Leaving it in the pan allows condensation to collect on the sides touching the pan. Also be sure to cool the loaf on a wire rack; cooling it on a countertop causes the side next to the counter to become soggy.
The Kneading Paddle was stuck in the bread	Make sure the Kneading Paddle is mounted properly before adding ingredients to the Bread Pan and baking. Sometimes denser or crustier loaves of bread may pull the Kneading Paddle out with them when you remove the loaves after baking. When this happens, use a non-metal utensil and gently remove the blade from the bottom of the loaf.
The bread rose too high	Make sure not to add too much yeast, water or flour. Too much of any of these may cause the loaf to rise more than it should.
The bread didn't rise enough	Did you add enough yeast, water or sweetener? Make sure to add ingredients in the proper order: liquids, dry ingredients, yeast. Make sure yeast doesn't get wet until the Breadman® mixes the ingredients together. <b>Note: Typically, bread made with whole grain flours will not rise as high as bread made with refined flours.</b>



## TROUBLE SHOOTING *(continued)*

Symptom	Possible Solutions
<b>The bread didn't rise at all</b>	Make sure yeast is not left out. Also check the date code on the yeast and that it is always the last ingredient put into the pan. Make sure the yeast doesn't come into contact with salt or any liquid ingredients.
<b>The dough looks like batter, or the dough ball is still sticky, not smooth and round</b>	During the Kneading process, add 1 tablespoon of flour at a time, letting it mix in well. For most breads, your dough ball should become round, smooth, not sticky to the touch, and should bounce back when you press it with your finger.
<b>The dough ball is lumpy or too dry</b>	During the Kneading process, add 1 tablespoon of water at a time, letting it mix in well.
<b>The bread caved in</b>	Make sure liquids are measured correctly. Next time, reduce your liquids by 2 tablespoons. If you're using fruits or vegetables, make sure they are well drained.
<b>The Breadman® has stopped and 0:00 is displayed</b>	The Baking Cycle is completed.
<b>E:02 E:03 E:04 E:05 E:08 displays when you press Start button</b>	Unplug the Breadman® and contact Salton/MAXIM Service Department at 1-800-233-9054

# ONE-YEAR LIMITED WARRANTY

This Salton/MAXIM product warranty extends to the original consumer purchaser of the product.

**Warranty Duration:** This product is warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

**Warranty Coverage:** This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished by Salton/MAXIM Housewares, Inc., or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible. Wear and tear for Bread Pans and Paddles is not considered a manufacturer's defect.

**Warranty Disclaimers:** This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for Salton/MAXIM Housewares, Inc. any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract.

**Warranty Performance:** During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at Salton/MAXIM's option) when the product is returned to the Salton/MAXIM facility. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

## Service and Repair

Should the appliance malfunction, you should first call toll-free 1-800-233-9054 **between the hours of 9:00 am and 5:00 pm Central Standard Time** and ask for CONSUMER CUSTOMER SERVICE stating that you are a consumer with a problem.

**In-Warranty Service:** For an appliance covered under the warranty period, no charge is made for service or postage. Call for pre-paid return mailing label. (U.S. Customers Only)

**Out-of-Warranty Service:** A flat rate charge by model is made for out-of-warranty service. Include \$ 15.00 for return shipping and handling.

Salton/MAXIM cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem; your full return address and daytime phone number; a note describing the problem you experienced; a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

Return the appliance to:

ATTN: Repair Department  
Salton/MAXIM Housewares, Inc.  
550 Business Center Drive  
Mt. Prospect, Illinois 60056

**For more information on Salton/MAXIM products:**

visit our website: <http://www.breadman.com> or E-mail us at [breadman@saltonusa.com](mailto:breadman@saltonusa.com)

## IMPORTANT NOTICE

*If any parts are missing or defective,  
**DO NOT** return this product.  
Please call our Customer Service Department for assistance.*

**800-233-9054** Monday - Friday 9am - 5pm CST

*Thank You*

**If after reading this instruction  
booklet you still have questions about using the  
Breadman® Automatic Bread Machine,  
please write or call:**

