

# SANYO

## BREADFACTORY RECIPE SUPPLEMENT



# Handy Hints For Better Breadmaking!

*For better results with your Breadmaking follow the following suggestions:*

## Measurements :

1 cup equates to 250ml  
1 tablespoon equates to 15ml  
1 teaspoon equates to 5ml

◆All measurements used in the following recipes are NZ metric

## Temperature :

This is very important factor when baking bread, both in terms of your ingredients and in terms of your surrounds.

For best results your ingredients should be at room temperature and there should not be any great fluctuations in room temperature. Please note that if the room is very hot or too cold the bread will be affected.

## Power Supply :

A common problem our customers have experienced is power failure. New Zealand seems to be quite prone to intermittent power cuts and of course if you are baking at this time this can cause some problems. There are two possible scenarios and a solution for both. The scenarios are :

**Scenario 1 :** The Sanyo Breadfactory is in the kneading cycle and you experience a power failure.

**Solution 1 :** This solution only applies if the Breadfactory was in the kneading process only.

When the power is restored reset the Breadfactory and allow the dough to be re kneaded This will not affect the final result, the bread should be fine.

**Scenario 2 :** The Sanyo Breadfactory has progressed through the kneading cycle and is now in the process of baking when the power is cut.

**Solution 2 :** Remove the dough from the Breadfactory, grease a loaf tin, place dough in the tin, cover and let stand in a warm dry place until power is restored.

When the power is restored finish cooking in a moderate oven at approximately 150°C

It is important to keep an eye on the loaf and remove from the oven when you believe it is cooked.

### **Ingredients :**

#### ***Flour :***

◆The flour to use for best results is High Grade Flour. Any brand of High Grade Flour will be fine. This flour is ideal for bread making as it has quality Gluten-forming agents which are essential for light well-risen bread.

◆If using Wholemeal Flour the addition of Gluten is essential as Wholemeal Flour doesn't contain any rising agents. As you will see from the Wholemeal recipe Gluten is listed amongst its ingredients.

#### ***Yeast :***

◆Yeast is a live medium and requires moisture, sugar and warmth for favourable results.

◆Correct measurements are most important. Too much or too little can have a huge impact on the final product.

◆Always check the use by date on the yeast. When fresh it should have approximately six months before it expires. DO NOT buy yeast that only has a month to go before it expires.

◆It is important to note that for best results when following a recipe from the Breadfactory Book (the colour recipe book) use 3 level teaspoons of yeast as opposed to the 1 1/2 as suggested.

#### ***Liquid :***

◆For use in the Sanyo Breadfactory the liquid must be tepid or luke warm.

◆Milk may replace some water. Low fat milk does not effect the fat content of the loaf.

#### ***Sugar :***

◆Sugar is necessary to activate the yeast.

◆Suitable sugars to use are : white, brown, honey, golden syrup, treacle, or molasses.

#### ***Fats :***

◆Butter gives the better flavour in bread but other fats such as margarine and shortening can be used

◆For best results make sure the fats are at room temperature or softened before adding to the bread.

***Sanyo hope these hints are helpful and wish you  
happy Breadmaking!!***

*We would like to thank all who contributed to the development of this new supplement.*

*Try This Recipe For*

## **The Best White Bread Ever**

(Note: It is very important that you add the ingredients in the order listed)

**1 cup plus 2 tablespoons of luke warm water**  
**3 1/4 cups High Grade Flour**  
**1 1/2 teaspoons salt**  
**2 tablespoons of white sugar**  
**1 tablespoon of dry milk powder (non fat or whole milk is fine)**  
**1 1/2 tablespoons of butter, margarine or shortening**  
**3 level teaspoons of Edmonds Surebake Yeast**

- Press the **Select** Button once - the number '1' will show in the screen.
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 2:50.
- About 8 beeps will sound after approx. 32 minutes. At this stage you may choose to add extra fruit or nuts (about 1/4 cup), if you like. They are added at this stage to ensure they don't break up with excess kneading.
  
- This bread will be cooked in 2 hrs 50 mins.
- The loaf should have risen just over the top of the baking pot.
- When cooked, if you do not remove the bread from the Breadfactory immediately, it will keep it warm for up to 1 hour before switching off.
- You will have to remove the stirring paddle from the bottom of the loaf when it has cooled down. Don't forget or you might ruin your good knife as you cut into it.

