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Bread Maker Recipe Book



Recipes created by epicurist Ann Creber



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INTRODUCTION

In a world where people are becoming increasingly aware of the need to maintain good health, it seems ironic that more and more preservatives and chemicals of all kind are being pumped into our food. Bread, long regarded as one of the world's truly natural foods and a staple item in our dietary intake, seems to have as ingredients all kinds of preservatives and other chemicals whose function remains obscure. Food intolerances are extremely common now and it becomes a daunting challenge just to read (and interpret!) the ingredients listed on packaged foods.

During a recent visit to Australia, George Foreman spoke of his concern about the increasing incidence of obesity, allergies and other conditions for which there seems to be no real explanation. As a result of this concern, he has now introduced the George Foreman Bread Maker. This is an absolute blessing for those of us who love "real" bread and find it difficult - and expensive - to buy.

With the Bread Maker those with food intolerances can take control and bake bread that is free of many of the additives used in commercial production. And of course, there has always been a certain romance associated with baking bread.. maybe that wonderful aroma has something to do with it!

To enjoy maximum benefits from eating home-made bread, choose ingredients carefully. Select organic ingredients wherever possible, use sea salt and substitute cold-extraction honey for sugar. However even for those anxious to reduce salt levels, it is desirable to use a little salt to assist the rising process of the dough. Also important is not to have any ingredients too hot (such as water) or too cold, such as butter. Yeast is a "living" organism and can be killed by water that is too hot or slowed down by ingredients that are too cold.

The George Foreman Bread Maker is extremely easy to use and involves very little preparation and practically no washing up, even experienced bakers will find they only need to slightly adjust their techniques to suit the Bread Maker. For best results, it is important to combine ingredients in the sequence recommended and to follow suggested program times. In this way you can be assured of perfect results every time.

We have included recipes to accommodate the more common food intolerance allergies. There is a dairy-free loaf for those suffering lactose intolerance, also several suitable for those following a low GI (Glycemic Index) dietary regime. Foods with a low GI help maintain prolonged energy because of their effect on blood glucose levels. This is because low GI foods take longer to digest and include wholegrains such as rye, cracked wheat, oats, also skim milk, most fruits and dried legumes. Wholegrain breads also offer a range of other essential nutrients such as iron, folate, magnesium, B vitamins and fibre and you will find these in our recipes.

So now, George Foreman not only "knocks out the fat" with the GF Grill but "knocks out the nasties" with his Bread Maker! And, as we expect from George, brings us delicious food in the process.

Ann Greber
Epicurist

WHOLESOME SEEDY LOAF

Makes 1 kg loaf (High Fibre)

This is a fabulous loaf which keeps really well. High in fibre and with great flavour this is a good choice for family lunches. For a lower GI level, use wholemeal flour or a mixture of wholemeal and unbleached strong white flour. Linseed meal is high in Omega-3 fatty acids which are recommended to help reduce cholesterol and minimise the risks of heart attack.

ingredients

525mls lukewarm water	flour OR 380gr strong white flour
1 1/2 teaspoons salt	3 Tablespoons sunflower seeds
1 Tablespoon raw sugar	3 Tablespoons pumpkin seeds
2 1/2 Tablespoons skim milk powder	3 Tablespoons LSA*
1 1/2 Tablespoon virgin olive oil	1/3 cup linseed meal
380gr mixed wholemeal and strong white	2 1/2 teaspoons dried yeast

Pour the lukewarm water into the bread tin, add salt, sugar and olive oil. Carefully measure flour/s and add to the liquid. Sprinkle seeds, LSA and linseed meal evenly over the flour. Sprinkle yeast evenly over the mixture. Set the bread machine to 5.

If desired, when the bread is well risen, lightly brush surface with a little mixed egg and milk and sprinkle on more seeds.

*LSA is a mixture of ground linseed, sunflower seeds and almonds. It is available from most health food shops but you can substitute additional linseed meal.

We show it here served as a sandwich with a healthy and sustaining filling of salad and ham, topped with a low-fat mayonnaise.