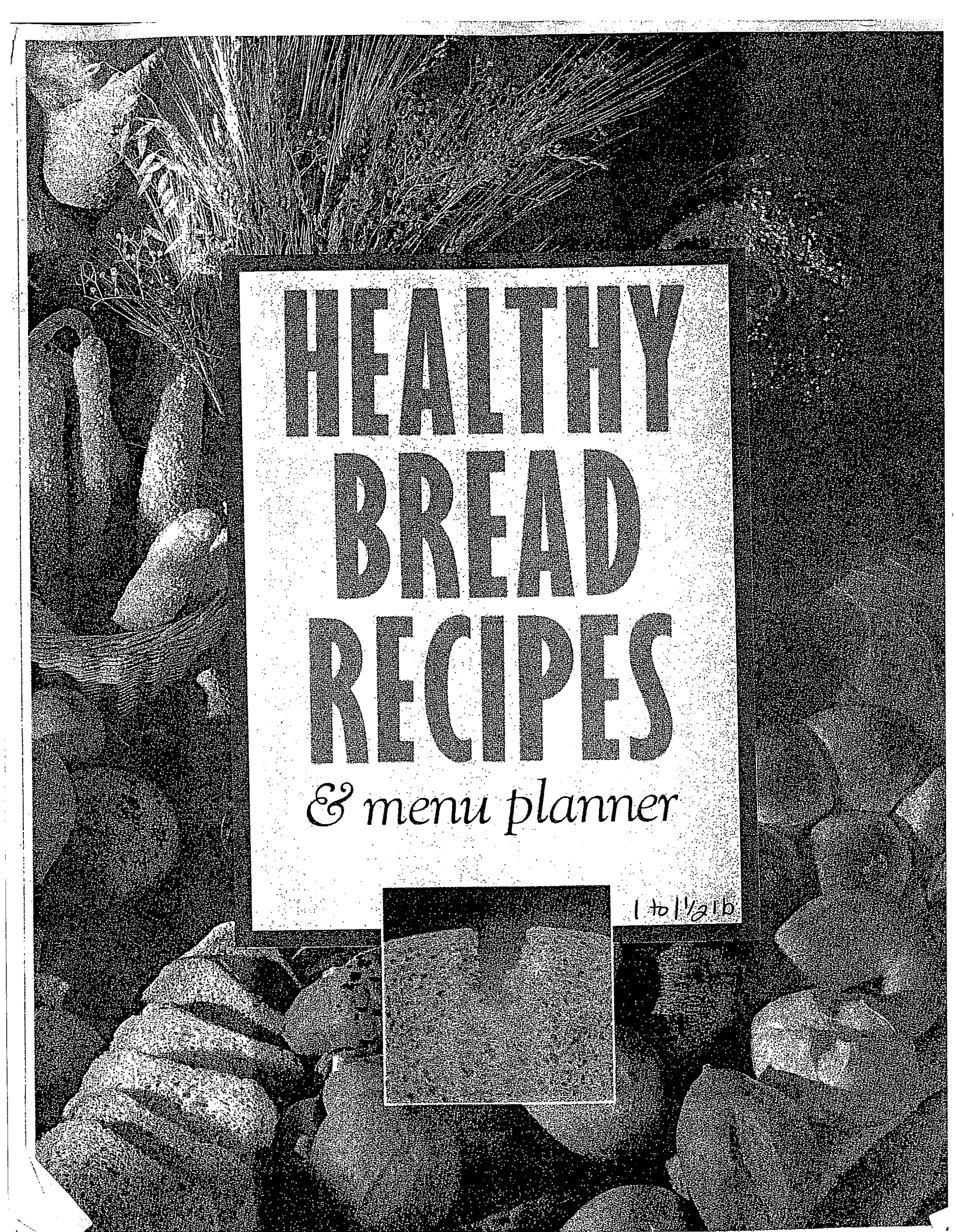
**Salton/MAXIM Housewares, Inc.  
550 Business Center Drive  
Mt. Prospect, IL 60056  
1-800-233-9054**