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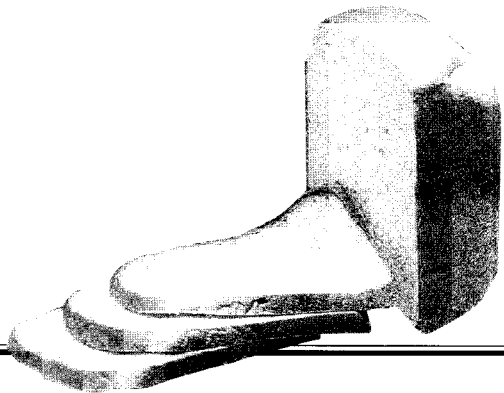
## **Even Lighter White Bread**

(Note: This is a little more expensive than the other White Bread option as Gluten is not cheap, but the result is truly awesome.

It is very important that you add the ingredients in the order listed)

- 1 cup plus 2 tablespoons of tepid tap water**
- 3 1/4 cups of Elfin High Grade Flour**
- 1 1/2 tablespoons Gluten**
- 1 1/2 teaspoons of salt**
- 1 tablespoon of white sugar**
- 1 tablespoon of dry milk powder (non fat or whole milk is fine)**
- 1 1/2 tablespoons of butter, margarine or shortening**
- 3 level teaspoons of Edmonds Surebake Yeast**

- Press the **Select** Button once - the number '1' will show in the screen.
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 2:50.
  
- This bread will be cooked in 2 hrs 50 mins.
- The loaf should have risen just over the top of the baking pot.
- When cooked, if you do not remove the bread from the Breadfactory immediately, it will keep it warm for up to 1 hour before switching off.
- You will have to remove the stirring paddle from the bottom of the loaf when it has cooled down. Don't forget or you might ruin your good knife as you cut into it.



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## **Great Whole Grain or Multigrain Bread**

(Note: It is very important that you add the ingredients in the order listed)

**Soak 1/2 cup of your favourite whole grains (Kibbled Wheat or Kibbled Rye or a mixture) in a cup on boiling water for 10 minutes, then drain.**

**Put into bread pot, in this order:**

**Soaked grains ( Kibbled Wheat or Kibbled Rye)**

**1 cup plus 1 1/2 tablespoons of luke warm tap water**

**2 1/2 cups of Elfin High Grade Flour**

**3/4 cup Bran Flakes**

**1 1/2 teaspoons of salt**

**2 tablespoons of white sugar**

**1 tablespoon of dry milk powder (non fat or whole milk is fine)**

**1 1/2 tablespoons of butter, margarine or shortening**

**3 level teaspoons of Edmonds Surebake Yeast**

- Press the **Select** Button once - the number '1' will show in the screen.
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 2:50.
- About 8 beeps will sound after approx. 32 minutes. At this stage you may choose to add extra fruit or nuts (about 1/4 cup), if you like. They are added at this stage to ensure they don't break up with excess kneading.
- This bread will be cooked in 2 hrs 50 mins.
- When cooked, if you do not remove the bread from the Breadfactory immediately, it will keep it warm for up to 1 hour before switching off.
- You will have to remove the stirring paddle from the bottom of the loaf when it has cooled down. Don't forget or you might ruin your good knife as you cut into it.

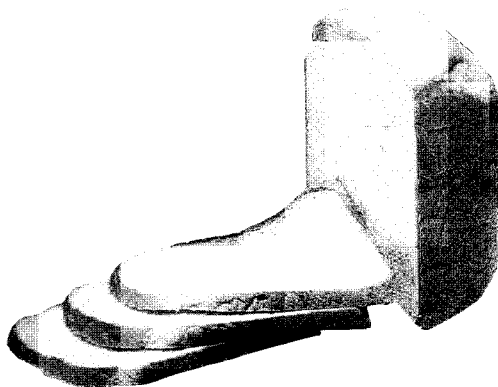
*Try This Recipe For*

## **100% Wholemeal Bread**

(Note: It is very important that you add the ingredients in the order listed)

