

RECIPES

SOUR DOUGH STARTER

Ingredient	Recipe
Skim Milk	1 cup
Plain Yogurt	3 tbsp.
Whole Flour	1 cup
110°F-120°F, Ceramic or glass container (with tight-fitting lid)	

To Prepare:

1. Heat skim milk to 90°F (30°C) to 100°F (38°C).
2. Remove from heat and stir in yogurt.
3. Let mixture stand at room temperature 18-24 hours or until a curd forms. Stir once or twice with a wooden spoon, to keep liquid mixed in.
4. Stir in flour gradually, mixing well.
5. Let stand 2-5 days until bubbly and spongy-looking with a good sour aroma.
6. Refrigerate.

To use:

1. Bring to room temperature and allow to bubble.
2. Use amount recommended in recipe.
3. After each use replenish starter.

To replenish:

1. If 1 1/2 cups starter was used, add 3/4 cup flour and 3/4 cup skim milk to remaining starter. Note: total volume must remain same.
2. Allow mixture to stand at room temperature for 18-24 hours.
3. Refrigerate until needed.

BAGELS

Ingredient	Large
Water	1 cup
Sugar	1 1/2 tsp.
Salt	1 tsp.
Whole Flour	3 cups
(1) Dry Yeast	1 tsp.
Use Setting	9

METHOD

1. Measure water, sugar, salt, flour, and yeast into baking pan.
2. Insert baking pan securely into unit, close lid.
3. Select appropriate bread setting & push start button.
4. When dough is ready, remove from pan and turn dough out onto a lightly-floured surface.
5. Divide into 10 equal portions. Roll into smooth balls.
Use thumb to make a 1-1/2 inch hole in the center of each ball.
6. Place on a greased baking sheet.
7. Grease top of each bagel with soft shortening. Cover with wax paper and dry towel.
Place in a warm area free of drafts and allow to rise for 30 minutes.
8. Meanwhile, bring 3-quarts of water and 1 tablespoon sugar to boil.
9. Simmer 3 to 4 bagels at a time in water for 5 to 6 minutes per side.
10. Turn once or twice. Remove with slotted spoon. Drain on paper towels. Place on greased baking sheet dusted with cornmeal.
11. Brush lightly with egg yolk and water mixture.
12. Sprinkle with poppy or sesame seeds, dried onions, garlic chips, or shredded cheddar cheese, if desired.
13. Bake at 400°F (200°C) 25 to 30 minutes.

Yield: Makes 10 bagels

SOUR DOUGH FRENCH

Ingredient	Large
Sour Dough Starter	1 1/2 cups
Water	1/2 cup
Sugar	1 1/2 tsp.
Salt	1 1/2 tsp.
Whole Flour	3 1/2 cups
(1) Dry Yeast	2 tsp.
Cornmeal	1/4 cup
Comstock	1 tsp.
Water	1/2 cup
Use Setting	9

METHOD

1. Measure sour dough starter, water, sugar, salt, flour, and yeast into pan.
2. Insert baking pan securely into unit, close lid.
3. Select appropriate bread setting.
4. Push start button.
5. When dough is ready remove from pan, and divide dough in half. Roll dough back and forth, elongating it into a 14-inch log.
6. Place each loaf on a stiff piece of cardboard. Sprinkle with 1/4 cup cornmeal. Cover lightly with plastic wrap or damp cloth. Allow to rise in a warm place free from drafts until puffy or double in size (about 45 minutes to 1 hour).
7. Adjust oven rack to the lowest position.
Place a 12 x 15-inch baking pan without sides on top rack as oven is preheating to 400°F (200°C). Then place a baking pan with sides on the bottom rack. Add 1 1/2-inch boiling water.
8. Combine comstock and water.
Heat to boiling while rising, allow to cool.
9. With very sharp knife, cut four, 1/2-inch deep diagonal slashes on top of loaves. Brush the entire surface of each loaf with comstock mixture.
10. Slide each loaf off cardboard onto top baking sheet in oven.
11. Bake at 400°F (200°C) for 25 minutes or until bread sounds hollow when tapped. Brush every 5 to 7 minutes with comstock mixture.

Yield: Makes 2 loaves



1. Divide dough into 10 equal pieces.

2. Hold ball with both hands, use thumbs to make a hole in the center of each ball. Continue to work with dough until hole is about 1 1/2 inches and ball is shaped like a doughnut.

3. With a metal spatula, place bagels into boiling water and cook 5 to 6 minutes per side, turning once or twice. (This helps to develop a chewy crust.) Remove from water and drain on paper towels.

4. Place bagels on greased baking sheet dusted with cornmeal. Brush lightly with mixture of water and egg yolk. Sprinkle with your choice of seeds or salt.

(1) See page 55 for additional Dry Yeast information.
* All of the recipes in this book have been tested with your Breadmaker. If the result is not satisfied, ingredient adjustment may be needed (particularly yeast & water). For details, please refer to the "Baking Tips for Yeast Bread" on page 33-34.

Welbilt Breadmaker Parts Model Abm3900 Instruction Manual Recipes

Michael Hoelscher



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