**Monday - Friday 9am - 5pm CST**

**For more information on Salton/MAXIM products, E mail us at:**

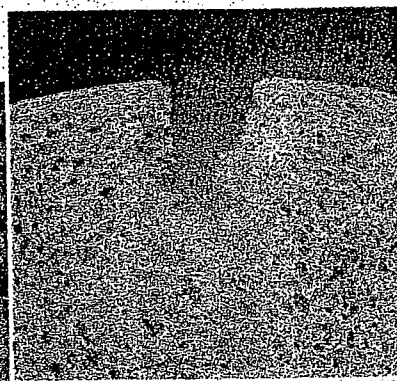
**breadman@saltonusa.com**

**OR, visit our website:  
<http://www.breadman.com>**



# HEALTHY BREAD RECIPES

*& menu planner*

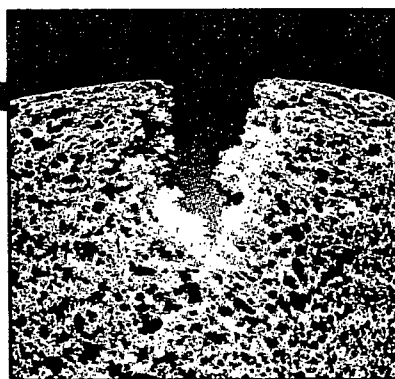


1 to 1 1/2 lb



# HEALTHY BREAD RECIPES

*& menu planner*



## IMPORTANT

### *Please Read*

The information in this booklet is intended to increase your knowledge of whole grains and fresh bread baking, and by no means is it intended to diagnose or treat an individual's health problems or ailments. The information given is not medical advice, nor is it presented as medical advice. Before starting any type of diet or medical treatment you should consult your own health care practitioner.



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## INTRODUCTION

Since biblical times, bread has been considered “the staff of life.” Today whole grains are still recognized as the foundation of a nutritious diet. The USDA’s Food Guide Pyramid, the new food guideline that replaces the old four food groups, recommends that whole grains comprise nearly 50 percent of our daily calories. According to these guidelines, we should eat six to eleven servings of whole grains every day.

This USDA recommendation is easy to follow with the Breadman™ Automatic Bread Baker. Specially designed to handle whole grains, the Breadman bakes up deliciously healthy nutrition with just the touch of a button. And you can guarantee that your family gets only the freshest, most health-giving breads because you are in control. You choose the flour, you select the sweetener (if any), and you decide when the baking process will start. Whenever you desire, you can have an aromatic loaf of just-baked bread, bursting with all the goodness of whole grains and containing no hidden additives, saturated fats, excess sodium or refined sugars.

Let this Recipe and Menu Planner be the beginning of your health-enhancing adventures with bread baking. The suggestions provided here are just that—suggestions. Please feel free to use your imagination and enjoy experimenting with your favorite ingredients.



## HEALTH BENEFITS OF WHOLE GRAIN BREADS

Refined grains, and the products made from them, have literally been stripped of their natural goodness. Commonly listed as *white flour*, *wheat flour* or even *enriched flour*, refined grains are almost devoid of the fiber and important nutrients that were intact in the original grain. Besides being processed, white flour is often bleached to achieve that snow-white appearance. All this adulteration has changed a wholesome food into a food fragment containing little nutritional benefit and very little character.

Fiber-rich whole grains and whole grain flours have been the focus of many scientific studies demonstrating that they reduce the risk of diverticulosis, colon and rectal cancer, and atherosclerosis. Diets containing adequate fiber inherently tend to be lower in fat and calories, especially saturated fat and cholesterol, which may contribute to the reduced risk factor.

Fiber is the primary reason that whole grain breads and other products are so satisfying to eat. Fiber is filling, and because it contains so few calories it is an excellent part of the low-fat, high complex carbohydrate diet recommended for better health.



## RECIPE INGREDIENTS

Bread recipes begin with a very basic set of ingredients: water, flour, salt and yeast. To this short list, you can add a variety of interesting and delicious ingredients that will give your breads the individuality you are looking for. Seeds, nuts, nut butters, dried fruits, raisins, dates, apples, berries, herbs, spices, carob powder, vegetables and bran are just a few of the many ingredients you can use to create hundreds of unique and flavorful breads.

Purchase fresh ingredients whenever possible for the best taste and results. Dried foods, such as fruits, vegetables, herbs and spices will keep for a virtually unlimited time if stored in a cool, dry environment. Store produce, oils, whole grain flours and other perishable foods in the refrigerator for longer life and retention of flavor. Glass and hard plastic containers with tight fitting lids are preferable for storing most foods; they keep the aromas in but do not expose the foods to the potentially harmful ingredients found in some plastic containers. Plastic may absorb strong odors, so for spicy or pungent ingredients, always use glass.

