

The Millers Guide

“Quick and Easy”

Whole Grain Tips and Delicious Home-Made Bread Recipes



25 Delicious Home-Made Bread Recipes that your Whole Family will Love.

Prepared for you exclusively by:

Millers Grain House



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About the Author:

Duet 28:17 - "A blessing upon your grain-basket and kneading-bowl."



Greetings!

It is my sincere hope that you will enjoy 'The Millers Guide'. I certainly have enjoyed preparing it for you, and will look forward to hearing your comments.

Before we get started, I want to share with you a brief history of how our sites, books, videos and delicious recipes came into being. It will give you some insights into why I bake with whole grains, and why I believe it is so important.

My generation and many of those after mine, were products of TV dinners, food in a box and processed goods that were convenient and accessible. At the time we knew nothing of the deficiency of nutritional value, or the dangers of the convenience additives. The short and simple of it is that many time honored cooking/baking techniques were laid aside for speed and ease.

Shortly after my marriage to my wonderful husband began (24 years ago as of this writing) I realized that I was lacking some serious domestic skills. Cooking and baking were my weakest link in the domestic chain of tending to a family, home and husband. While still needing to keep an eye on our budget, eating healthy became a type of quest for me as I learned to create many of our favorite foods from scratch for pennies on the dime to replace those convenience items that were so costly, yet empty.

With much determination, study, practice and prayer, this weak link became a passion for me as I found others who also felt they entered the role of tending to a family lacking those same skills. I soon realized that there were so many other wives and mothers like myself who wanted to learn. It is my hope to save some of the 'learn on your own' feelings and mentor those who have an interest in keeping costs low and nutrition high for their family.

We purchased our first mill, the NutriMill, and soon began my journey. Learning to work with the whole grain flour, fresh out of the mill was a joy. The smell, the taste, the nutrition, all big pay offs!

The most rewarding things have been to hear these statements:

- Hubby: "I like your pizza crust better than the carry out from ____" (interject any name here - we've tried them all!)
- Daughter #1: "I hate when I have to eat a sandwich on store bought bread. It has no taste. I like yours better Mama!"
- Son: "These store bought tortillas taste like I'm eating a napkin. I'll help you make some of yours tomorrow so we don't have those again."
- Daughter #2: "Mama, these banana-nut muffins are the BEST!"
- Myself: "You know, within about two months of not ordering pizza out, we've saved enough money to pay for the NutriMill?"

As a side note, there are continually more and more food products getting recalled due to contamination. Not only am I more secure with the nutritional value of the home, made-from-scratch goods that are made in my own kitchen, but I know exactly what is IN them and it isn't metal shavings as one of the major bread bakeries recently had for a massive bread recall.

This is not to give myself accolades. It is to encourage you! I felt inadequate in the area of cooking and

baking and can now share what I've learned in hopes of inspiring others who may feel the same way to not give up - but forge ahead and keep learning!

Your family will thank you!

Best Blessings!

Donna Miller



Brittspphotos.com

Duet 28:17 - "A blessing upon your grain-basket and kneading-bowl."

Be sure to visit our site(s), and subscribe to my Monthly Newsletter. Every month I share my favorite baking and milling tips and more delicious recipes:

www.EatGrains.com

www.MillersGrainHouse.com

Be sure to Tweet about Us!

<http://www.Twitter.com/MillersGrain>



Disclaimer: The information in the Millers Guide is provided "as-is" and offers no implied guarantees that you will achieve the same delicious results. We recommend that you subscribe to our newsletter and video

trainings to receive additional information on how to improve on your baking.

Why Whole Grains

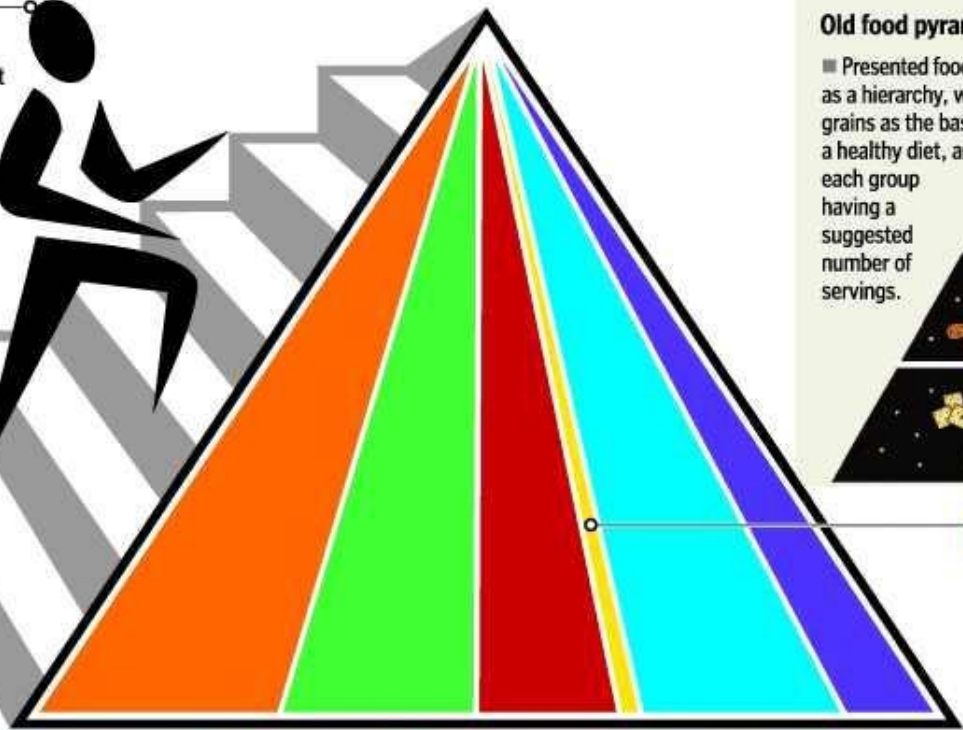
At the beginning of each New Year, one of the resolutions for many people is to eat more healthy and take charge of their nutrition. People also start talking about the need to eat healthy, when they face uncertain or difficult health issues. Here's a novel idea – let's NOT wait to make a decision to prepare healthy food for our family!

