中文

Bread Maker



Operating Instructions and Recipes

Thank you for purchasing the MK Bread Maker.

Before using, please read these instructions carefully.

Household Use Only.



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Safety Precautions

When using electrical appliances. Basic safety precautions such as instructions should always be followed including the following.

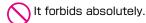


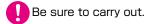
WARNING is used to indicate the presence of a hazard which can cause severe personal injury, death, or substantial property damage, if the warning is ignored.



CAUTION is used to indicate the presence of a hazard which will or can cause minor personal injury or property damage, if the caution is ignored.

Safe symbol





MARNING

Plug and Power Supply Cord



Plug into a receptacle: AC 220V only.
 Do not use other than AC 220V.

• Check for and clear away any dust on the plug before plugging it in. Firmly push it into the outlet with the terminals plugged all the way in.

Otherwise, it could cause fire to break out due to electric shock or short-circuiting.

Do not attempt to plug the power plug

into a wall outlet with wet hands.

Otherwise, it may cause electric shock.



 Never use an extention-cord receptacle placed on a table,nor connect it to a two-way receptacle.
 Otherwise, it could cause fire to break out due to electric shock or short-circuiting.

 Do not attempt to pull out the power plug by holding onto the cord. (Make sure to firmly grasp the plug itself when attempting to pull it out.)

Otherwise, it could damage the cord, causing fire to break out due to electric shock or short-circuiting.

- Do not attempt to forcefully bend, twist, or bind the power cord, pull on it, place heavy objects on top of it, modify it, or place it where it can be tripped on.
 - Otherwise, it could damage the cord, causing electric shock or fire to break out.
- Do not attempt to use a damaged power cord or power plug.

Otherwise, it could cause fire to break out due to electric shock or short-circuiting

To prevent accidents



Do not immerse the Bread Maker in water.
It can cause electric shock and will damage the unit.



- Keep the Bread Maker away from babies and children, as they may touch the Control buttons. The Bread Maker will be hot during operation.
- Do not use flammable materials such as fuel spray or paint thinner next to the unit while it is running.

Otherwise, it could cause the unit to explode, start on fire, or spark



DO NOT allow

 Do not attempt to dissemble, repair, or modify the unit yourself.

Otherwise, it could cause electric shock, fire to break out, or personal injury due to abnormal operation.

* Please contact a local retailer for assistance when

Lithium Battery



 Do not attempt to charge, short-circuit, or heat it or place it in fire.

Otherwise, it could cause it to explode, start on fire, or spark.

 Do not attempt to use it with other metallic objects.

Otherwise, it could cause it to explode, start on fire, or spark.



- Make sure to insert the plug with the (+) and (−) terminals oriented correctly.
- Store it out of the reach of children.
 Should the battery be swallowed, contact a physician immediately for guidance.
- Wrap it with electrical tape or something similar to insulate it before disposing of or storing it. Otherwise, it could cause it to explode, start on fire, or spark.

ACAUTION



- Do not use the unit on top of a table cloth, carpet, wobbly stand, or other unstable surface or on a slippery surface such as marble.
- Do not place the unit near the edge of a table top.
- Do not use the unit on top of a table or other surface if the unit feet are covered in flour, dirt, or some other substances.

Otherwise, it could fall, causing injury.

(If the unit feet are covered in powder, dirt, or other substances, wipe them clean with a well wrung-out wet cloth.) Do not place your hands or face near the steam vent, lid, unit, or glass window once the baking cycle has started.

Otherwise, it could cause burn injury.

Pay particular attention to small children.

- Do not allow the unit to be moved while it is in use. Otherwise, it could cause burn injury.
- Do not attempt to touch the rotating blade while it is in motion.

Otherwise, it could cause injury.

Do not use the unit in an enclosed area. Otherwise, heat given off by the unit will not escape, causing it to become deformed or discolored.

ACAUTION



 Place the Bread Maker allowing at least 5 Centimeters of clearance on counter.

If you do not, surrounding walls may become discolored.

 Be sure to use oven mitts or other kitchen tools to remove bread from the unit.

Otherwise, it could cause burn injury.

Pay particular attention to small children.



