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**Cracked wheat** is simply whole kernels of wheat broken into small pieces.

**Bulgur** differs from cracked wheat in that the whole wheat kernels are first soaked and cooked, dried, scoured to remove about 5 percent of the bran, and then cracked into small pieces.

To obtain white wheat berries, bulgur and bran, contact the American White Wheat Producers Association, P.O. Box 326, Atchison, KS 66002. Phone: 1-800-372-4422. Also look for bulgur or cracked wheat in large grocery, bulk and health food stores.

**On the Cover:** Chapatis

# Layered Enchilada Casserole

*A quick-to-fix casserole.*

- |   |  |
|---|--|
| 1 lb. lean ground beef  | 1 15-oz. can tomato sauce                          |
| 1 16-oz. can fat-free refried beans                           | 10 8-inch flour tortillas                          |
| 1 1 <sup>3</sup> / <sub>8</sub> -oz. pkg. chili seasoning mix | 1 cup (4 ozs.) reduced-fat shredded cheddar cheese |
| 1 cup water   |  |

Preheat oven to 350°F. Lightly coat 13 x 9-inch baking dish with cooking spray.

In a large skillet, brown ground beef and drain well. Stir in beans, chili mix and water. Simmer 5 minutes, stirring occasionally.

Pour tomato sauce into a pie pan. Coat both sides of tortillas with sauce. Layer beef mixture and tortillas in baking dish, overlapping tortillas to fit. Sprinkle cheese on top.

Bake 20 minutes. If desired, garnish with shredded lettuce and chopped tomato. Serves 8.

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**Variation:** Prepare casserole in two 9-inch pans; bake one and freeze one for later use.

**Nutritional Analysis:** One serving provides 378 calories, 26 g protein, 35 g carbohydrates, 14 g fat, 57 mg cholesterol, 5 g dietary fiber, 158 mg calcium, 452 mg potassium and 1232 mg sodium.

# Banana Cupcakes

*A modified recipe replacing half the fat with applesauce.*

$\frac{3}{4}$  cup sugar

$\frac{1}{2}$  tsp. salt

$\frac{1}{4}$  cup vegetable shortening

1 tsp. baking powder

$\frac{1}{4}$  cup unsweetened applesauce

$\frac{1}{2}$  tsp. soda

2 eggs

1 Tbsp. water

1 tsp. vanilla

1 cup ripe, mashed bananas

$\frac{1}{2}$  cups all-purpose flour

Preheat oven to 375°F. Lightly coat muffin tins with cooking spray or line with paper baking cups.

In a large mixing bowl, beat sugar, shortening, applesauce, eggs and vanilla until blended.

Add flour, salt, baking powder, soda, water, ripe bananas; beat on medium speed until blended.

Fill muffin tins  $\frac{2}{3}$  full and bake for 20 to 25 minutes or until golden brown.

Remove from tins and cool. Makes 14 cupcakes.

## Variations:

■ For bananas, substitute 2 cups shredded zucchini and add 1 tsp. cinnamon.

■ Add chopped nuts if desired.

■ For icing, combine 1 cup confectioners' sugar, 1- $\frac{1}{2}$  Tbsps. milk and 1 tsp. margarine.

**Hint:** Bananas that have darkened can be peeled and frozen in a plastic container or freezer bag. Remove from freezer and thaw before using in recipes.

**Nutritional Analysis:** One un-iced cupcake provides 151 calories, 2 g protein, 25 g carbohydrates, 5 g fat, 30 mg cholesterol, 1 g dietary fiber, 26 mg calcium, 90 mg potassium and 166 mg sodium.