You will probably be able to find most, if not all, of the ingredients needed for baking healthy breads at your supermarket; consumer demand has helped many grocers become more health conscious. If some of the ingredients are not available yet in your grocery store, your health food store is certain to stock them.

For the widest range of nutrients and a diversity of wonderful flavors and textures, try baking with a variety of the healthy grains listed below.

## GRAIN GLOSSARY

**Amaranth** This petite golden grain is moving quickly from the "unusual" grain category to one of mainstream acceptance. A mainstay in the diet of the Aztecs, amaranth was considered a strength-giving food, probably due to its high protein profile. Both the grain and its flour offer a distinct flavor when added to your favorite bread recipes.

**Barley** This grain has a hearty, earthy flavor and produces a dense loaf of bread due to its low gluten content. Barley is a good substitute for white flour in recipes, but should be cut with a lighter flour when several cups are being used at a time.



**Buckwheat** Technically not a grain, buckwheat is really the fruit of a plant related to rhubarb. Its flour (ground buckwheat seed) and groats are both useful for unique bread making. The flavor has been described as a combination of rosemary and green tea.

**Corn** The only grain eaten fresh as a vegetable, corn (also known as maize) is available in a wide variety of colors. Judge the freshness of cornmeal and flour from its sweet and delicate flavor. Blue cornmeal, a beautiful hue when dry, becomes a purplish color when cooked.

**Kamut** This "ancient" wheat grain is available as a whole grain, rolled grain, flour and cereal. People who are wheat sensitive have reported a tolerance to kamut products, though this is still being investigated.

**Millet** Commonly used to feed birds, millet lends a delightful crunch when added in whole grain form to bread recipes. People who are allergic to other grains have had luck with millet. It is considered to be the most digestible grain around.

**Oat** Rolled oats and oat flour are welcome additions to almost any bread recipe. Their delicately light texture and flavor embody the pleasures of home-baked goodness. Grind your own oat flour by chopping oat flakes in the blender until they reach the desired consistency.

**Quinoa** This recently rediscovered grain is found in whole form, in flour and in prepared products like pasta. When added to bread recipes, it imparts an earthy flavor matched by no other grain, and it packs a protein punch.

**Rye** This cold-weather grain is famous for its use in savory pumpernickel and caraway seed-rich rye breads. Rye has very little gluten and rises with the assistance of wheat flours.

**Spelt** Another of the "ancient" super grains, spelt has been reintroduced with resounding success. Use it in bread recipes in place of wheat for a slightly nutty flavor.

**Wheat** Wheat and whole wheat flour are the basis for most bread recipes. The gluten content of wheat provides the strength and resiliency necessary for a high and sturdy loaf.



## SAMPLE MENUS USING WHOLE GRAIN BREADS

### Cholesterol-Free Menu Suggestions

#### *Breakfast*

Fresh orange-grapefruit juice  
Slice Honey Granola and  
Yogurt Bread (page 7), toasted, with  
1 tablespoon peanut butter  
Banana

#### *Mid-Morning*

Slice Oatmeal Bread (page 6)  
with 1 tablespoon apple butter

#### *Lunch*

Sandwich with hummus, celery,  
sprouts, tomato, cucumber  
on Sprouted Wheat Berry  
Bread (page 9)

#### *Afternoon Break*

Fresh fruit or veggie sticks

#### *Dinner*

Baked potato with skin,  
topped with salsa  
Black bean and rice salad,  
topped with chilies and tomatoes  
Slice Pumpnickel Bread (page 8)  
Raw mixed vegetable salad

#### *Evening Snack*

Air-popped popcorn  
or fresh fruit

### Menu Suggestions with Fish and Dairy

#### *Breakfast*

Fresh pineapple juice  
Slice Orange Apple Bread  
(page 6), toasted  
1/2 cup plain low- or non-fat yogurt

#### *Mid-Morning*

Slice Rolled Grains Bread  
(page 8)

#### *Lunch*

Wild greens salad with  
rice vinegar dressing  
Slice Dill Rye Bread (page 9)  
Minestrone soup  
Steamed or stir-fried vegetables

#### *Afternoon Break*

Fresh tomato-cucumber-parsley  
juice, with a dash of hot sauce  
or lemon juice if desired

#### *Dinner*

Poached fish with lemon  
Slice Oat Bran Bread (page 7)  
Steamed asparagus and carrots  
Fresh spinach salad topped with  
Croutons (page 9)

#### *Evening Snack*

Low-fat baked corn chips  
with salsa

**Note:** These bread recommendations are suggestions only. Your favorite bread recipes may be substituted in any of the above meal plans.