- Be sure to unplug the power cord before attempting to clean, inspect, or complete maintenance on the unit.
 Otherwise, it could cause electric shock or injury.
- Be sure to unplug the power cord when not using the unit.
 Deterioration of the electrical insulation may lead to electric shock, fire to break out, or current leakage.
- Unplug the power cord immediately should any problems arise.

Allowing the unit to run under abnormal operation or conditions may lead to electric shock or fire to break out.

Precautions for safe use

 Do not open the lid of the unit during operation.

This will cause the bread to bake improperly. The unit may stop running if the lid is opened during the bake cycle.

 Do not place the bread case in an automatic dishwasher to wash it or submerge the bottom in water.

Otherwise, water may enter the drive shaft from outside, causing the breakdown of drive shaft such as it will no longer rotate.

Do not wash the outside of the unit with water. Use a damp washcloth to clean the outside of the unit and wash only the inside with water.

 Do not attempt to wash the measuring spoon, measuring cup, leaven cup, bread case, or fresh butter lid in an automatic dishwasher.

Otherwise, it could cause them to become deformed, discolored, or damaged.

 Do not use more flower than specified in the recipes.

This will cause the bread to bake incompletely and the dough to stick to the inside of the lid.

 Do not use hard ingredients such as granulated or nib sugar.

The bread case will become worn more quickly if the tough outer fluoride resin coating becomes scratched or otherwise damaged.

 Consult a physician when using this unit if you have any food allergies. Do not use the unit in locations with high humidity or near open flames.

Otherwise, it could cause the unit to become deformed or damaged.

 Do not unplug the power cord while the unit is running.

The unit will stop running in such cases and may not bake the bread thoroughly once restarted.

 Manipulate the handle of the bread case carefully.

If you deform the bread case, The Bread Maker can not make a good loaf of bread.

 Do not cover the vent on back of the lid during operation.

This will cause the lid may become discolored.

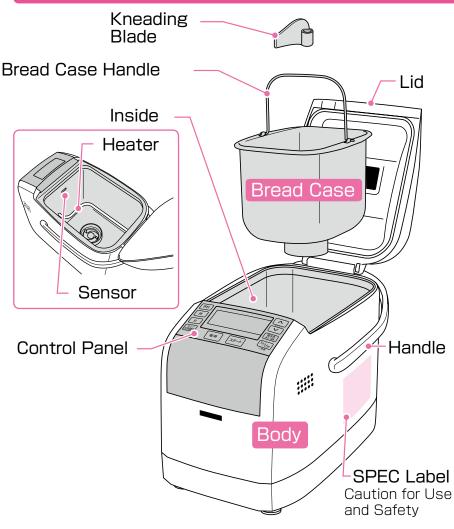
 Do not attempt to use the unit for any purpose other than bread making or the menu options listed in this instruction manual.

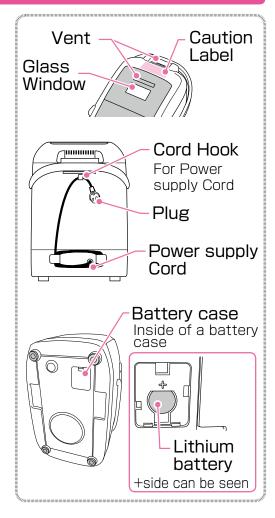
Otherwise, it could cause the unit to become damaged.

 Do not use the freash butter Lid at any time other than when Freash Butter mode.
 Otherwise, it could cause the unit to become deformed or damaged.

Description of Parts

Main Body





Accessories (One piece each)

Measuring Cup

Used to measure water and other liquids.

Do not use to measure out powdery ingredients.



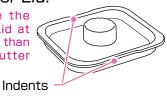
Leaven Cup

W Used for preparing and storing leaven. Do not use for any other purpose.



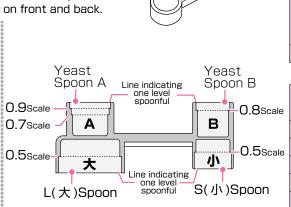
Fresh Butter Lid.

* Do not use the Fresh Butter Lid at any time other than when Fresh Butter mode.



Measuring Spoon

Comes with four different spoons on front and back.