The FDA has said to make at least half of your grain choices 'whole grains'. This is certainly good advice to follow, but why stop there? Why not make MOST of your grain choices whole grains? Below I will share some suggestions on how easily increase your consumption of healthy grains.

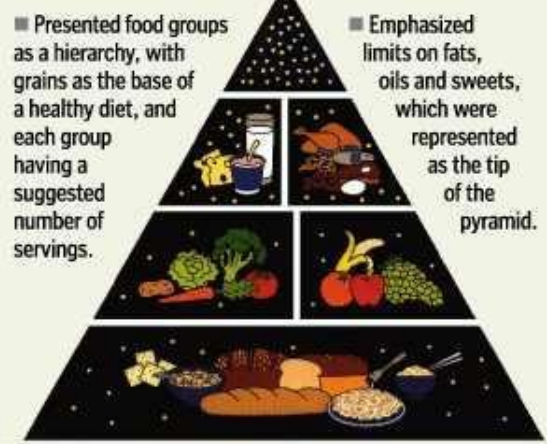
First, let's take look at the food pyramid for a better understanding.

Exercise

- Adults should be physically active for at least 30 minutes most days of the week, children for 60 minutes.
- Sixty to 90 minutes of daily physical activity may be needed to prevent weight gain or sustain weight loss.



Old food pyramid



Oils

- Most fat should be from fish, nuts and vegetable oils.
- Limit solid fats, such as butter, margarine or lard.
- Keep consumption of saturated fats, trans fats and sodium low.
- Choose foods low in added sugar.

CATEGORY	Grains	Vegetables	Fruits	Milk	Meat and beans
RECOMMENDATION	Half of all grains consumed should be whole grains.	Vary the types of vegetables you eat.	Eat a variety of fruits. Go easy on juices.	Eat low-fat or fat-free dairy products.	Eat lean cuts, seafood and beans. Avoid frying.
DAILY AMOUNT	6 oz.	2.5 cups	2 cups	3 cups	5.5 oz.

Based on a 2,000 calorie diet.

Recommended nutrient intakes at 12-calorie levels can be found on mypyramid.gov.

The base of the New Food Pyramid is still grains - but the focus has turned to make sure there are more **WHOLE grains**, not just empty starch. Interestingly enough though you can see that the allowance is for only half of the grains to be whole grain. My personal opinion is that this is still cutting us short of our much needed fiber and vitamins in our diets that we can get from only whole grains.

A diet which consists of virtually all of the grain choices as whole grain is healthier than what is recommended. Remember, however, even if you consume only whole grains as your base, there still is a limit of how much to consume.

Today I was asked a very simple (yet also could get confusing) question: "How do I eat more whole grains?"

As I considered the question, it occurred to me that many people really just do not know where to start.

Let me give you some simple suggestions:

1. Eat brown rice (not par boiled) instead of white rice.
 2. Eat only whole wheat bread (or at best home mill your flour from the whole fresh grain!!)
 3. Whole rolled oats (also known as 'old fashioned') are a whole grain. Choose them over instant.
 4. Ditch the pancake and muffin mixes and use at LEAST half whole wheat for the flour (again home milling means you can use ALL whole grain flour)
- see a video I did on 'Make a-head Muffins' [here](#).

These are just a few suggestions to get you started. You can visit my blog at EatGrains.com for more suggestions. I also have a library of training videos that will help you become a baking pro fast. Be sure to subscribe to my Newsletter for monthly ideas and money-saving tips.

Once your diet starts to include more whole grains, you will find more ways everywhere to add them to your menu! (By the way, don't forget the family favorite - POPCORN!)



Painless and Easy Money-Saving Tips

Years ago I started increasing my family intake of whole grains and milling fresh flour at our home. The excellent health results have been only ONE of the benefits to this change in lifestyle.

We also have realized a great amount of **money savings on the grocery bill**. Now, with food prices higher than ever in addition to our regular intake of whole grains, we are adding more dried beans to our diet as well. Of course, we still get the same great health benefits.