- 1 2/3 cups of luke warm tap water**
- 4 1/4 cups of Elfin Wholemeal flour**
- 4 rounded teaspoons of Gluten flour**
- 2 teaspoons of salt**
- 1/3 cup of brown sugar**
- 3 tablespoons of dry milk powder (non fat or whole milk is fine)**
- 2 tablespoons of butter, margarine or shortening**
- 3 level plus 1/4 teaspoons of Edmonds Surebake Yeast**

- Press the **Select** Button four times - the number '4' will show in the screen.
- Press **Start** - the machine will not immediately start to knead the ingredients, the screen will start counting down from 4:30, but the kneading process will not begin until approximately 30 min into the cycle.
- This bread will be cooked in 4 hrs 30 mins.
- When cooked, if you do not remove the bread from the Breadfactory immediately, it will keep it warm for up to 1 hour before switching off.
- You will have to remove the stirring paddle from the bottom of the loaf when it has cooled down. Don't forget or you might ruin your good knife as you cut into it.



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## **Healthy Sunflower Seed Bread**

(Note: It is very important that you add the ingredients in the order listed)

**1 cup plus 2 tablespoons of luke warm tap water**  
**2 1/2 cups of Elfin High Grade flour**  
**4 tablespoons of Elfin wholemeal flour**  
**4 tablespoons of sunflower seeds**  
**4 tablespoons of baking bran**  
**1 1/2 teaspoons of salt**  
**2 tablespoons of white sugar**  
**1 tablespoon of dry milk powder (non fat or whole milk is fine)**  
**1 1/2 tablespoons of butter, margarine or shortening**  
**3 level teaspoons of Edmonds Surebake Yeast**

- Press the **Select** Button once - the number '1' will show in the screen.
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 2:50.
- About 8 beeps will sound after approx. 32 minutes. There are no extra ingredients to add for this loaf.
  
- This bread will be cooked in 2 hrs 50 mins.
- The loaf should have risen just over the top of the baking pot.
- When cooked, if you do not remove the bread from the Breadfactory immediately, it will keep it warm for up to 1 hour before switching off.
- You will have to remove the stirring paddle from the bottom of the loaf when it has cooled down. Don't forget or you might ruin your good knife as you cut into it.

*"This is just enough roughage to make a nourishing bread."*

*This lovely recipe was kindly shared with us by Mrs Margaret Newland of Pokeno.*



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## **Yoghurt Bread**

(Note: It is very important that you add the ingredients in the order listed)

- 2/3 cup of luke warm tap water**
- 1 cup of natural yoghurt**
- 4 2/3 cups of Elfin High Grade flour**
- 1 1/4 teaspoons of salt**
- 3 teaspoons of white sugar**
- 1 tablespoon of dry milk powder (non fat or whole milk is fine)**
- 2 tablespoons of butter, margarine or shortening**
- 3 level teaspoons of Edmonds Surebake Yeast**

- Press the **Select** Button once - the number '1' will show in the screen.
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 2:50.
- About 8 beeps will sound after approx. 32 minutes. There are no extra ingredients to add for this loaf.
  
- This bread will be cooked in 2 hrs 50 mins.
- When cooked, if you do not remove the bread from the Breadfactory immediately, it will keep it warm for up to 1 hour before switching off.
- You will have to remove the stirring paddle from the bottom of the loaf when it has cooled down. Don't forget or you might ruin your good knife as you cut into it.

*This lovely recipe was kindly shared with us by Mrs Betty Grange of Mt Maunganui.*

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## **Pumpkin Bread**

(Note: It is very important that you add the ingredients in the order listed)

- 1/4 cup of luke warm tap water**
- 1 cup of mashed pumpkin (if boiled in pot, must drain overnight)**
- 3 1/4 cups of Elfin High Grade flour**
- 1 1/2 teaspoons of salt**
- 1 dessert spoon of white sugar**
- 1 tablespoon of dry milk powder (non fat or whole milk is fine)**
- 1 1/2 tablespoons of butter, margarine or shortening**
- 3 level teaspoons of Edmonds Surebake Yeast**

- Press the **Select** Button six times - the number '6' will show in the screen.
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 3:25.
- About 8 beeps will sound after approx. 32 minutes. There are no extra ingredients to add for this loaf.
  
- This bread will be cooked in 3 hrs 25 mins.
- When cooked, if you do not remove the bread from the Breadfactory immediately, it will keep it warm for up to 1 hour before switching off.
- You will have to remove the stirring paddle from the bottom of the loaf when it has cooled down. Don't forget or you might ruin your good knife as you cut into it.