Yeast Spoon Capacity

	Yeast Spoon A			Yeast Spoon B		
	1	0.9	1	0.8		
Dry yeast g	4.2	3.6	თ	3.3	2.7	

L (大)·S (小) Spoon Capacity

	L(大)	S(小)
	1 0.5		1	0.5
Capacity ml	15	7.5	4	2
Sugar g	8	4	-	-
Dry Milk g	6	3	-	-
Salt g	-	-	4	2
Baking Powder g	12	6	3.2	1.6

A mounts for ingredients are written in the menu tables as listed below.

Example

L(大)Spoon1······L1
L(大)Spoon0.5······L½
S(小)Spoon0.5·············S ½
Yeast SpoonA1 ·······A1
Yeast SpoonB1B1

Control Panel and Function

Control Panel

* All display options are lit up in the diagram to assist with the description of the menu options

Hour · Minute Button

- Press this button when setting the Present time.
- Press this button when setting the kneeding time, rising time and baking

Timer Button

· Press this button when setting the timer.

LCD

- ·LCD display indicates the time to completion, mode number, crust color, process, etc
- The battery mark at the lower left turns on if the lithium battery goes out.

Menu Button

Press to Menu the correct bread mode for your recipe.

Crust Button

Press this button when change the crust color. (Midium/Dark/Light)。

Speed/Temp Button

Press this button when change the kneeding speed. rising temperature, baking temperature.

(For Knead · Rise · Bake mode)



Natural Leaven Button

Press this button when baking Natural Leaven bread.

Stop Button

· Hold down this button to change the bread mode or reset the timer after starting the bread maker.

Press this button to turn off unit.

Start Button

Press the Start button to start the bread meker.

1Lb./1.5Lb. Size Button

· Press this button when setting the loaf size. (1Lb./1.5Lb.)

Volume Button

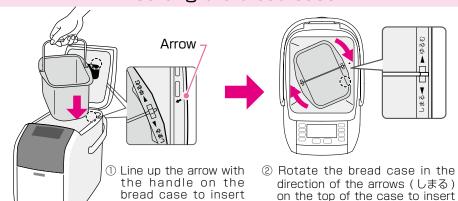
- · There are two volume settings available for the buzzer.
- (When the power plug is plugged in and before any keys are pressed.)
- Press the key to toggle between the volume settings. The display icon also toggles between [High] and [Low].

Inserting and removing the bread case, blade, and Fresh Butter Lid.

Removing the bread case

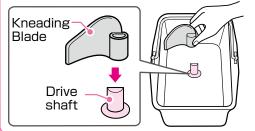
· Rotate the bread case in the the top of the case to loosen it and lift straight up to remove.

Inserting the bread case



direction of the arrows (ゆるむ) on

Inserting the blade



Line up the hole on the blade with the shaft, and firmly press the blade down onto the shaft as far as it will go.

the bread case.

The bread will not bake properly unless the blade is pushed all the way in.

Attaching the Fresh Butter lid



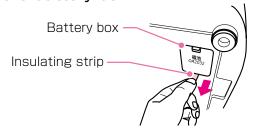
· Turn the lid at an angle to insert and then line up the indents on the lid with the handle on the bread case to attach the lid to the case.

and firmly lock the case into the

Control Panel and Function

Time Setting

■ Remove the insulating strip from the battery box.



2 Plug the power plug into the outlet.

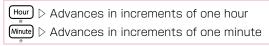


① Press and hold down the [Hour] or [Minute] button.



Release your finger once the beep sounds.

② Set the time. This unit uses a 24-hour clock. (Example shown: Clock set to 5:30 p.m.)





4 Remove plug from outlet.

Before using

Ingredients

- Bread is generally prepared using protein-rich bread flour. Some recipes may call for a mixture of both protein-rich bread flour and soft wheat flour, depending on the type of bread being made.

 • A protein called gluten is produced when water is added and dough made with
- this flour is kneaded, which introduces pockets of air in the dough for fluffier hread
- Store opened packages of flour in a low-humidity location out of direct sunlight, and be sure to use all of the flour before the Best by date. Bread dough may fail to fully rise if prepared using older flour.
- Bread rising conditions may vary due to differences in the protein content of the flour, which can vary according to harvest season, brand, growing location, and other factors.