Whole dried beans, like whole grains, store for far longer periods of time than most items in the pantry. The beans can be easily used to extend meat items. Here are some of the great ideas I use for my meal preparations:

1. Add soaked/cooked lentils to ground beef to make 'more' for lasagna or tacos.
2. Use in place of meat in soups
3. Cook and serve with a whole grain to make a healthy low fat protein.
4. Pinto beans and potatoes are a family favorite here for pennies.
5. Hummus (chick peas and/or white bean pure with seasoning) is a great replacement for mayo and meat in a sandwich or dip.
6. Minestrone Soup is mostly beans and quite hardy for the winter.

Easily used dried beans can be soaked overnight and cooked in a crock pot all day with seasoning. Also, they can be soaked, then drained and frozen (the ice crystals soften the bean) in zip lock baggies to use almost instantly!

Both whole grains and beans do also have the added bonus of extra fiber. This helps to create the 'satisfied' filled filling without all the fat and heaviness of many meats.

So in these leaner times - don't rule out beans along with grains. They truly can help stretch the food dollars!

you do not know, try first all moist ingredients as written in most of these recipes then dry. If that does not seem to work - try to work from dry to moist. Different machines suggest different order of ingredients.



Getting Started Tips:

Let's get ready to begin baking some of our delicious recipes. Ahhh, this is my favorite part. The smell of fresh bread baking in the oven makes everything wonderful!

First General Tip – be sure to read through the recipe completely from start to finish before attempting to start making it. Making sure you know the steps and have all the ingredients on hand will save you both time and stress.

Second most important general tip - If you **KNOW** your Bread Machine manufacturer's suggested order of ingredients (look at their recipe book that came with the machine if you are not sure) then follow **THAT** order with the ingredients listed for each recipe. If

When using honey in place of a dry sweetener such as sugar or sucannant - decrease water by at least 1/8 of a cup.

When using an egg - eggs should be room temperature unless otherwise noted. When trying any new recipe (especially but not limited to) check the loaf about 10 minutes in to the kneading process. If it looks too dry or too wet - see troubleshooting tips below.

Troubleshooting Tips for BEFORE and WHILE it bakes:

Make **SURE** your paddle(s) are securely attached before adding ingredients. If you are baking **IN** the machine, loose paddles will come off as you remove your loaf.

When changing yeast brands, try to stay within the same 'type' but even then the measurements may differ and you will have to either decrease or increase the amount of yeast.

If the loaf appears too **dry** when you first take a peek (about 10 minutes into the process) you may add 1 tsp of warm water - wait 2 minutes and check again. Repeat until the ball forms (not stuck to the bottom or sides) and looks moist but still has a matte finish.*

If the loaf appears too **wet** when you first take a peek (about 10 minutes into the process) you may add 1 tsp of flour - wait 2 minutes and check again. Repeat until the ball forms (not stuck to the bottom or sides) and looks moist but still has a matte finish.**



Abbreviations:

HWW - Hard White Winter Wheat

HRW - Hard Red Winter Wheat

HRWHP - Hard Red Winter High Protien

Warm Water - always between 110-115 degrees Fahrenheit - any hotter the yeast will die any colder it won't blossom

Yeast - Active Dry Instant or Fast Acting Yeast - not the type that needs 'proofing' **Bread Machine**

Recipes:

Below are some excellent Bread Machine Recipes. I hope you enjoy. Please feel free to share these with your friends, and try some new things. I'd love to hear about your adventures in your kitchen, and would be happy to share with my readers.

If you want additional recipes, visit my site and subscribe to my Newsletter. I am always trying new things, and share my findings with my subscribers. I also offer some excellent video tutorials, and my "Supreme Bread Machine Cookbook" is loaded with over 120 recipes that you can easily prepare. [Get the Supreme Cookbook here.](#)



Okay, let's get started...

100% Crunch Bread

-----1 POUND LOAF-----

Mill 1.5 Cups of Wheat (HRW, HWW or 3/4 Cups of each) *****

Ingredients:

- 3/4 cup -- plus 1 tablespoon Warm Water
- 4 teaspoons Honey
- 4 teaspoons Molasses
- 4 teaspoons Olive oil
- 2 cups Wheat flour
- 2 teaspoons Gluten
- 1 teaspoon Salt
- 1/2 cup Seeds (any kind)

2 teaspoons Yeast (active dry)

Place first four ingredients in Machine pan in this order.

Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well.

Place in machine and bake on Whole Wheat level or Bread Dough to form into your own loaf and oven bake. If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

Challah

-----1.5 POUND LOAF-----

Mill HWW (May substitute part with store bought bread flour)

Ingredients:

1 cup Water

2 Eggs

2 tablespoons Vegetable Oil

2 tablespoons Sugar

1 1/2 teaspoons Salt

3 cups Bread flour

1 1/2 teaspoons Yeast

Add ingredients according to machine directions or in order given. If you would like set on Dough Only setting and try your hand at braiding a free rising (not in pan) loaf. The traditional braid is 4 strands, but 3 is pretty for a beginner. Bake the free rising braid in a 350 oven for about 18 minutes after it has doubled in size from the time you braided it.