## RECIPES

The following recipes, excerpted from *The Breadman's Healthy Bread Book* by George Burnett (New York: William Morrow & Company, Inc., 1992), are divided into two types: *Transition* and *Elite*. Transition recipes use unbleached all-purpose white flour and also include whole grain flours. These breads are meant to help you bridge the gap from baking with only white flour to baking with only whole grain flours. Elite recipes use whole grains only and are nutritionally superior. Elite recipes include some ingredients that might require a visit to your health food store.

For best baking results, use an accurate scale and double check measurements by weighing ingredients.

### Oatmeal Bread

#### *Transition*

*Makes a 1-1/2 pound loaf*

- |   |  |
|---|--|
| 1-1/8 cups (9 ounces) warm water                        | 3/4 cup (3-1/2 ounces) whole wheat flour |
| 1-1/2 tablespoons canola oil                            | 1/2 cup (1-1/2 ounces) rolled oats)      |
| 1 tablespoon maple syrup                                | 2 tablespoons powdered milk              |
| 2-1/4 cups (10-3/4 ounces) unbleached all-purpose flour | 1-1/2 teaspoons salt                     |
|   | 2-1/2 teaspoons active dry yeast         |

Put all the ingredients into the Bread Pan in the order listed. Select Basic Wheat cycle, Light setting, on your Breadman machine. Press Start.

### Orange Apple Bread

#### *Transition*

*Makes a 1-1/2 pound loaf*

- |   |  |
|---|--|
| 3/4 cup ( 6 ounces) warm water                          | 3/4 cup (3-1/2 ounces) whole wheat flour         |
| 1-1/2 tablespoons canola oil                            | 2 tablespoons powdered milk                      |
| 1-1/2 tablespoons honey                                 | 1-1/2 teaspoons salt                             |
| 1 teaspoon vanilla extract                              | 1 teaspoon cinnamon                              |
| 1/4 cup (2 ounces) orange-apple pulp                    | 2-1/2 teaspoons active dry yeast                 |
| Grated zest of 2 oranges                                | 2/3 cup (3 ounces) chopped nuts, such as walnuts |
| 2-1/4 cups (10-3/4 ounces) unbleached all-purpose flour |  |



Put all ingredients (except nuts) into the Bread Pan in the order listed. Select Basic Wheat cycle, Medium setting, on your Breadman machine. Press Start. Add nuts when the machine beeps, about 12 minutes after starting.

### Honey Granola and Yogurt Bread

*Transition*

*Makes a 1-1/2 pound loaf*

1/2 cup (4 ounces) warm water	3/4 cup (3-1/2 ounces) whole wheat flour
1-1/2 tablespoons canola oil	2 tablespoons powdered milk
3 tablespoons honey	1-1/2 teaspoons salt
1/2 cup (4 ounces) plain low-fat yogurt	2-1/2 teaspoons active dry yeast
1/2 cup (2-1/2 ounces) granola	
2-1/4 cups (10-3/4 ounces) unbleached all-purpose flour	

Put all ingredients into the Bread Pan in the order listed. Select Basic Wheat cycle, Light setting, on your Breadman machine. Push Start.

### Oat Bran Bread

*Elite*

*Makes a 1-1/2 pound loaf*

1-1/8 cup (9 ounces) warm water	1/3 cup (1-1/2 ounces) oat bran
1-1/2 tablespoons canola oil	1/3 cup (3/4 ounce) rolled oats
2 tablespoons honey	2 tablespoons gluten flour
1/2 teaspoon liquid lecithin	3 tablespoons powdered whey
1-1/2 cups (7 ounces) whole wheat flour	1-1/2 teaspoons fine sea salt
3/4 cup (3-1/2 ounces) oat flour	2-1/2 teaspoons active dry yeast

Put all ingredients into the Bread Pan in the order listed. Select Basic Wheat cycle, Light setting, on your Breadman machine. Push Start.