 Bread rising conditions will vary between dough prepared using industrial
- bread flour and that prepared using regular bread flour for household use due to differences in protein content.

- The dry yeast will become active if you apply the right temperature, amount of water, and sugar content to produce carbon dioxide and the unique rich aroma associated with bread
- If selecting the "Dry Yeast" mode option (recipe with dry yeast), be sure to use a quick-rising brand of dry yeast.
- Do not use ordinary active dry yeast or fresh active yeast.

 Seal the package after opening it and then store the sealed package in a refrigerator or freezer. Use it up as soon as possible after opening

Bread dough may fail to rise properly if old dry yeast is used that is no longer active

 Dry milk gives color to the crust, adds flavor, heightens the nutritional value and produces a lustrous creamy color inside.

Eggs give bread a scrumptious

Butter

 Butter and oils soften the crust. make the bread texture uniform and fine, prevent moisture evaporation, add flavor heighten the nutritional value, make the bread easier to slice and help to preserve it.

 Salt controls the action of the yeast, adds flavor, stabilizes the gluten and stiffens the dough.

yellow color and improve the luster and flavor. They also grant improved volume. Make sure to beat the eggs thoroughly before adding.

 Sugar is the nutrition source of the yeast and natural Leaven. It gives a delicious color to the crust,a sweet taste to the bread heightens the nutritional value and helps value and helps preserve it.

- The volume of water and the water temperature are very important.
- * Do not use Alkaline ionized water or acidic water.

Natural Leaven

 Use a dry, powdered from of natural leaven as a bread starter that has been left to ferment for 24hours as the leaven. This natural leaven produces bread with a rich full flavor

The bread starter (dry, powdered form of natural leaven) dissolved in water and fermented using the [Leaven Rise] mode option and then refrigerated is called "leaven" in this manual.

It is recommended that both the bread starter and leaven be refrigerated and that the leaven be used within one week of being made.

Rice flour (With gluten)

- Be sure to use specialized bread-making rice flour or rice flour bread mix when making rice flour bread. Regular rice flour will not work well for bread making.
- There are two main types of bread-making rice flour, rice flour with gluten and gluten-free rice flour. There are also types of bread-making rice flour that require only the addition of dry yeast and water and those that require the addition of other ingredients as well.

<Rice flour (With gluten)>

● Rice flour is made of powdered rice and as such does not produce gluten(※) when water is added and the dough is kneaded, with the result that no packets of air are formed in regular rice flour dough. Rice flour with gluten is rice powder with added gluten in order to produce fluffier rice bread with the volume of regular wheat bread.

NOTE

It is to be understood that people with wheat allergies should not consume rice flour with gluten as such rice flour contains wheat gluten and can be harmful to people with such allergies.

(**) Gluten
Only wheat flour contains both glutenin and gliadin proteins. When water is added to dough that contains wheat flour and the dough is kneaded, an elastic network is produced to form gluten-Gluten bubbles up with carbon dioxide when it ferments, which yields fluffier bread with packets of air.

Rice flour (Gluten-free)

<Rice flour (Gluten-free)>

● This rice flour contains no gluten, which means that it is safe for consumption by people with wheat allergies. However, it is recommended that people who are particularly sensitive to wheat consult a doctor before using this flour and take precautions by testing it in small quantities as it may still contain minute

Bread is a delicate food



• Even if you try to prepare and bake bread using the same exact recipe mixed in the same exact way. you may end up with differences in volume, shape, or amount of rise due to differences in conditions such as the temperature and humidity in the baking environment and the types of ingredients used.

The height of the rising bread dough in particular may change by as much as 3 cm (1.18 in.)

Before using

Menu Options and Cooking Times

♪ Mix Beep

- The unit will beep to prompt you to add the raisins or other ingredients that crumble easily. (A series of ten beeps will sound.)
- The blade will rotate slowly over a period of one minute from when you hear the Mix Beep. Add the ingredients while the blade rotates slowly. When the blade starts rotating at faster speed once the minute passes, add the ingredients a little bit at a time to prevent any from flying out
- The "Mix" indicator will go off once the Mix Beep sound stops. The "Mix" indicator stays off for menu options that do not use the Mix Beep function.