100% Stone Ground Whole Wheat Bread - Fat Free

-----1.5 POUND LOAF-----

Mill 2.5 Cups of Wheat (HRW, HWW, HRWHP or 3/4 Cups of each)

Ingredients:

1 1/2 cups Warm Water

3 tablespoons Honey

2 teaspoons Salt-heaping

3 cups 100% Whole Wheat Flour-level

3/8 level cup Wheat gluten flour

3 teaspoons Active dry yeast

Mix in separate bowl, flour, gluten flour and salt.

Place first two ingredients in Machine pan in this order.

Add flour mixtures, remembering to sprinkle across pan not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well.

Place in machine and bake on Whole Wheat level or Bread Dough to form into your own loaf and oven

bake.

If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

-----1 POUND LOAF-----

Mill 1.5 Cups of Wheat (HRW, HWW or 3/4 Cups of each) *****

Ingredients:

- 1 cup Warm Water
- 1 1/4 tablespoons Dry milk
- 1 1/4 tablespoons Honey
- 2 teaspoons Molasses
- 1 1/2 melted tablespoons Butter
- 2 1/2 cups Wheat bread flour
- 2 tablespoon Gluten
- 1/2 teaspoon Salt
- 1 1/2 teaspoons yeast

Place first five ingredients in Machine pan in this order.

Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Whole Wheat level or Bread Dough to form into your own loaf and oven bake. If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

-----1.5 POUND LOAF-----

Mill 2.5 Cups of Wheat (HRW, HWW or 1.25 Cups of each)

Ingredients:

- 1 1/2 cups + 2 tb Warm Water
- 2 tablespoons Dry milk
- 2 tablespoons Honey
- 1 tablespoon Molasses
- 2 tablespoons melted Butter
- 3 3/4 cups Wheat bread flour
- 3 tablespoons Gluten
- 3/4 teaspoons Salt
- 2 1/8 teaspoons yeast

Place first five ingredients in Machine pan in this order.

Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Whole Wheat level or Bread Dough to form into your own loaf and oven bake. If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

50% Whole Wheat Bread

(When they won't eat whole wheat - this is a fine choice!)

-----1.5 POUND LOAF-----

Mill 1.5 Cups of Wheat (HRW, HWW or 3/4 Cups of each) Use bag store bought bread flour for the remaining flour.

Ingredients:

- 1 3/8 c Water (11-1/2 oz)
- 1 1/2 tablespoons dry powder Milk
- 1 1/2 tablespoons Molasses
- 1 1/2 tablespoons Butter or Oil
- 1 2/3 cups Whole wheat flour (8 oz)
- 1 2/3 cups White Bread Flour (8 oz)
- 1 1/2 teaspoons Salt
- 1 1/2 teaspoons Dry yeast

Place first four ingredients in Machine pan in this order.

Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Light or White Bread level or Bread Dough to form into your own loaf and oven bake. If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

7-Grain Bread

-----1.5 POUND LOAF-----

Mill 1.5 Cups of Wheat (HRW, HWW or 3/4 Cups of each) Use bag store bought bread flour for the remaining flour.

Ingredients:

- 1 cup + 3 TBS + 2 tps Warm Water
- 3 tablespoons Nonfat dry milk
- 1 tablespoon Unsweetened cocoa powder
- 2 tablespoons melted Butter/margarine
- 1/8 cup Dark molasses
- 1 cup Bread flour
- 1 1/2 cups Whole wheat flour
- 1/2 cup Crumbled 7-grain cereal Flakes or Hot 7 grain cereal uncooked
- 1TBS gluten
- 1 teaspoon Salt
- 2 1/4 teaspoons Dry yeast

Do not use on delay timer as water will be absorbed.

This is a slightly dense loaf of bread because of the ground grains/flakes absorbing liquid.

Place first five ingredients in Machine pan in this order. Add next five ingredients in this order, remembering to sprinkle across pan, not dump in one spot. Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Whole Wheat level or Bread Dough to form into your own loaf and oven bake.

If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes. Oven temps vary so watch closely the first time baking

this loaf!

-----1.5 POUND LOAF-----

Mill 1/2 Cups of Wheat & 1/2 Cup Yellow Corn for meal. Use bag store bought bread flour for the remaining flour.

Ingredients:

- 1 1/4 cups water
- 3 tablespoons molasses
- 1 teaspoon lemon juice
- 4 tablespoons nonfat dry milk powder
- 2 tablespoons melted unsalted butter
- 2 1/2 cups bread flour
- 1/2 cup whole-wheat flour
- 1/3 cup cornmeal
- 1 1/2 teaspoons salt
- 2 1/4 teaspoons yeast

Do not use on delay timer as water will be absorbed.

This is a slightly dense loaf of bread due to the corn meal.

Place first five ingredients in Machine pan in this order. Add next four ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Whole Wheat level or Bread Dough to form into your own loaf and oven bake.

If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes. Oven temps vary so watch closely the first time baking this loaf!

-----1.5 POUND LOAF-----

Mill 2.5 Cups of HRW or HWW & 1/2 Cup Yellow Corn for meal.