# Bread Upset

*Easy and fun, sweet or savory, for dinner or dessert.*

## **Dough\*:**

- |   |  |
|---|--|
| $\frac{3}{4}$ cup lukewarm water (105°F-115°F)  | $\frac{1}{2}$ cup sugar                    |
| $2\frac{1}{4}$ cups all-purpose flour<br>drain) | 2 tsps. cinnamon                           |
| 1 Tbsp. sugar                                   | $\frac{1}{2}$ cup raisins (soak 5 minutes; |
| 1 Tbsp. nonfat dry milk                         | 1 cup fruit, drained**                     |
| $\frac{1}{2}$ tsp. salt                         |  |
| 1 Tbsp. shortening                              |  |
| $1\frac{1}{2}$ tsps. active dry yeast           |  |

## **Sweet Fruit Filling:**

- 1 egg, beaten

## **Savory Cheese and Onion Filling:**

- 1 egg, beaten
- 1 cup shredded cheese,  
sharp, mild cheddar or American
- $\frac{1}{4}$  tsp. garlic powder
- $\frac{1}{2}$  cup finely chopped onions

Place water in mixing bowl. Add flour, sugar, milk, salt and shortening.

Blend on low for 1 minute. Sprinkle yeast over dough. Mix on medium speed 5 to 7 minutes. Cover and let rise until double.

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Place dough in greased 13 x 9-inch pan. Flatten, covering bottom of pan. Place choice of filling in center of dough. Fold corners to center over filling. Using a scraper or spatula, chop until filling is blended into dough. Spread evenly in pan. Cover; let rise until double. Bake in preheated 375°F oven 18 to 20 minutes or until golden brown. Serves 12.

**Optional:** If fruit filling is used, ice if desired.

\*Dough may be prepared in bread machine using the DOUGH cycle; or, use 1 pound thawed, frozen bread dough.

## **\*\*Fruit Variations:**

- 1 cup drained fruit cocktail and  $\frac{1}{2}$  cup raisins.
- 1 cup partially thawed frozen blueberries and  $\frac{1}{2}$  cup unsweetened crushed pineapple, drained. (Omit raisins.)
- $1\frac{1}{2}$  cups unsweetened frozen, chopped peaches. (Omit raisins.)
- $1\frac{1}{2}$  cups sliced or chopped apples.

**Nutritional Analysis:** One serving with fruit cocktail and raisin filling provides 165 calories, 3 g protein, 35 g carbohydrates, 2 g fat, 18 mg cholesterol, 1

# Apricot Bread (Bread Machine)

*So good, you don't need anything on it.*

<b>Ingredients</b>	<b>1# Loaf</b>	<b>1½# Loaf</b>	<b>2# Loaf</b>
Water (75°-85°F)	1/3 cup	1/2 cup	3/4 cup
Apricot baby food, divided	1 4-oz. jar	1 6-oz. jar	2 4-oz. jars
Vegetable oil	1 Tbsp.	1½ Tbsps.	2 Tbsps.
Lemon juice	1 tsp.	1 tsp.	1 tsp.
Nonfat dry milk	1 Tbsp.	1½ Tbsps.	2 Tbsps.
Brown sugar	1 Tbsp.	2 Tbsps.	3 Tbsps.
Salt	1 tsp.	1½ tsps.	2 tsps.
Ground nutmeg	1/4 tsp.	1/2 tsp.	3/4 tsp.
Bread flour	2 cups	3 cups	4 cups
Active dry yeast	1½ tsps.	2 tsps.	2½ tsps.
Dried apricots, diced	1/3 cup	1/2 cup	2/3 cup

If glaze is desired, reserve 1 tsp. apricot baby food. Accurately measure all

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g dietary fiber, 19 mg calcium, 109 mg potassium and 99 mg sodium.

ingredients. For flour, first stir, then spoon into a dry measuring cup and level off.

Add ingredients to bread machine, except reserved baby food and apricots, in the order suggested in the instruction manual. Recommended cycle: BASIC/WHITE cycle, light crust color; or SWEET BREAD cycle.

If your bread machine has a FRUIT/NUT signal, add the apricots at the audible signal or near the end of the first kneading stage.