** Turning off the Mix Beep

If you press the [Start] key after you start the unit, the "Mix" indicator will go off and Mix Beep will not sound

If you press the [Start] key again, the "Mix" indicator will light up and Mix Beep will be set to sound.

Crust Color and Baking Times

· Cut baking time by 10 minutes for light color crust.

Increase baking time by 10 minutes for dark color crust.

** Baking time when you make "1-loaf type" bread with [Rapid] menu option: Light color crust: -5 min: Dark color crust: +10 min.

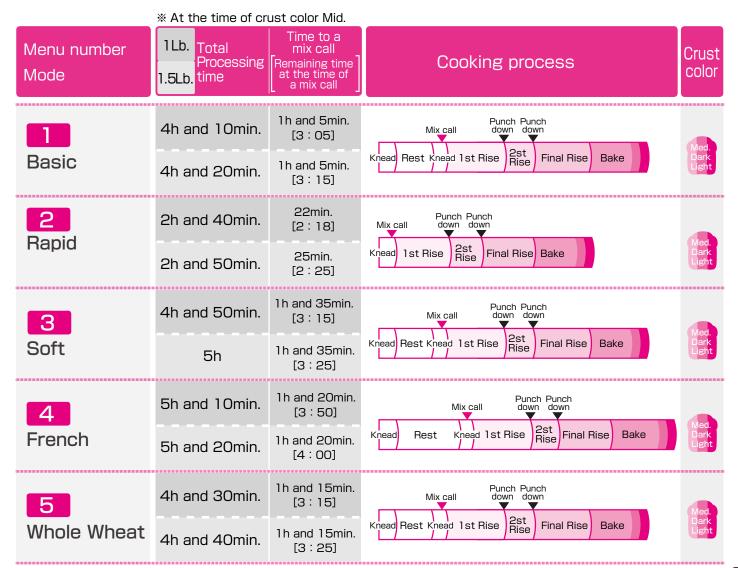
** Baking time when you select [Rice Bread (with gluten)] menu option: Light color crust: -5 min: Dark color crust: +5 min.



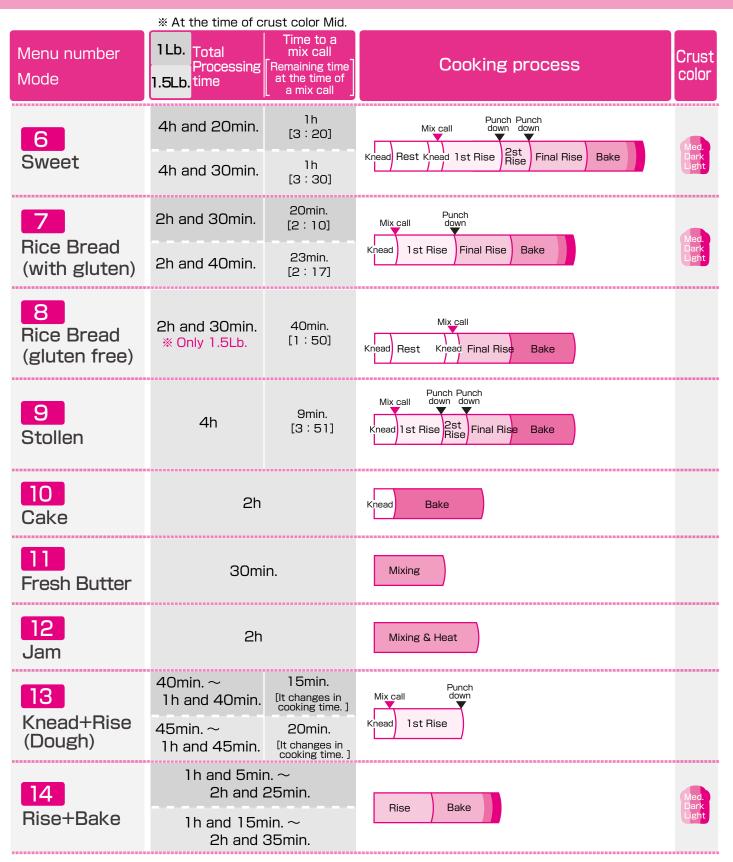
* The crust color options are not available if you select [Rice Bread (gluten free)] menu option.