Ingredients:

- 1 1/2 cups Boiling water
- 1/3 cup Yellow cornmeal
- 1/3 cup Molasses
- 2 teaspoons melted Butter
- 1 teaspoon Salt
- 3 1/2 cups Bread flour
- 2 tsp Yeast

Place cornmeal into a bowl. Carefully pour boiling water into cornmeal, stirring to make sure it is smooth. Let stand for about 30 minutes.

Stir in molasses, salt and butter. Place yeast into the Bread Machine pan, add bread flour, then cornmeal mixture. Select white bread and push start for Bread Dough to form into your own loaf and oven bake.

If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

Absolutely Apricot Bread

-----1 POUND LOAF-----

Mill 1.5 Cups of HWW

Ingredients:

3/4 cup Water

1 tablespoon Dry milk

1 tablespoon melted Butter

3 tablespoons Apricot jam

2 cups White bread flour (or freshly milled HWW)

1 teaspoon Salt

1 TBS gluten

1 teaspoon Yeast

add apricots at nut/fruit beep - or just before second knead 1/2 cup Dried apricots -- chopped

This is bread with the jam already inside!

It's a coffee bread, a snack bread or the perfect after-school bread. The finely textured sweet bread also happens to be lovely,

with the summery orange apricots fluting in the golden loaf.

Place first four ingredients in Machine pan in this order. Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot. Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Whole Wheat level/Light, Fruit & Nut Bread or Bread Dough to form into your own loaf and oven bake.

REMEMBER to add your **CHOPPED FRUIT** either after the Fruit & Nut setting BEEPS or just before the second knead of using Whole Wheat or Bread Dough setting.

If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

Airy White Bread

-----1.5 POUND LOAF-----

Mill 1.5 Cups of HWW. Use bag store bought bread flour for the remaining flour.

Ingredients:

1 1/4 cups Warm (110-115 degrees F) Milk

2 teaspoons shortening

1 tablespoon Sugar

3 cups Bread flour (combine at least 1C store bought and 2C fresh milled HWW)

1 tablespoon gluten

3/4 teaspoon Salt

1 teaspoon Yeast

Place first three ingredients in Machine pan in this order. Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast.

Add yeast into watery well. Place in machine and bake on Whole Wheat level/Light or Bread Dough to form into your own loaf and oven bake. If oven baking, set aside tented or covered with a clean cloth

for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

Almond Oatmeal Bread

-----1 POUND LOAF-----

Mill 1 Cup of Wheat (HRW or HWW)

Ingredients:

- 2/3 cup Warm Milk
- 1 1/4 tablespoons Applesauce
- 1 tablespoon Almond Paste
- 1 teaspoon Almond Extract
- 1 teaspoon Sugar
- 2/3 cup Whole rolled Oats
- 1 1/3 cups Bread Flour
- 1 tablespoon gluten
- 1 teaspoon Salt
- 1 teaspoon Yeast

Place first five ingredients in Machine pan in this order. Add next four ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Whole Wheat level/Light or Bread Dough to form into your own loaf and oven bake.

If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

Aloha Loaf

-----1.5 POUND LOAF-----

Mill 2.5 Cups of HWW. May substitute all or part with store bought bread flour.

Ingredients:

- 1 cup Warm Milk + 2 tbls
- 1 tablespoon melted Butter or margarine
- 1 tablespoon Sugar
- 3 cups Bread flour
- 3/4 teaspoon Salt
- 1/3 cup Macadamias -- toasted
- 1/3 cup Candied pineapple -- chopped
- 1/3 cup Coconut -- *toasted
- 2 teaspoons Bread machine yeast

A sweet bread for snacking and special tropical flavor!

Place first three ingredients in Machine pan in this order. Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot. Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Basic/white bread cycle/Light, Fruit & Nut Bread or Bread Dough to form into your own loaf

and oven bake.

REMEMBER to add your CHOPPED FRUIT/NUTS/COCONUT either after the Fruit & Nut setting BEEPS or just before the second knead of using Basic/White or Bread Dough setting.

If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes. Oven temps vary so watch closely the first time baking this loaf!

***NOTE: To toast coconut, spread in thin layer in shallow baking pan. Toast while watching closely in a 250 degree oven until lightly brown.**

American Garlic & Parsley Bread

-----1.5 POUND LOAF----

Mill 2.5 Cups of HWW. May substitute all or part with store bought bread flour.

Ingredients:

1 1/4 cups Water

2 tablespoons Sugar

2 tablespoons Vegetable or Olive oil

2 Garlic cloves -- minced

3 tablespoons Chopped fresh parsley

3 1/4 cups Bread flour

1 3/4 teaspoons Salt

1 tablespoon gluten

1 1/2 teaspoons yeast

This is good bread for a steak sandwich, French dip roast beef, or a grilled mozzarella cheese and tomato sandwich. Baking the garlic right in the bread lightens the garlic flavor.

If this is not a strong enough garlic statement for you, add another clove.

Place first five ingredients in Machine pan in this order. Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot. Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well.

Place in machine and bake on Basic/white bread cycle/Light or Bread Dough to form into your own loaf and oven bake. If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes. Oven temps vary so watch closely the first time baking this loaf!