It is all right to open the machine and touch the dough to check its consistency after about 5 minutes. The dough should form a soft ball around the kneading blade. If the dough is too dry, add 1/2 to 1 Tbsp. liquid at a time; if it is too wet, add 1 Tbsp. of flour at a time.

**Glaze:** If desired, mix 1/2 cup confectioners' sugar, dash of nutmeg, 1 tsp. of reserved apricot baby food and 2-3 tsps. milk. Drizzle glaze over cooled loaf.

**Nutritional Analysis:** One 1-oz. serving, unglazed, provides 55 calories, 1 g protein, 9 g carbohydrates, 2 g fat, 0 mg cholesterol, 1 g dietary fiber, 7 mg

# Delicious Apple Dumplings

*A special treat, fun to make.*

## Flaky Pastry:

2 cups all-purpose flour  
1/2 tsp. baking powder  
1 1/2 tsps. sugar  
1/2 tsp. salt  
2/3 cup vegetable shortening  
1 egg  
1/4 cup cold water  
1/2 tsp. vinegar

## Syrup:

2 cups water  
3/4 cup sugar  
1/4 tsp. ground cinnamon  
1/4 tsp. ground nutmeg  
8 drops red food coloring  
6 medium baking apples,  
peeled and cored  
Additional sugar, cinnamon  
and nutmeg

In medium bowl, combine flour, baking powder, sugar and salt. Using pastry blender or fork, cut in shortening until mixture resembles coarse crumbs.

Beat together egg, water and vinegar. Sprinkle into flour mixture while mixing. Calcium, 91 mg potassium and 217 mg sodium.

ing lightly with fork. Dough should be moist enough to form a ball when ~~lightly pressed together. Cover dough and chill at least one hour.~~

Meanwhile, prepare syrup. In medium pan, mix together water, sugar, cinnamon, nutmeg and food coloring; simmer 5 minutes stirring occasionally. Remove from heat.

Peel and core apples.

On lightly floured surface, roll pastry to 18 x 12-inch rectangle. Cut into six 6-inch squares. Place apples in center of pastry squares. If desired, sprinkle apples with additional sugar, cinnamon and nutmeg. Bring corners to center and pinch edges together. Place in ungreased 13 x 9 x 2-inch baking pan. Pour syrup over dumplings.

Bake in preheated 375°F oven 35 to 40 minutes or until apples are tender and crust is golden. Serve warm. Serves 6.

**Nutritional Analysis:** One dumpling provides 540 calories, 6 g protein, 77

# Onion Rye Bread

*Larry Davis, Cottonwood Falls, Kansas Festival of Breads Winner.*

*3<sup>1</sup>/<sub>4</sub> - 3<sup>1</sup>/<sub>2</sub> cups bread flour, divided*

*1 cup rye flour*

*2 Tbsps. sugar*

*2 tsps. salt*

*1 pkg. active dry yeast*

*1 cup skim milk*

*1/2 cup water*

*2 Tbsps. vegetable oil*

*3/4 cup finely chopped, fresh onion*

*1 Tbsp. caraway seeds, optional*

In large mixing bowl, combine 1<sup>1</sup>/<sub>2</sub> cups bread flour, rye flour, sugar, salt and yeast.

Heat the milk, water and vegetable oil to 120°-130°F. Add to flour mixture; beat 2 minutes. Add the onions and caraway seeds. Gradually add enough of the remaining flour to make a soft dough. Knead by hand or with a dough hook 12 to 14 minutes.

Place dough in lightly greased bowl, turn to coat top. Cover and let rise in an 80°-85°F place until double.

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Punch down dough. Cover, let rest 5 minutes. Divide dough in half, shape into two loaves and place in greased 8<sup>1</sup>/<sub>2</sub> x 4<sup>1</sup>/<sub>2</sub>-inch pans. Cover, let rise in an 85°-90°F place until double.