Baking Time Display

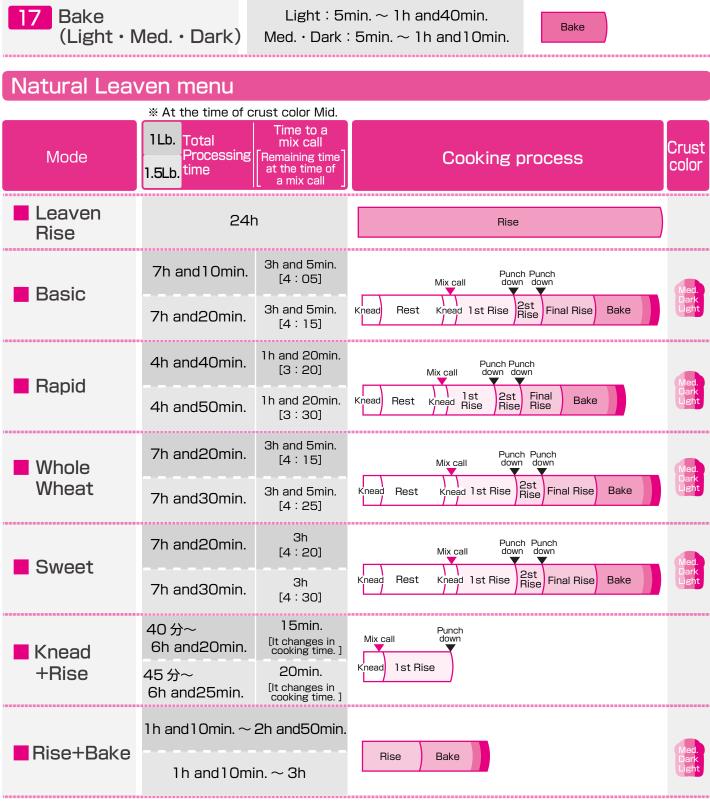
- · The completion time (when the bread is done baking) will be displayed.
- · The current time will be displayed while the [Hour] key is pushed and held down.
- The time remaining will be displayed while the [Minute] key is pushed and held down.
- ** The time displayed will switch to the time remaining automatically starting from 59 minutes before the completion time (when the bread is done baking).



Before using







Before using

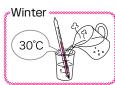
To achieve best baking results

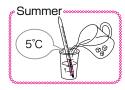


Use water at the optimal temperature for the baking environment

· The temperature of the water used can affect dough rising results. Adjust the temperature of the water according to the room temperatures listed in the following table.

Room temp.	Water temp.	Advice
10℃ or less	About30℃	Place the unit in as warm a location as possible.
Around 15℃	About25℃	
Around20℃	About20℃	
Around25℃	About10℃	
28∼31℃	About5℃	Place the unit in as cool a location as possible. Chill ingredients such as flour.
32°C or above	About5℃	Use "Menu Option (2) [Rapid]" to bake dough prepared using the ingredients in the basic bread recipe.







Use fresh ingredients

· Do not use flour, rice flour, dry yeast, or leaven for Natural Leaven Bread that is past the expiration date.









Measure ingredients out accurately

· Use a cooking scale to measure out flour or rice flour accurately to the proper amounts (weights).

Do not use a measuring cup to measure out flour or rice flour!





Bread flour

- · Make sure to use the measuring cup that came with the unit to measure out water and other liquids.
- · Make sure to use the measuring spoons that came with the unit to measure out sugar, salt, skimmed milk, dry yeast, and baking powder.





Important notes when you use Timer mode to delay the start of the baking cycle in higher temperature environments (25°C or above)

- · Place the unit in as cool a location as possible.
- · Shorten the delay time.
- · Decrease the amount of water used by 10 ml if using dry yeast.
- · Use cold water (around 5° C) if using natural leaven. (This is done to prevent the leaven from fermenting too much.)
- · Adjust the amount of leaven used as indicated in the following table if using natural leaven.