TASTY CHEESE BREAD (CALCIUM RICH)

This is a lovely bread to serve with soups, in sandwiches or, as we show it here, an accompaniment to a very stylish and “cheesy” Ploughman’s Lunch.

ingredients

200ml luke-warm water	2 Tablespoons skim milk powder
1 1/2 Tablespoons olive oil	90gr extra tasty cheese, finely grated
1 egg, beaten	50gr Parmesan cheese, grated
1 Tablespoon extraction honey	1 Tablespoon poppy seeds OR
1 teaspoon sea salt	1 Tablespoon finely chopped rosemary
350gr unbleached white bread flour OR	2 teaspoons dried yeast
half white/half wholemeal flour	

Pour the water into the bread tin, add olive oil, beaten egg, honey, salt. Add the flour/s, milk powder, cheeses and poppy seeds or rosemary. Sprinkle yeast evenly over the surface.

Set Bread machine to No. 5 and Start. We have served this bread with a wedge each of Brie and Blue cheese, pickled onions and a salad. Sliced roast chicken, beef or lamb may be served as well.

CREATIVE PIZZAS

Makes 2 x 30cm bases

Always a family favourite, pizza can provide a seriously healthy meal or one which is fatty, full of preservatives and not to be recommended! Let the Bread Machine do the hard work and then you exercise your creativity - or just indulge different family fancies by serving favourite toppings. One of the pizzas illustrated (rear) is a Marinara topping on a thick base, the other has a traditional topping on a thin crust. It's a good idea to have a bit of a baking session and prepare several pizza bases to be frozen for future meals.

ingredients

300 mls lukewarm water

2 Tablespoons extra light olive oil

1 teaspoon salt

530gr plain white flour

1 1/2 teaspoons sugar

2 teaspoons dried yeast

Pour the water into bread tin provided, add the oil, salt, sugar. Add the white flour, spreading evenly, add the sugar then sprinkle yeast on top.

Set Bread Machine to 14. When the beep sounds, remove dough and knead lightly on a floured base. Divide in two, shape one portion into a round, roll thinly and place onto lightly oiled pizza tray. Shape remaining dough, roll to about 2 cm thickness. Spray each base lightly with extra light olive oil and prick surfaces with a fork.

Lightly oil surface of each, spread with tomato or preferred pizza sauce, add topping of choice and bake in the usual way. To create a healthy meal, serve with a tossed salad.





WHOLESUME HERBY LOAF (LOW G.I.)

This is a favourite bread in my house! I use fresh finely chopped herbs, but if you have access only to dried herbs, halve the quantity. Delicious as a cheese sandwich or, as we show here, served with a buffet platter. Toasted and cubed, it makes great croutons for soup.

ingredients

400ml luke-warm water	580gr organic wholemeal flour
2 1/2 Tablespoons extra light olive oil	2 Tablespoons chopped fresh herbs (such as a mixture of basil, oregano, thyme, dill, tarragon) OR
2 1/2 Tablespoons skim milk powder	1 Tablespoon of mixed dried herbs)
2 Tablespoons raw sugar	2 1/2 teaspoons dried yeast
2 teaspoons sea salt	
1/2 teaspoon seasoned pepper	

Pour the water into the bread tin, add oil, milk powder, raw sugar, salt and pepper. Add the flour and fresh or dried herbs. Sprinkle yeast evenly onto the surface.

Set Bread Machine at No. 5 and start.

Serve as suggested.

GERMAN GRAIN BREAD

(HIGH FIBRE/HIGH PROTEIN/NO DAIRY PRODUCTS/LOW GI)

Simple as it is to make our own bread using the George Foreman Bread Machine, there are occasions when we don't have even the few minutes needed to measure a variety of ingredients! Because of this I like to keep a couple of Bread Machine Pre-Mixes in my pantry - and this wholesome loaf, with a couple of my own minor variations, is one of my favourites! It contains a variety of cereal grains, including rye and linseed, and aids proper functioning of the digestive system.

ingredients

- 1 packet German Grain Bread Mix
- 330mls luke-warm water
- 2 Tablespoons extra light olive oil
- 1 1/2 teaspoon dried yeast (provided with bread mix)

Pour the water into bread tin. Remove yeast sachet from the bread mix and add the mixture of flour and seeds to the tin. Pour on the olive oil, then sprinkle yeast evenly over the surface.