-----1.5 POUND LOAF-----

Mill 2.5 Cups of HRW or HWW. May substitute all or part with store bought bread flour.

Ingredients:

1 cup Warm Water + 1 TBS

4 tablespoons Olive oil

3 tablespoons Sugar

3 1/4 cups flour

1 teaspoon Salt

3 teaspoons Vital wheat gluten

2 teaspoons Yeast

Place first three ingredients in Machine pan in this order. Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well.

Place in machine and bake on Basic/white bread cycle/Light or Bread Dough to form into your own loaf and oven bake.

If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

----1 POUND LOAF----

Mill 1.75 Cups of HRW or HWW. May substitute all or part with store bought bread flour.

Ingredients:

6 ounces Warm Water

2 1/2 tablespoons Olive oil

2 tablespoons Sugar

2 cups flour + 2 T

1/2 teaspoon Salt

2 teaspoons Vital wheat gluten

1 teaspoon Yeast

Place first three ingredients in Machine pan in this order. Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well.

Place in machine and bake on Basic/white bread cycle/Light or Bread Dough to form into your own loaf and oven bake.

If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

Apple Carrot Bread

-----1.5 POUND LOAF-----

Mill 2.5 Cups of HRW or HWW. May substitute all or part with store bought bread flour.

Ingredients:

1 1/8 cups Warm (110-115 degrees) Apple juice

1 Egg

2 1/3 tablespoons Maple syrup -=OR=- honey

1/3 teaspoon Cinnamon

3/4 cup Oat -=OR=- wheat flakes

3 cups Whole wheat flour

1 1/2 tablespoons Vital gluten -- to 3 tbls

1/2 teaspoon Salt

2 teaspoons Yeast

1/3 cup Carrots -- grated

1/3 cup Dried apples

1/3 cup Nuts -- chopped (opt)

Place first four ingredients in Machine pan in this order. Add next four ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well.

Place in machine and bake on Whole Wheat level/Light, Fruit & Nut Bread or Bread Dough to form into your own loaf and oven bake.

REMEMBER to add your **CHOPPED FRUIT** either after the Fruit & Nut setting BEEPS or just before the second knead of using Whole Wheat or Bread Dough setting.

If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

-----1 POUND LOAF-----

Mill 1.75 Cups of HRW or HWW. May substitute all or part with store bought bread flour.

Ingredients:

1/2 cup -- Warm water

2 1/2 tablespoons thawed Apple juice concentrate

1/4 cup Applesauce

1/2 teaspoon Cinnamon

2 teaspoons Sugar -- brown

1 cup Flour -- whole wheat

1 cup Flour -- bread

1/4 teaspoon -- salt

1 1/2 tablespoons Vital gluten -- optional

1 teaspoon Yeast

Place first five ingredients in Machine pan in this order. Add next four ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Basic/white bread cycle/Light or Bread Dough to form into your own loaf and Basic/white bread cycle/Light or Bread Dough to form into your own loaf and 35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

Oven temps vary so watch closely the first time baking this loaf! Also baking time will depend upon the size loaf you make.

-----1.5 POUND LOAF-----

Mill 2.5 Cups of HRW or HWW. May substitute all or part with store bought bread flour.

Ingredients:

3/4 cup -- Warm water

3 3/4 tablespoons thawed Apple juice concentrate

1/3 cup Applesauce

3/4 teaspoon Cinnamon

1 tablespoon Sugar -- brown

1 1/2 cups Flour -- whole wheat

1 1/2 cups Flour -- bread

2 tablespoons Vital gluten -- optional

1/3 teaspoon -- salt
1 1/2 teaspoons Yeast

Place first five ingredients in Machine pan in this order. Add next four ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Basic/white bread cycle/Light or Bread Dough to form into your own loaf and Basic/white bread cycle/Light or Bread Dough to form into your own loaf and 35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes. Oven temps vary so watch closely the first time baking this loaf! Also baking time will depend upon the size loaf you make.

-----2 POUND LOAF-----

Mill 3 Cups of HRW or HWW. May substitute all or part with store bought bread flour.

Ingredients :

1 cup -- Warm water
5 tablespoons thawed Apple juice concentrate
1/2 cup Applesauce
1 teaspoon Cinnamon
1 1/3 tablespoons Sugar -- brown
2 cups Flour -- whole wheat
2 cups Flour -- bread
1/2 teaspoon -- salt
3 tablespoons Vital gluten
2 teaspoons Yeast

Place first five ingredients in Machine pan in this order. Add next four ingredients in this order, remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Basic/white bread cycle/Light or Bread Dough to form into your own loaf and Basic/white bread cycle/Light or Bread Dough to form into your own loaf and 35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes. Oven temps vary so watch closely the first time baking this loaf! Also baking time will depend upon the size loaf you make.

Apple Cranberry Nut Bread

-----1.5 POUND LOAF-----

Mill 1.5 Cups of HRW or HWW. May substitute all or part with store bought bread flour.