Room '	temp.	25 ~	25∼27℃		27 ~ 30℃		30∼32℃	
Tim	ner	\sim 10h	10∼16h	\sim 10h	10∼16h	\sim 10h	10~16h	
Loovon	1Lb.	28g	21g(¾)	21g(¾)	14g(½)	14g(½)		
Leaven	1.5Lb.	40g	30g (¾)	30g (¾)	20g(½)	20g(½)		

Using the Timer

Select the Bread , Crust Color, Loaf Size (1 L b /1.5 L b) mode.

Follow the instructions given in steps 1 through 5 for using your bread maker on pages 11 and 12.

Press the Timer button.



■ **©**Timer will be displayed.



Set the Complete time.



Hour intervals when pressed.

Minute # Advances the time in 1 hour intervals when pressed.

Advances the time in 10minute intervals when pressed.

If this button is held down, time advances quickly.



If a time not available in Timer mode is set, the **©**Timer indicator will flash at high speed, preventing baking from starting.

- Press the Start button (The machine is now set to bake.)
 - **Grimer** brinks on display.
 - Press the start button, Knead ▷ Rise ▷ Bake disappear the display.





Available time								
		Min	Max					
Basic	1Lb.	4h and20min.						
Dasic	1.5Lb.	4h and30min.						
Popid	1Lb.	2h and50min.						
Rapid	1.5Lb.	3h						
Coft	1Lb.	5h						
Soft	1.5Lb.	5h and 10min.						
	1Lb.	5h and20min.						
French	1.5Lb.	5h and30min.	1 Oh					
Whole Wheat	1Lb.	4h and40min.	16h					
vvriole vvrieat	1.5Lb.	4h and50min.						
Rice Bread	1Lb.	2h and40min.						
(with gluten)	1.5Lb.	2h and50min.						
NaturalLeaven	1Lb.	7h and20min.						
Basic	1.5Lb.	7h and30min.						
NaturalLeaven	1Lb.	7h and30min.						
Whole Wheat	1.5Lb.	7h and40min.						

- · Cut baking time by 10 minutes for a light color crust.
- · Increase baking time by 10 minutes for a dark color crust.
- Baking time when you make "1-loaf type" bread with [Rapid] menu option will be -5 min for Light color crust and +10 min for Dark color crust.
- Baking time when you select [Rice Bread (with gluten)] menu option will be -5 min for Light color crust and +5 min for Dark color crust.

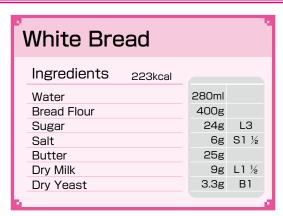


- 13/3
 - The Timer mode cannot be used with Menu options other than those listed above.
 - · Do not use the Timer mode if baking bread prepared with raisins, vegetables, eggs, milk, buttermilk, rice, or other fresh ingredients. (See P. 39 for details.)

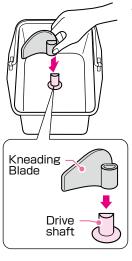
Dry Yeast Operating instructions

MEASURING & SETTINGS

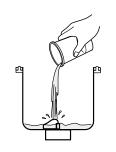
How to make "1.5-Loaf type" White Bread



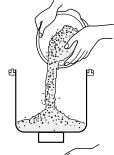
- · Measure ingredients out accurately.
- The calorie shown is per serving of slices of 1/8 of one loaf of "1.5-Loaf type" bread.
- You can substitute the same amount of margarine in place of the butter.
- The <code>[L] [S]</code> and <code>[B]</code> symbols in the table refer to the markings on the included measuring spoons.(See P.3)
- Attach the kneading blade to the drive shaft in the bread case.



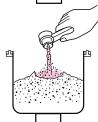
 Ensure the kneading blade is securely attached. If not, the kneading blade could come off in the dough. Put the ingredients in the following order.



1) Put in water.

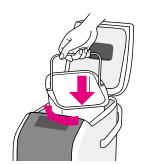


② Ingredients other than yeast are put in.

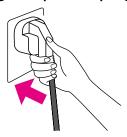


③ Make a small indentation on top of the dry ingredients (not so deep it reaches the wet layer) and add the yeast to the indentation.

Return the bread case to the machine. Close the lid.



Plug the power plug into the outlet.



