

Bread Making in a Bread Machine

Size	Breadmix	Water	Yeast
X Large	4 cups	400 ml (420ml)*	2 tsp
Large	3½ cups	350 ml (370ml)*	1½ tsp
Small	2½ cups	240 ml (250ml)*	1 tsp

***Use extra water for the heavier breads such as Wholemeal & Soy and Linseed and Low GI Multiseed.**

Place the yeast in first followed by the bread mix and add water last. You can successfully bake all bread mixes on the normal bake, or quick bake cycles.



These are some of the mixes available:

Country Grain	Wholemeal	Crusty White	
Sweet Bun	Soy & Linseed	Light Rye	Pizza & Foccacia

HANDY HINTS ON BREAD MAKING

Only use this recipe, for Allied bread mixes. Do not use other recipes (including the recipes in your bread machine book)

- Bread mixes are not flours. **Salt, sugar, gluten, milk powder, and other ingredients have already been added.** Therefore do not add anything except, water, yeast, dried fruit (up to 1 cup), seeds, and spices.
- Measure your ingredients accurately. Use a metric cup measure. Use a liquid measuring cup for the water.
- Yeast has a shelf life of about 6 weeks. This can be prolonged by keeping it in the fridge or freezer. If your loaves get progressively smaller, the yeast is losing its power. To test if yeast is still active, add 1 tsp to a small amount of lukewarm water, and add 2 tsp of sugar. Leave for 10 minutes. If it has lots of froth your yeast is alive and well!

- Use slightly more water to make a loaf rise a bit more. Do not use extra yeast.
- Water to be at room temperature, **20°-30°C or cooler.** Let it run from the tap or **use from the fridge, especially on hot summer days.**