Bake in preheated 375°F oven, 30 to 35 minutes or until done. If top browns too rapidly, cover loosely with foil after 20 minutes of baking. The bottom of the loaf should sound hollow when tapped. Brush with melted margarine. Cool on rack. Makes 2 loaves.

**Nutritional Analysis:** One 1<sup>1</sup>/<sub>2</sub>-oz. serving provides 69 calories, 2 g protein, 11 g carbohydrates, 0 g fat, 0 mg cholesterol, 1 g dietary fiber, 23 mg calcium, 64 mg potassium and 275 mg sodium.

# Neat Wheat Joes

*A good way to add extra fiber to a favorite sandwich.*

1 lb. lean ground beef	1 tsp. salt
<sup>3</sup> / <sub>4</sub> cup chopped onion	<sup>1</sup> / <sub>4</sub> tsp. pepper
1 <del>lb.</del> <sup>1</sup> / <sub>2</sub> cup lightly oil-coated	1 14 <sup>1</sup> / <sub>2</sub> -oz. can beef broth
<sup>1</sup> / <sub>2</sub> cup bulgur or cracked wheat cereal	1 15-oz. can tomato sauce
2-3 tps. chili powder	

In large skillet, brown meat and drain well. Stir in remaining ingredients. Simmer, stirring occasionally, for about 1 hour or until bulgur is soft and mixture is thick.

Serve on a split bun. This mixture can also be used for tacos, taco salads and nachos. Makes 14 <sup>1</sup>/<sub>3</sub>-cup servings.

## **Variations:**

Substitute lean sausage, ground turkey or ground pork for part of the beef.

**Tip:** Freezes well.

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**Nutritional Analysis:** One <sup>1</sup>/<sub>3</sub>-cup serving provides 121 calories, 11 g protein, 7 g carbohydrates, 6 g fat, 30 mg cholesterol, 2 g dietary fiber, 16 mg calcium, 304 mg potassium and 582 mg sodium.

# Two-in-One Bread

*This Festival of Breads Champion is from Joyce Taylor, Enterprise, Kan.*

$\frac{1}{3}$  cup dry cracked wheat cereal      2 cups warm skim milk (120°-125°F)

$\frac{1}{3}$  cup boiling water       $\frac{1}{4}$  cup vegetable oil

$4\frac{1}{4}$ - $4\frac{1}{2}$  cups bread flour, divided      1 egg

2 Tbsps. active dry yeast      3 Tbsps. dark brown sugar

2 Tbsps. sugar      2 Tbsps. wheat germ

$1\frac{1}{2}$  tsps. salt       $1-1\frac{1}{4}$  cups whole wheat flour

Soak cracked wheat cereal in boiling water 15 minutes; cool to lukewarm (105°-115°F).

In mixing bowl, combine 2 cups bread flour, yeast, sugar and salt. Blend in warm milk and oil. Mix on medium speed 2 minutes. Add egg and  $1\frac{1}{4}$  cups bread flour; beat 4 minutes on medium speed.

Divide dough by placing 2 cups into a second mixing bowl.

To first bowl, stir in cracked wheat and gradually add enough of the remaining bread flour to make a soft dough.

To second bowl, containing the 2 cups of dough, add brown sugar and wheat germ. Gradually add enough of the whole wheat flour to make a soft dough.

Knead each dough until smooth and elastic about 10 minutes by hand or with dough hook(s). Place each dough in a lightly oiled bowl; cover and let rise in an 80°-85°F place until double.

Punch down each dough. Divide each dough in half. Cover, let rest 10 minutes. Roll each piece into a 12-inch rope. Using one rope from each dough, twist together and pinch ends. Turn ends under loaf and seal by pinching.

Place each loaf in a greased  $8\frac{1}{2}$  x  $4\frac{1}{2}$ -inch pan. Cover, let rise in an 85°-90°F place until almost double. Bake in a preheated 375°F oven 30 to 35 minutes or until loaves are golden brown. Makes 2 loaves.