## Rolled Grains Bread

*Elite*

*Makes a 1-1/2 pound loaf*

1-1/8 cup (9 ounces) warm water	3/4 cup (3-1/2 ounces) rolled multi-grain cereal
1-1/2 tablespoons canola oil	2 tablespoons gluten flour
1-1/2 teaspoons honey	3 tablespoons powdered whey
1 tablespoon unsulphured molasses	1-1/2 teaspoons fine sea salt
1/2 teaspoon liquid lecithin	2 teaspoons active dry yeast
3 cups (14 ounces) whole wheat flour	

Put all the ingredients into the Bread Pan in the order listed. Select Basic Wheat cycle, Light setting, on your Breadman machine. Push Start.

## Pumpnickel Bread

*Elite*

*Makes a 1-1/2 pound loaf*

1-1/4 cups (10 ounces) warm water	3 tablespoons gluten flour
1 tablespoon canola oil	4 tablespoons powdered whey
1 tablespoon unsulphured molasses	1 tablespoon caraway seeds
1/2 teaspoon liquid lecithin	3 tablespoons carob powder
2 cups (9-1/2 ounces) whole wheat flour	1-1/2 teaspoons fine sea salt
1 cup (4-3/4 ounces) rye flour	2-1/2 teaspoons active dry yeast

Put all ingredients into the Bread Pan in the order listed. Select European cycle on your Breadman machine. Press Start.

## Apricot Nut Bread

*Elite*

*Makes a 1-1/2 pound loaf*

1 cup (8 ounces) warm water	3 tablespoons powdered whey
1 tablespoon canola oil	1-1/2 teaspoons fine sea salt
1-1/2 tablespoons honey	2-1/2 teaspoons active dry yeast
1/2 teaspoon liquid lecithin	1/2 cup (4 ounces) unsulphured, dried apricots, chopped
2 tablespoons all-fruit apricot preserves	1/2 cup (2 ounces) pecans, chopped
3 cups (14 ounces) whole wheat flour	
2 tablespoons gluten flour	



Put all the ingredients (except apricots and pecans) into the Bread Pan in the order listed. Select Fruit and Nut cycle on your Breadman machine. Press Start. Add the apricots and pecans when the machine beeps, about 12 minutes after starting.

### **Sprouted Wheat Berry Bread** *Elite*

*Makes a 1-1/2 pound loaf*

3/4 cup (3 ounces) sprouted wheat berries	3 cups (14 ounces) wheat flour
1-1/8 cup (9 ounces) warm water	2 tablespoons gluten flour
1-1/2 tablespoons canola oil	3 tablespoons powdered whey
1-1/2 tablespoons barley malt syrup	1-1/2 teaspoons fine sea salt
1/2 teaspoon liquid lecithin	1-1/2 teaspoons active dry yeast

Put all ingredients into the Bread Pan. Select Basic Wheat cycle, Light setting, on your Breadman machine. Press Start.

### **Dill Rye Bread** *Elite*

*Makes a 1-1/2 pound loaf*

1 cup (8 ounces) warm water	2 tablespoons gluten flour
1-1/2 tablespoons canola oil	3 tablespoons powdered whey
1-1/2 tablespoons unsulphured molasses	1 teaspoon dill weed
1-1/2 tablespoons honey	2 teaspoons caraway seeds
1/2 teaspoon liquid lecithin	1-1/2 teaspoons fine sea salt
2-1/2 cups (12 ounces) whole wheat flour	2 teaspoons active dry yeast
1 cup (4-3/4 ounces) rye flour	

Put all ingredients in the Bread Pan in the order listed. Select Basic Wheat cycle, Light setting, on your Breadman machine. Press Start.

### **Croutons**

Cube your favorite Breadman bread into 1/2- to 1-inch cubes. Bake slowly in a warm oven (300°F) until crisp all the way through, about 20 minutes. Store in an airtight jar, in a cool dry place. Use to top salads, soups and casseroles.