Set the George Foreman Bread Machine to No. 5 and enjoy the aroma as the bread bakes! It is excellent eaten spread with cream cheese, topped with smoked salmon, thinly sliced red onion, a whisp of chives and a tiny wedge of lime. Lovely with a glass of champagne or dry white wine as a pre-lunch appetiser, if your diet allows alcohol!





WHITE COUNTRY LOAF

Makes 1 kg loaf (LACTOSE FREE)

This is a versatile bread best eaten the day it is baked, although it toasts well. As it uses NO dairy product ingredients, it is suitable for people who are lactose intolerant.

ingredients

260 mls lukewarm water
2 tablespoons extra light olive oil
1 1/2 teaspoon salt
1 1/2 Tablespoons white sugar
500gr strong white flour
1 1/2 teaspoons dried yeast

Pour the water into the bread tin provided, add the olive oil, salt and sugar.
Tip in the flour, ensuring it is fairly evenly spread, then sprinkle the yeast over the surface.
Set the Bread Machine to No. 7 and off you go

After its second rising, I like to snip a deep cross in the surface with sharp scissors - this gives the loaf an interesting rustic appearance. I like to serve it with a small bowl of oil for dipping and dukkah, the very popular Middle Eastern

MIXED BREAD ROLLS **Makes 6**

The clever tiered baking rack provided with the George Foreman Bread Machine allows you to make not only hearty and healthy hamburger rolls but a variety of rolls suitable for any occasion. Our illustration shows just a couple of ideas.

ingredients

325 mls. luke-warm water	600gr strong bread flour
4 Tablespoons extra light olive oil	2 Tablespoons dried skim milk powder
1 large egg, well beaten (reserve a little for glazing)	2 teaspoon sugar
1 1/2 - 2 teaspoons sea salt	2 teaspoons dried yeast

Pour water into the bread tin, add olive oil and egg (reserve about 1 Tablespoon). Spread the flour on top, then milk powder and sugar. Sprinkle dried yeast evenly over the surface. Set the Bread Machine to Dough setting (No.13) and start the Machine.

When the process has completed, remove the dough and shape into 6 balls, adding a very light sprinkling of flour if necessary. Cover the base of each roll tray generously with polenta (ground cornmeal) to prevent sticking. Place the shaped rolls onto the tray and allow to "prove" (ie. to rise) for about 20 minutes. (Watch that they don't over-rise and spread over the edge of the trays!) Lightly glaze the tops of the rolls with the reserved egg mixture to which a dash of milk has been added.

Stack the trays into the rack in the order marked on the trays. Pour about 170mls into the oval "tank" on the base of the Bread Machine. (This process is to provide the steam that creates a crisp crust.) Place rack into the Bread Machine, lower handle* and close the lid. Select No. 16 (Bake only) and press Timer button to bring time up to 50 minutes. Press Start. When cooking has finished, carefully open lid, using gloves to remove the rack.



In our illustration, pumpkin seeds have been pressed lightly onto the glazed surface before baking. To form the "knot rolls", pull the dough into a long sausage shape, then tie into a knot before glazing.

* To prevent dough rising AROUND the handle as rolls cook, I place two little dough balls on the rim of the bread tin and rest the handle on these.



GLUTEN-FREE FRUIT BREAD

Working with gluten-free flour is a tricky business for beginners - even for experienced domestic bakers! It is the gluten that “holds” bread as it rises and without this, it is often difficult to avoid the bread collapsing. I suggest you buy a gluten-free bread mix, at least for your initial attempts. For those with multiple dietary allergies, there is one which meets international allergen free standards (A.F.I.) and is free of gluten, dairy and egg derivatives. Check the “Health Food” shelves at your supermarket or visit the local health food shop.

ingredients

- 450gr pack of Gluten Free Bread Mix
- 450ml luke-warm water
- 1 Tablespoon extras light olive oil
- 1 Tablespoon cold extracted honey
- 1 teaspoon mixed spices
- 3 Tablespoons sulphur-free mixed dried fruits, chopped

Pour the water into the bread tin, add the oil, bread mix, sprinkle on the spices and drizzle on the honey. Add the chopped fruits. Set the Bread Machine to No. 3 and start. The texture will be different from ‘ordinary’ bread. We have served it lightly toasted and spread with honey.

NOTE: The bread mix used here does not contain yeast - check the details carefully on any pack before you proceed with baking the bread.

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