Ingredients:

1 teaspoon Cinnamon
1 teaspoon Nutmeg
1/3 cup Dried cranberries
*set aside**
2/3 cup Applesauce
1/2 cup Warm Apple juice (or Orange Juice)

2 tablespoons Sugar -- white or brown

1 Cup Bread Flour

1 Cup Whole Wheat Flour

1 1/2 teaspoons Salt

1 1/2 teaspoons Yeast

1 ounce Chopped walnuts*

Makes a nice loaf for holiday giving or serving.

FIRST: Coat cranberries with the cinnamon and nutmeg and set aside to add into loaf later along with nuts.

Place next three ingredients in Machine pan in this order. Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot. Now make a 'well' near machine paddle(s) which collects with the warm juice to put in yeast. Add yeast into watery well. Place in machine and bake on Basic/white bread cycle/Light, Fruit & Nut Bread or Bread Dough to form into your own loaf and oven bake.

*REMEMBER to add your DUSTED CRANBERRIES & NUTS either after the Fruit & Nut setting BEEPS or just before the second knead of using Basic/White or Bread Dough setting. If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

Oven temps vary so watch closely the first time baking this loaf!

Apple Oatmeal Bread with Raisins

-----1.5 POUND LOAF-----

Mill 1.5 Cups of HRW or HWW. May substitute all or part with store bought bread flour.

Ingredients:

5/8 cup -Water -- (for Welbilt add 2 Tb. more water)

2 tablespoons Brown sugar

1/2 cup Unsweetened applesauce

1 1/2 tablespoons Nonfat dry milk powder

2 teaspoons Ground cinnamon

1 1/2 tablespoons melted Butter or margarine

1/2 cup Old-fashioned rolled oats

2 3/4 cups Bread flour

1 1/2 teaspoons Salt

2 teaspoons Red Star active dry yeast

1/2 cup Raisins

Place first six ingredients in Machine pan in this order. Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot. Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Basic/white bread cycle/Light, Fruit & Nut Bread or Bread Dough to form into your own loaf and oven bake.

REMEMBER to add your RAISINS either after the Fruit & Nut setting BEEPS or just before the second knead of using Basic/White or Bread Dough setting.

If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes. Oven temps vary so watch closely the first time baking

this loaf!

Apple Onion Rye

-----1 POUND LOAF-----

Mill 1.25 Cups of HRW or HWW and 1 Cup Rye Grains. May substitute all or part with store bought bread flour.

Ingredients:

1/2 C Water

1 1/2 Tbsp Sugar

3 Tbsp Unsalted Butter

1 3/4 C Bread Flour -- + 2 Tbs

1 1/2 C Rye Flour

1/3 C Cracked Wheat

1 1/2 Tsp Caraway Seed

2 Garlic Cloves -- minced

1 Med Onion -- minced

1 Lg Apple -- chopped

1 1/2 Tsp Salt

2 1/4 Tsp Active Dry Yeast

Place first three ingredients in Machine pan in this order. Add next eight ingredients in this order, remembering to sprinkle across pan, not dump in one spot. Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Basic/white bread cycle/Light or Bread Dough to form into your own loaf and Basic/white bread cycle/Light or Bread Dough to form into your own loaf and 35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes. Oven temps vary so watch closely the first time baking this loaf! Also baking time will depend upon the size loaf you make. Start at 16 minutes and work your way up checking!

Applesauce Bread

-----1.5 POUND LOAF-----

Mill 2.25 Cups of HRW or HWW. May substitute all or part with store bought bread flour.

Ingredients :

1 cup warm Buttermilk

1/3 cup Applesauce

1 tablespoon Butter

1 teaspoon Cinnamon.

2 tablespoons Brown sugar

3 cups Bread flour

1/4 teaspoon Salt

2 1/4 teaspoons Yeast

Place first five ingredients in Machine pan in this order. Add next two ingredients in this order,

remembering to sprinkle across pan, not dump in one spot.

Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Basic/white bread cycle/Light or Bread Dough to form into your own loaf and oven bake.

If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes. Oven temps vary so watch closely the first time baking this loaf!

Also baking time will depend upon the size loaf you make.

Start at 16 minutes and work your way up checking!

-----1 POUND LOAF-----

Mill 1.5 Cups of HRW or HWW. May substitute all or part with store bought bread flour.

Ingredients :

1/2 cup Water

1/2 cup Dried apricots

3/8 cup To 1/2 cup apricot nectar

1 tablespoon Honey

1 tablespoon Canola, safflower or oil

1/4 teaspoon Ground cinnamon

1/2 teaspoon Ground anise seed

1/2 teaspoon Ground allspice

1 tablespoon Dry milk

2 1/4 cups Bread flour

1 teaspoon Sea salt

2 teaspoons Active dry yeast

1. Place the apricots and water in a small saucepan and bring to a boil. Remove from the heat and allow to steep for 5 minutes. Drain the apricots, RESERVING the liquid, and spread them out on a double thickness of paper towels. Allow the apricots and the liquid to cool to room temperature.

2. Place all ingredients in machine according to manufacturers directions (or in ORDER) - EXCEPT APRICOTS. Measure the reserved cooking liquid and add enough apricot nectar to measure 5/8 cup for the 1 lb. loaf and 7/8 cup for the 1 1/2 lb. loaf. to use as the nectar.