*This lovely recipe was kindly shared with us by Mrs Shaw of Titirangi.*

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## **Malt & Beer Bread**

(Note: It is very important that you add the ingredients in the order listed)

**1 tablespoon of Malt made up to 1 2/3 cups with flat beer  
(warm beer for 50 secs on high in the microwave)  
2 2/3 cups of Elfin High Grade flour (warmed for 15 secs on high)  
1/2 cup of cornmeal  
1/2 cup of baking bran  
1 cup of wholemeal flour  
1 1/2 teaspoons of salt  
1 1/2 teaspoons of brown sugar  
2 tablespoons of butter, margarine or shortening  
3 level teaspoons of Edmonds Surebake Yeast**

- Press the **Select** Button once - the number '1' will show in the screen.
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 2:50.
- About 8 beeps will sound after approx. 32 minutes. There are no extra ingredients to add for this loaf.
  
- This bread will be cooked in 2 hrs 50 mins.
- When cooked, if you do not remove the bread from the Breadfactory immediately, it will keep it warm for up to 1 hour before switching off.
- You will have to remove the stirring paddle from the bottom of the loaf when it has cooled down. Don't forget or you might ruin your good knife as you cut into it.

*This lovely recipe was kindly shared with us by Betty Grange of Mt Maunganui.*

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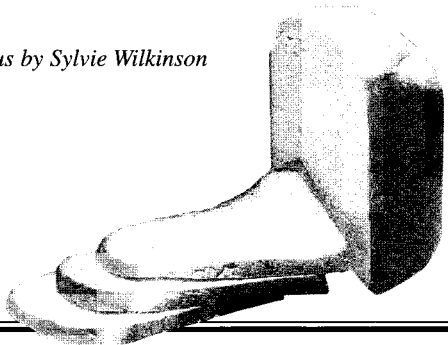
## **Linseed and Bran Bread**

(Note: It is very important that you add the ingredients in the order listed)

- 1 cup plus 2 tablespoons of luke warm tap water**
- 2 cups of Elfin High Grade Flour**
- 3/4 cups of Wholemeal Flour**
- 1/4 cups linseeds**
- 1/2 cup bran**
- 3 teaspoons gluten flour (optional)**
- 1 1/2 teaspoons salt**
- 1 1/2 tablespoons of white sugar**
- 1 tablespoon of dry milk powder (non fat or whole milk is fine)**
- 2 tablespoons of butter, margarine or shortening**
- 3 level teaspoons of Edmonds Surebake Yeast**

- Press the **Select** Button once - the number '1' will show in the screen.
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 2:50.
  
- This bread will be cooked in 2 hrs 50 mins.
- When cooked, if you do not remove the bread from the Breadfactory immediately, it will keep it warm for up to 1 hour before switching off.
- You will have to remove the stirring paddle from the bottom of the loaf when it has cooled down. Don't forget or you might ruin your good knife as you cut into it.

*This lovely recipe was kindly shared with us by Sylvie Wilkinson*



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## **Sundried Tomato and Fetta Cheese Bread**

(Note: It is very important that you add the ingredients in the order listed)

**1 cup luke warm water**  
**1 tablespoon Tomato Paste**  
**3 1/4 cups High Grade Flour**  
**1 teaspoon salt**  
**1 tablespoon sugar**  
**1 tablespoon milk powder**  
**1 tablespoon oil (from tomatoes if you like)**  
**1/2 cup crumbled Fetta Cheese**  
**6 Sundried Tomatoes (well drained and chopped)**  
**3 level teaspoons Edmonds Surebake Yeast**

- Press the **Select** Button once - the number '1' will show in the screen.
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 2:50.
- About 8 beeps will sound after approx. 32 minutes. At this stage **ADD** :

**1 tablespoon chopped Mint**  
**1 tablespoon chopped Parsley**  
**2 chopped Spring Onions.**

- This bread will be cooked in 2 hrs 50 mins.
- When cooked, if you do not remove the bread from the Breadfactory immediately, it will keep it warm for up to 1 hour before switching off.
- You will have to remove the stirring paddle from the bottom of the loaf when it has cooled down. Don't forget or you might ruin your good knife as you cut into it.