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**The Breadman's World-Famous, All-Natural,  
No-Butter Cinnamon Rolls**  
*Elite*

*Makes 12 rolls*

**Dough**

3/4 cup plus 2 tablespoons (7 ounces) warm water	3 tablespoons powdered whey 2 teaspoons gluten flour
1-1/2 tablespoons canola oil	2 teaspoons powdered egg substitute
1-1/2 tablespoons honey	3/4 teaspoon fine sea salt
1/4 teaspoon liquid lecithin	1-1/2 teaspoons active dry yeast
2 cups (9-1/2 ounces) whole wheat flour	

**Glaze**

1/4 cup almond butter	1/2 cup honey
1/4 cup canola oil	1/2 cup powdered whey

**For sprinkling on glaze**

2 teaspoons cinnamon	1/3 cup raisins or chopped nuts (optional)
----------------------	---

Put all the dough ingredients into the Bread Pan in the order listed. Select Dough setting on your Breadman machine. Press Start. When the machine beeps, after 1 hour and 20 minutes, remove the dough. Turn off machine.

Place dough on a lightly floured counter or cutting board. Flatten it out slightly and roll it into a 10-by-12-inch rectangle. Stir glaze ingredients together until smooth. Warm gently in a saucepan for a couple of minutes if too stiff. Spread half the glaze over the rectangle of dough, leaving a narrow border all around. Sprinkle cinnamon and, if desired, raisins or chopped nuts over the glaze. Beginning at one long side, roll dough into a cylinder and pinch the seam to seal. Cut rolled dough into twelve 1-inch slices.

Using canola oil, lightly oil a 10-inch round cake pan. Spread remaining glaze mixture over bottom of prepared pan. Set rolls in pan on top of glaze and cover with plastic or damp cloth. Let rolls rise in a warm place until doubled in volume, about 1 hour.

Preheat oven to 350°F. Set pan on a baking sheet and bake on the center rack of the oven for 15 to 20 minutes. (Glaze that bubbles over the pan in the oven will spill onto baking sheet.) Invert pan onto a serving platter and let the glaze drip down sides of the rolls. Scrape any remaining glaze from pan onto rolls. Serve warm.



## QUESTIONS AND ANSWERS

*How much bread should I eat a day?*

The USDA recommends that we eat 6 to 11 servings of complex carbohydrates every day. This recommendation is easy to reach when whole grain breads, other whole grain products, pastas, and a variety of legumes are part of your diet. (One slice of whole grain bread equals one serving of a complex carbohydrate.) Enjoy a slice or two of whole grain bread at every meal and incorporate them into snacks.

*Isn't bread a fattening food?*

The most fattening part of bread is the high-fat spread applied to the top! Bread is made primarily of wheat or another grain flour and is very low in fat. Other ingredients only make up a fraction of the entire loaf, so each slice is a lowfat treat. Hearty whole grain flour breads will be lower in fat and calories than a sweet, refined flour bread.

*What is the healthiest bread?*

A bread is only as healthy as its ingredients. Whole grain flours, fiber, nuts, seeds and dried fruit are all wholesome ingredients that make for healthy bread. Avoid ingredients that are dense in calories but offer little nutritional value, like refined flours, candied fruits, refined sugars and an abundance of fats or oils.

*Is all bread a good source of fiber?*

Not all breads automatically provide a lot of fiber. If refined flours are used, most of the fiber has been removed. Fiber is naturally present in whole grain flours and other ingredients like seeds, nuts, bran and germ.

*What if someone has a wheat allergy or sensitivity? What kinds of grains can they eat?*

Some people cannot digest the wheat protein called gluten. Gluten is mainly found in wheat and rye, but is also present to some extent in oats and barley. Persons with celiac sprue must carefully avoid all gluten. Persons who are merely gluten-sensitive can tolerate a low-gluten instead of gluten-free diet. Generally speaking, most gluten-sensitive people can tolerate a small amount of gluten, particularly when gluten-containing foods are eaten infrequently (once every four days, for instance). Delicious low-gluten and gluten-free grains include amaranth, buckwheat, corn, millet, oats, quinoa and rice. In addition, many natural food stores now stock products that are gluten-free and are made from corn flour, cornmeal, cornstarch, lima bean flour, potato flour, rice, rice flour, soy flour and tapioca.

***Please Note:***

***All recipes listed are for 1½ lb. loaves.***

To prepare a 1 pound loaf, simply ***reduce*** all of the ingredients by a ratio of 1/3.

To prepare a 2 pound loaf, simply ***increase*** the ratio of ingredients by 1/3.

