



TREA How-To Workshop Series on Local Food Today's Discussion: Bread Maker with Pamela Reid



What is a Bread Maker?

Traditionally, making bread requires several steps, including mixing the ingredients, kneading, letting the dough rise, and finally baking the bread in a tin in your oven.

A bread maker machine combines all the processes mentioned above in a compact electric oven that holds a single, large bread tin. In addition, the machine is distinguished depending on the weight it can handle, from 1 to 2 pounds, or larger. Moreover, it is important to consider reading the instructions of your bread maker as each differs depending on the manufacturer.

What Features Do Most Machines Have?

- **3 crust shades:** light, medium, or dark
- **Pre-programmed options:**
 - **Basic:** all-purpose, white, rye, or similar flour
 - **Cake:** mix the ingredients together to bake a cake
 - **French:** to make European style French bread
 - **Jam:** used for making jams, marmalades, and so on
 - **Time-Baked or Delay Time:** allows you to add the ingredients, but process them at a later time
 - **Quick Wheat or Dough:** used for baking bread quickly
 - **Whole Wheat:** used for bread that contains more than 50% whole wheat flour

In What Order Do You Put Ingredients In?

Contact: TREA

Address: 1017 Western Rd, London, ON, N6G 1G5

Phone: 519 645 2845

Fax: 519 645 0981

Email: info@trea.com

Website: www.trea.ca

Facebook: /trealondon/

The order depends on the manual. Some suggest adding wet ingredients, followed by dry, whereas others suggest putting the flour, salt, and sugar in, and then adding the wet ingredients. In all scenarios, most manuals suggest adding yeast at the very last, otherwise the dough will not work up as well.

How to Make Homemade Bread

First, prepare your ingredients. Ensure they are fresh as the quality depends on this.

Second, fasten the blades and ensure they are correctly attached.

Third, measure the ingredients accurately. The more accurate the measurements are, the better the finished bread will be.

Fourth, add the ingredients in order according to your manufacturer's manual.

Lastly, choose the settings, and then you are ready to go.

Tips

- Always use fresh ingredients, and dry ingredients that are at room temperature.
- Never place the yeast in direct contact with salt or sugar as it will decrease the activity of the yeast.
- Measure out your ingredients carefully as baking is a science.
- Thoroughly read your manufacturers' directions and follow instructions for adding ingredients.
- When adding liquid, ensure it is around 80 Fahrenheit unless stated otherwise.

To Learn more about making bread, visit:

- How to make bread: step-by-step recipes for yeasted breads, sourdoughs, soda breads and pastries by Emmanuel Hadjiandreou; photography by Steve Painter
- Bread machine easy: 70 delicious recipes that make the most of your machine by Sara Lewis

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