*This lovely recipe was developed by Mrs Gwen Kerr, Home Economist.*

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## **Spiced Fruit Loaf**

(Note: It is very important that you add the ingredients in the order listed)

**1 cup plus 2 tablespoons luke warm water**  
**3 cups High Grade Flour**  
**1/2 cup Bran**  
**1 1/2 teaspoons salt**  
**2 tablespoons Brown Sugar**  
**1 tablespoon milk powder**  
**1 1/2 tablespoons softened Butter or Margarine**  
**2 teaspoons Cinnamon**  
**1 teaspoon Mixed Spice**  
**1/2 cup finely chopped dried apricots**  
**3 level teaspoons Edmonds Surebake Yeast**

- Press the **Select** Button once - the number '1' will show in the screen.
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 2:50.
- About 8 beeps will sound after approx. 32 minutes. At this stage **ADD** :

**1/2 cup mixed fruit or other dried fruits**

- This bread will be cooked in 2 hrs 50 mins.
- When cooked, if you do not remove the bread from the Breadfactory immediately, it will keep it warm for up to 1 hour before switching off.
- You will have to remove the stirring paddle from the bottom of the loaf when it has cooled down. Don't forget or you might ruin your good knife as you cut into it.

*This lovely recipe was developed by Mrs Gwen Kerr, Home Economist.*

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## **Herbed Bubble Bread**

(Note: It is very important that you add the ingredients in the order listed)

**1 2/3 cups luke warm water**  
**2 1/2 cups High Grade Flour**  
**2 cups Wholemeal Flour**  
**1 1/2 teaspoons salt**  
**1 tablespoon sugar**  
**2 tablespoons dry milk powder**  
**2 tablespoons softened butter or margarine**  
**3 teaspoons Edmonds Surebake Yeast**

- Press the **Select** Button eight times - the dough setting '8' will show in the screen.
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 1:30.
- When the dough process is complete remove from the pot and place dough in a large greased bowl.
- Cover and stand in a warm place for approximately 1 hour, or until dough has doubled in size. (The time may vary according to the room temperature)
- Grease lightly 20cm round deep pan
- Turn dough onto lightly floured board and knead until smooth
- Divide into 14 - 16 balls and roll in the following herb mixture :

**1/2 cup chopped fresh parsley**  
**1/4 cup chopped chives (garlic or plain)**  
**1 tablespoon chopped fresh thyme**  
**1 tablespoon chopped fresh rosemary**

- Place 7 - 8 balls over base of pan and the rest on top
- Cover and stand in a warm place for approximately 40 min or until the dough rises to the top of the pan
- Bake at 220°C for 35 - 40 min, until well risen and browned
- Stand for 5 min, then remove from the pan

*This lovely recipe was developed by Mrs Gwen Kerr, Home Economist.*

*Try This Recipe For*

## **Herbed Fair Bread**

(Note: It is very important that you add the ingredients in the order listed)

**1 2/3 cups luke warm water**  
**2 1/2 cups High Grade Flour**  
**2 cups Wholemeal Flour**  
**1 1/2 teaspoons salt**  
**1 tablespoon sugar**  
**2 tablespoons dry milk powder**  
**2 tablespoons softened butter or margarine**  
**3 teaspoons Edmonds Surebake Yeast**

- Press the **Select** Button eight times - the dough setting '8' will show in the screen
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 1:30.
- When the dough process is complete remove from the pot and place dough in a large greased bowl.
- Cover and stand in a warm place for approximately 1 hour, or until dough has doubled in size. (The time may vary according to the room temperature)
- Divide into two pieces and roll out on floured board to about 24 - 26cm rounds, or two rectangles
- Brush one piece with oil, then **SPREAD** :

**3/4 cup chopped fresh mixed herbs (parsley, sage, thyme, marjoram)**  
**100 grams sliced sundried tomatoes in oil (optional)**  
**Fresh black pepper**  
**Sprigs of Rosemary**

- Top with other half of dough. Seal edges firmly
- Place on oiled oven tray and cut at even intervals across the top
- Cover loosely with oiled plastic wrap. Leave in a warm place to double in size
- Brush with water and sprinkle with sprigs of Rosemary
- Bake at 220°C for 15 - 20 min