3. Program the bread-maker for the whole wheat mode and press start OR if you have *FRUIT/NUT setting use it.

4. At the end of the mixing cycle and just before the kneading cycle begins , finely chop the cooled apricots and add them to the dough *or if on FRUIT/NUT setting add at beep.

-----1.5 POUND LOAF-----

Mill 2.25 Cups of HRW or HWW. May substitute all or part with store bought bread flour.

Ingredients:

2/3 cup Dried apricots

2/3 cup Water

1/2 cup To 3/4 cup apricot nectar

2 tablespoons Honey

2 tablespoons Canola, safflower or oil

1/2 teaspoon Ground cinnamon

3/4 teaspoon Ground anise seed

3/4 teaspoon Ground allspice

1 1/2 tablespoons Dry milk

3 cups Bread flour

1 1/2 teaspoons Sea salt

1 package Active dry yeast

1. Place the apricots and water in a small saucepan and bring to a boil. Remove from the heat and allow to steep for 5 minutes. Drain the apricots, RESERVING the liquid, and spread them out on a double thickness of paper towels. Allow the apricots and the liquid to cool to room temperature.

2. Place all ingredients in machine according to manufacturers directions (or in ORDER) - EXCEPT APRICOTS. Measure the reserved cooking liquid and add enough apricot nectar to measure 5/8 cup for the 1 lb. loaf and 7/8 cup for the 1 1/2 lb. loaf. to use as the nectar.

3. Program the bread-maker for the whole wheat mode and press start OR if you have *FRUIT/NUT setting use it.

4. At the end of the mixing cycle and just before the kneading cycle begins , finely chop the cooled apricots and add them to the dough *or if on FRUIT/NUT setting add at beep.

Austrian Bread

-----1 POUND LOAF-----

Mill 1.25 Cups of HRW or HWW and .5 Cup Rye Grains. May substitute all or part with store bought bread flour.

Ingredients:

1 C Water -- + 1 T if at high altitude

1/4 Tsp Ground Allspice

1/4 Tsp Rosemary

1/2 tbsp Oil

3 tbsp Fruit Concentrate -- or honey

1 2/3 C Bread Flour

2/3 C Rye Flour

2 Tbsp Gluten Flour

1 Tsp Salt

2 1/2 Tsp Active Dry Yeast

Place first five ingredients in Machine pan in this order. Add next three ingredients in this order, remembering to sprinkle across pan, not dump in one spot. Now make a 'well' near machine paddle(s) which collects with the warm water to put in yeast. Add yeast into watery well. Place in machine and bake on Basic/white bread cycle/Light or Bread Dough to form into your own loaf and Basic/white bread cycle/Light or Bread Dough to form into your own loaf and 35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes. Oven temps vary so watch closely the first time baking this loaf! Also baking time will depend upon the size loaf you make.

Start at 16 minutes and work your way up checking!

Avery Island Hot Bread

-----1.5 POUND LOAF-----

Mill 1.75 Cups of HRW or HWW and .75 Cup of Corn. May substitute all or part of wheat flour with store bought bread flour and fresh ground with pre-ground cornmeal.

Ingredients :

- 1 Extra-large egg
- 1 tablespoon Regular honey or chili honey
- 1/4 cup Pepper-flavored vodka (or -- regular)
- 10 drops Tabasco sauce
- 1/2 cup Sour cream
- 1/2 teaspoon Ground coriander
- 1 cup Red peppers -- coarsely sauted in 3 tablespoons Olive oil or chili oil
- 1 tablespoon Chopped garlic
- 1 tablespoon Chopped canned chiles
- 1 cup Cornmeal
- 2 cups Unbleached white flour
- 1/3 cup Cheddar cheese -- fresh grated
- 2 teaspoons Salt
- 1 tablespoon Yeast

This jump-in-your-mouth loaf stars one of the all-time favorite condiments-Tabasco sauce, which is made only one place in this country, Avery Island, Louisiana.

Accept no substitutes if you want the authentic version of this bread. The other special ingredients are chili honey, which is available by mail order, and pepper-flavored vodka, which is readily available in liquor stores. You may substitute regular vodka if you wish.

Have all the ingredients at room temperature (even though the machine doesn't specify this, for this recipe it is necessary).

Place all the ingredients in the machine in order, remember to make your well for yeast and program for White Bread. You may also use bread dough program and bake in the oven at 350. If oven baking, set aside tented or covered with a clean cloth for 25-35 minutes to rise a second time then bake in 350 degree oven for 18-22 minutes.

Oven temps vary so watch closely the first time baking this loaf! Also baking time will depend upon the size loaf you make. Start at 16 minutes and work your way up checking!

Conclusion:

Thank you for sharing this time with us. I truly hope you enjoy these fine recipes and will offer them to your friends and family. Remember, you can find my favorite recipes and money saving tips by visiting my website(s) and online grain store. In addition to great video tutorials, delicious recipes and money saving tips, we also carry a full-line of baking and grain milling supplies.

We look forward to visiting with you, and hope you will share with us again. Best Blessings

Donna

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