**Nutritional Analysis:** One 1-oz. serving provides 59 calories, 2 g protein, 9 g carbohydrates, 2 g fat, 0 mg cholesterol, 1 g dietary fiber, 26 mg calcium, 69 mg potassium and 110 mg sodium.

# Chapatis

*This flatbread recipe was provided by Brinda Govindarajan, India.*

4 cups whole wheat flour\*

2 tsp. salt

2 Tbsps. oil, optional

1½ cups lukewarm water

(105°-115°F), divided

In a large bowl, combine flour and salt. Make a well in the center. Mix in 1 cup water, and, if desired, oil. Gradually add remaining ½ cup water, continuing to mix until flour absorbs water. Knead dough until smooth and elastic, 5 to 8 minutes. Do not add more flour. Cover with a damp cloth. Let rest 30 minutes, or refrigerate overnight. If refrigerated, let come to room temperature.

Divide into 16 equal pieces. Roll each into thin rounds, 6-7 inches in diameter. Using a light dusting of flour if necessary when rolling out. Do not stack.

Heat a lightly oiled griddle or skillet over medium-high heat. Place one chapati on the griddle and cook for about 1 minute. Flip chapati and cook for about 30 seconds. Use a folded, dry dish cloth to press down the edges of the chapati as it rises and puffs up so that the bread cooks evenly.

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Place on a clean dish towel and lightly brush top with butter, if desired.

Keep chapatis warm on a baking sheet in a 250°F oven, loosely covered with foil. Serve warm. Tear chapatis in pieces and use to scoop up Yogurt Dip or Spicy Mint Chicken; or, use as a wrap — simply fill, roll and eat. Makes 16.

**\*Variation:** Use 3 cups whole wheat flour and 1 cup all-purpose flour.

**Nutritional Analysis:** One chapati made without oil provides 102 calories, 4 g protein, 22 g carbohydrates, .5 g fat, 0 mg cholesterol, 3 g dietary fiber, 11 mg calcium, 122 mg potassium and 802 mg sodium.

**Yogurt Dip:** Combine 1 cup plain non-fat yogurt; ½ cup chopped tomato; ½ tsp. lemon juice; ⅛ tsp. salt; ¼ cup *each* chopped onion, cucumber, shredded carrot, and chopped green pepper; and 1 Tbsp. chopped cilantro. Serve chilled as a dip with Chapatis. Makes 2 cups.

# Spicy Mint Chicken

*Use Chapatis for scooping up this spicy food.*

$\frac{1}{4}$ cup cracked wheat cereal	1 lb. skinless, boneless chicken breasts, diced
$\frac{1}{2}$ cup boiling water	$\frac{1}{8}$ tsp. ginger
2 large red tomatoes	$\frac{1}{8}$ tsp. black pepper
$\frac{1}{4}$ cup chopped fresh mint leaves	$\frac{1}{8}$ tsp. cayenne pepper, optional
1 Tbsp. vegetable oil	$\frac{1}{2}$ tsp. salt
1 cinnamon stick	$\frac{1}{16}$ tsp. cinnamon
2 small bay leaves	$\frac{1}{16}$ tsp. nutmeg
$\frac{1}{2}$ cups chopped onion	$\frac{1}{16}$ tsp. mace
4 cloves garlic, minced	$\frac{1}{16}$ tsp. cloves

Soak cracked wheat in boiling water; set aside. In a blender, puree tomatoes and mint leaves; set aside.

In a large saucepan, heat oil over medium high heat. Add cinnamon stick, bay leaves, onion and garlic; saute until onion is clear.

Add chicken, ginger, black pepper, cayenne pepper and salt; cook over medium-high heat 8 minutes.

Add undrained cracked wheat and tomato-mint puree. Cook until meat is done and gravy is thickened, about 8 to 10 minutes, stirring often.

Sprinkle cinnamon, nutmeg, mace and cloves over meat mixture and mix well. Serve hot with Chapatis. Makes 6  $\frac{1}{2}$ -cup servings.