*This lovely recipe was developed by Mrs Gwen Kerr, Home Economist.*



## *Try This Recipe For*

# Pizza

(Note: It is very important that you add the ingredients in the order listed)

**1 1/2 cups luke warm water**  
**4 1/2 cups High Grade Flour**  
**1 teaspoons salt**  
**1 tablespoon sugar**  
**3 tablespoons oil**  
**3 teaspoons Edmonds Surebake Yeast**

- Press the **Select** Button eight times - the dough setting '8' will show in the screen.
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 1:30.
- When the dough process is complete remove from the pot and place dough in a large greased bowl.
- Cover and stand in a warm place for approximately 45 min, or until dough has doubled in size. (The time may vary according to the room temperature)

## **Toppings!**

### Simple Tomato

1 can savoury tomatoes drained  
100 grams sliced ham or salami  
1 cup sliced mushrooms (lightly cooked)  
1/2 red or green pepper  
2 cups cheese grated (mozzarella is delicious!)  
1/2 teaspoon dried oregano  
parmesan cheese to taste

### Tomato Special

2 tablespoons tomato paste  
100 grams sundried tomatoes in oil  
1 roasted red pepper  
1 - 2 sliced red onions  
basil leaves  
parmesan cheese to taste

- Turn dough onto lightly floured board and divide into two pieces. Roll to fit 26 - 28cm pizza pans, which have been oiled, or use an oven tray that has been well oiled
- Top with topping
- Bake 250°C for 10 - 12 min

*This lovely recipe was developed by Mrs Gwen Kerr, Home Economist.*

*Try This Recipe For*

## **Filled Pizza Bread**

(Note: It is very important that you add the ingredients in the order listed)

**1 1/2 cups luke warm water**  
**4 1/2 cups High Grade Flour**  
**1 teaspoons salt**  
**1 tablespoon sugar**  
**3 tablespoons oil**  
**3 teaspoons Edmonds Surebake Yeast**

- Press the **Select** Button eight times - the dough setting '8' will show in the screen.
- Press **Start** - the machine will start to stir the ingredients and the screen will start counting down from 1:30.
- When the dough process is complete remove from the pot and place dough in a large greased bowl.
- Cover and stand in a warm place for approximately 45 min, or until dough has doubled in size. (The time may vary according to the room temperature)

### **Filling**

**2 tablespoons olive oil**  
**2 onions sliced**  
**1 can tomatoes very well drained**  
**1 cup grated cheese**

- Heat oil, cook onions slowly until tender. Remove from heat, chop tomatoes and add cheese. Cool.
- Roll dough out on floured board in 2 x 26 - 28 cm rounds
- Brush edges with water and oil
- Place filling on one round, top with the other. Seal edges by pinching well together
- Place on oiled oven tray. Brush with oil
- Bake at 220°C for 15 - 20min

*This lovely recipe was developed by Mrs Gwen Kerr, Home Economist.*

*Try This Recipe For*

## **Almond Apricot Buns**

(Note: It is very important that you add the ingredients in the order listed)

**1/4 cup milk plus 3/4 cup lukewarm water**  
**3 1/4 cups High Grade Flour**  
**1 teaspoon salt**  
**2 tablespoons sugar**  
**2 tablespoons softened butter or margarine**  
**3 teaspoons Edmonds Surebake Yeast**

- Press the **Select** Button eight times - the dough setting '8' will show in the screen.
- Press - the machine will start to stir the ingredients and the screen will start counting down from 1:30.
- When the dough process is complete remove from the pot and place dough in a large greased bowl. Cover and let stand for approximately 45min until doubled in size

### **Filling**

**1/2 cup chopped dried apricots**  
**a little warm water**  
**150 grams almond paste**  
**1 egg yolk**  
**1 teaspoon cinnamon**

- Just cover apricots with warm water and let them stand
- Mix paste and egg yolk
- Roll dough on floured board to about 30 - 40cm rectangle
- Spread with paste mixture, add drained apricots and sprinkle with cinnamon
- Roll up like a Swiss roll
- Cut in about 12, 4cm slices and place cut side up in large oiled muffin pan
- Cover loosely with oiled plastic wrap and leave in a warm place for approximately 30 min
- Bake 200°C for 15 - 20 min until well risen and golden

*This lovely recipe was developed by Mrs Gwen Kerr, Home Economist.*