

BULK FOOD MARKETPLACE

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BREAD RECIPES

BREAD MACHINE	ONE AND ONE-HALF POUND LOAF			ONE POUND LOAF		
	MIX	YEAST	WATER	MIX	YEAST	WATER
7-GRAIN	3 Cups	1 TBLS	1 Cup	2 Cups	2 Tsp	2/3-Cup
AMERICAN RYE	3 Cups	1 TBLS	1 Cup	2 Cups	2 Tsp	2/3-Cup
ENGLISH MUFFIN	3 Cups	1 TBLS	1 Cup	2 Cups	2 Tsp	2/3-Cup
HERB	3 Cups	1 TBLS	1 Cup	2 Cups	2 Tsp	2/3-Cup
INDIAN WARRIOR	3 Cups	1 TBLS	1 Cup	2 Cups	2 Tsp	2/3-Cup
PUMPERNICKEL	3 Cups	1 TBLS	1 Cup	2 Cups	2 Tsp	2/3-Cup
SOUR DOUGH	3 Cups	1 TBLS	1 1/4 Cup	2 Cups	2 Tsp	7/8 Cup
SUNFLOWER SEED	3 Cups	1 TBLS	1 Cup	2 Cups	2 Tsp	2/3-Cup

DIRECTIONS: Place yeast in bread machine to outside edge of baking pot. Add bread mix then water. (Recipes developed using a DAK Bread Machine.) OR FOLLOW MANUFACTURERS DIRECTIONS.

TRADITIONAL BREAD PREPARATION METHOD

BREAD MIX	MIX (Cups)	YEAST	WATER	MIX (MINUTES)	REST	PAN-FORM	REST (MINUTES)	PROOF (MINUTES)	BAKE 400°F
7-GRAIN	3	1 TBLS	1 Cup	10	30		15	45	25-30
AMERICAN RYE	3	1 TBLS	1 Cup	8	20		10	30	30-40
ENGLISH MUFFIN	3	1 TBLS+ 1 Tsp	1 Cup+1oz	6				55	25-30
HERB	3	1 TBLS	1 Cup	10	15		15	45	28-30
INDIAN WARRIOR	3	1 TBLS	1 Cup	10	15		15	45	28-30
PUMPERNICKEL	3	1 TBLS+ 1 Tsp	1 1/4 Cup	10	90		15	40	30
SOUR DOUGH	3	1 TBLS+ 1 Tsp	1 Cup+1oz	10	10			60	35-40
SUNFLOWER SEED	3	1 TBLS	1 Cup+1oz	10	15			45	35-40

DIRECTIONS: Mix yeast in bread mix and add warm (no more than 110°F) water. Mix on low speed (with dough hook) until blended; then mix on medium speed for the number of minutes indicated. Let dough rest if indicated then pan or form dough as desired. Rest and proof for the time indicated. Bake at 400°F.