**Variation:** Substitute 7 to 8 ounces diced canned tomatoes for fresh tomatoes.

**Nutritional Analysis:** One  $\frac{1}{2}$ -cup serving provides 154 calories, 19 g protein, 11 g carbohydrates, 3 g fat, 44 mg cholesterol, 2 g dietary fiber, 23 mg calcium, 381 mg potassium and 233 mg sodium.

# Cracked Wheat Sourdough (Bread Machine)

*Enjoy the crunchy, nutty flavor.*

<b>Ingredients</b>	<b>1# Loaf</b>	<b>1<sup>1</sup>/<sub>2</sub># Loaf</b>	<b>2# Loaf</b>
Water (75°-85°F)	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup + 2 Tbsps.	$\frac{2}{3}$ cup + 1 Tbsp.
Cracked wheat cereal	3 Tbsps.	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup
Sourdough starter	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{4}$ cups
Margarine	1 Tbsp.	$1\frac{1}{2}$ Tbsps.	2 Tbsps.
Salt	1 tsp.	$1\frac{1}{4}$ tsps.	$1\frac{1}{2}$ tsps.
Brown sugar	2 tsps.	1 Tbsp.	$1\frac{1}{2}$ Tbsps.
Bread flour	2 cups	$2\frac{1}{2}$ cups	3 cups
Wheat gluten	1 Tbsp.	$1\frac{1}{2}$ Tbsps.	2 Tbsps.
Active dry yeast	$1\frac{1}{2}$ tsps.	$1\frac{3}{4}$ tsps.	2 tsps.

Combine water and cracked wheat cereal; let soften 5 minutes. Accurately measure all ingredients. For flour, first stir, then spoon into a dry measuring cup and level off.

Add ingredients to bread machine pan in the order suggested in the instructional manual. Recommended cycle: BASIC/WHITE BREAD cycle; medium crust color.

It is all right to open the machine and touch the dough to check its consistency. Do this after about 5 minutes. The dough should form a soft ball around the kneading blade. If it is too dry, add liquid  $\frac{1}{2}$  to 1 Tbsp. at a time; if it is too wet, add 1 Tbsp. of flour at a time.

**Note:** Wheat gluten may be purchased in health food stores or supermarkets. It improves loaf volume, extends freshness and increases protein.

**Nutritional Analysis:** One 1-oz. serving provides 45 calories, 2 g protein, 8 g carbohydrates, 1 g fat, 0 mg cholesterol, 1 g dietary fiber, 7 mg calcium, 36 mg potassium and 145 mg sodium.

# Simple Sourdough Bread (Bread Machine)

*Easier than ever to make using your bread machine.*

<b>Ingredients</b>	<b>1# Loaf</b>	<b>1½# Loaf</b>	<b>2# Loaf</b>
Water (75°-85°F)	¼ cup	⅓ cup	½ cup
Sourdough starter	¾ cup	1¼ cups	1½ cups
Margarine	1 Tbsp.	1½ Tbsps.	2 Tbsps.
Salt	1 tsp.	1½ tsps.	2 tsps.
Sugar	2 tsps.	1 Tbsp.	1½ Tbsps.
Bread flour	2 cups	3 cups	4 cups
Active dry yeast	1½ tsps.	2 tsps.	2½ tsps.

Accurately measure all ingredients. For flour, first stir, then spoon into a dry measuring cup and level off.

Add ingredients to pan in the order suggested in the manual. Recommended cycle: BASIC/WHITE BREAD cycle; medium crust color.

It is all right to open the machine and touch the dough to check its consistency. Do this after about 5 minutes. The dough should form a soft ball around the kneading blade. If it is too dry, add liquid ½ to 1 Tbsp. at a time; if it is too wet, add 1 Tbsp. of flour at a time.

**Nutritional Analysis:** One 1-oz. serving provides 45 calories, 1 g protein, 7 g carbohydrates, 1 g fat, 0 mg cholesterol, .5 g dietary fiber, 9 mg calcium, 35 mg potassium and 193 mg sodium.

# Sourdough Starter

*For use in bread machine recipes.*

*3 1/2 cups all-purpose flour*  
*2 1/4 tsps. active dry yeast*

*2 cups lukewarm water*  
*(105°-115°F)*

In a 1-gallon glass or ceramic container, combine flour and yeast. Gradually add water and beat until smooth. Cover loosely with cloth or vented plastic wrap. Let stand in a warm place until bubbly and sour smelling, about 2 to 4 days. Stir mixture daily.

Transfer to a 2-quart container with a loose-fitting cover and refrigerate until ready to use.

To keep starter alive: Once a week stir in 1 Tbsp. all-purpose flour and 1 Tbsp. lukewarm water (105°-115°F). Beat until smooth. Cover loosely and let stand until bubbly, 12 to 24 hours. Cover; refrigerate until ready to use.

Replenish or "feed" the starter each time it is used: Measure the required amount of starter from the container, then add equal amounts of flour and lukewarm water to the container. Beat until smooth. Cover loosely and let stand until bubbly, 12 to 24 hours. Use or cover loosely and refrigerate until ready to use.

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## Tips:

- Sourdough starter should be the consistency of thin pancake batter. Add enough water to get the desired consistency before measuring.
- To assure accuracy, measure the starter while it is chilled, then let it come to room temperature before using it. The starter will expand as it warms.
- Use only wooden utensils and glass or ceramic containers.
- The grayish or yellowish liquid that rises to the top needs to be stirred back in before using the starter. If this layer is green, pink or orange or develops mold, discard it and start again.
- Starter can be frozen for up to three months. Before using, let the starter thaw in the refrigerator for 24 hours and then bring it to room temperature.
- Always use the same type of flour in the starter.
- Always reserve at least 1 cup starter in the container.

## **Tips for getting the most out of your bread machine.**

- ▲ Be sure to read and re-read your bread machine instruction manual before using your machine.
- ▲ The ideal temperature for ingredients is 75°-85°F. A thermometer is necessary. Some machines have a warming cycle that brings all ingredients to the proper temperature. If yours doesn't, a quick, easy method is to combine the liquid ingredients and microwave them to the desired temperature.
- ▲ Check the yeast's expiration date for freshness. Tightly seal containers of yeast and refrigerate or freeze. Bring the amount needed to room temperature before using. One package equals 2¼ teaspoons, or ¼ ounce.
- ▲ Refer to machine instruction manual concerning type of yeast to use. If no bread machine yeast is available, active dry yeast may be substituted.
- ▲ Because you are using a machine, accurate liquid and dry measurements are essential. Use liquid measuring cups for liquid ingredients and dry measuring cups for dry ingredients. Measuring flour accurately is especially critical: be sure to first stir flour, then spoon it into the measuring cup and always level it off.
- ▲ Place ingredients in the baking pan in the order suggested by the manufacturer. Do not let the yeast touch the liquids. This is imperative when using the delayed timer cycle.
- ▲ Never use perishable ingredients — fresh milk, meat, eggs, cheese, yogurt, orange juice and vegetable purees — with the timed delay because they may spoil while sitting in the machine. Unless making sourdough, milk should not sit for more than 1 or 2 hours.
- ▲ To improve loaf height, texture and structure, add 1 to 2 tablespoons of wheat gluten to recipes using whole wheat, rye, or other whole-grain flours, or when making specialty-type breads. Adding wheat gluten is not necessary when using all bread flour. Gluten can be purchased in supermarkets and at health food stores.
- ▲ Check the consistency of the dough about 2 to 3 minutes into the first kneading cycle. It should form a soft, smooth ball around the kneading blade. If the dough is too sticky, add 1 teaspoon of flour at a time to achieve this consistency. If the dough is too dry, add 1 teaspoon of water at a time, instead.