START

5 Select the Bread mode.

Settinng The Basic Bread, 1.5Lb Loaf and Midium crust color.



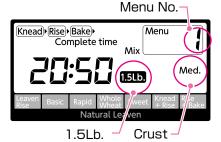
■ Press the Menu button until the display indicates : Menu 1.



- 2 Press the Crust button until the display indicates: Midium.
 - You can toggle through the selections in order of Med., Dark, and Light.



- Press the Size button until the display indicates: 1.5Lb.
- The loaf size can be switched between 1.5Lb and 1Lb.



Press the Start button.



The [Knead] will blink and the machine will begin kneading the dough.



The time displayed is the completion time (when the bread is done baking).

Hour Press the [Hour] button to display the present time.

Minute Press the [Min] button to display the remaining time.

- · The time displayed will switch to the time remaining automatically starting from 59minutes before the
- completion time (when the bread is done baking).

 The "Mix" indicator is turned on when the Mix Beep is set to sound.
- ** Smoke and an odor may waft out of the unit when you first start using it, but it should lessen down to nothing as time goes on.

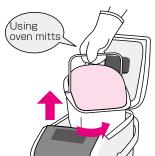
COMPLETE

After the buzzer sounds, press the Stop button .
Remove the bread case with oven mitts.

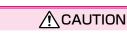


· The [Complete] will blink





· Using oven mitts, rotate the bread case in the direction of the arrow (ゆるむ) on the edge of the case to pull it out.

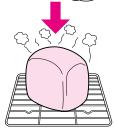




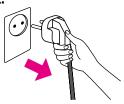
- Be sure to use oven mitts or other kitchen tools to remove bread from the unit.
 Otherwise, it could cause burn injury.
 Pay particular attention to small children.
- Take the bread out of the bread case.



① Turn the bread case upside down and shake to loosen.



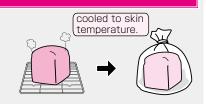
- ② Set the bread on a rack to cool.
- Remove plug from outlet.



Dry Yeast Basic Bread Recipes

How to store the baked bread

- · Remove the bread from the case immediately, and allow steam to dissipate.
- · Once the bread has cooled to skin temperature, wrap it in plastic wrap or place it in a plastic bag to prevent it from drying out.
- · To cut the bread, allow it to cool to skin temperature and then cut it into slices using a bread knife.
- · If planning to consume within 3 or 4 days, wrap it in plastic wrap or place it in a plastic bag and store it in the refrigerator.
- · If wanting to keep it for longer periods, wrap it in plastic wrap or place it in a plastic bag and store it in the freezer.

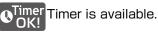




Viewpoint of the Recipe

Measure ingredients out accurately.

 The [L] [S] and [B] symbols in the table refer to the markings on the included measuring spoons.



Ingredients added when you hear the Mix Beep.

- The calorie shown is per serving of slices of 1/8 of one loaf of "1.5-Loaf type" bread.
- You can substitute the same amount of margarine in place of the butter.

Basic · Rapid Recipe

Menu No. 1 or 2



• The amount of dry yeast used differs between the [Basic] and [Rapid] menu options.

White Bread			•	Timer OK!
Ingredients 223kcal	11	₋b.	1.5	Lb.
Water	190ml		280ml	
Bread Flour	280g		400g	
Sugar	20g	L2½	24g	L3
Salt	4g	S1	6g	S1 ½
Butter	20g		25g	
Dry Milk	6g	L1	9g	L1 ½
Dry Yeast	3g	A0.7	3.3g	В1
When quick				
Dry Yeast	3.6g	A0.9	4.2g	Α1
•				

Raisin Bread						
Ingredients 251kcal	1L	b.	1.5	Lb.		
Water	190ml		280ml			
Bread Flour	280g		400g			
Sugar	20g	L2 ½	24g	L3		
Salt	4g	S1	6g	S1 ½		
Butter	20g		25g			
Dry Milk	6g	L1	9g	L1 ½		
★Raisins	50g		70g			
Dry Yeast	3g	A0.7	3.3g	В1		
When quick						
Dry Yeast	3.6g	A0.9	4.2g	A1		
6						

Milk Rich Bread Ingredients 245kcal 1Lb. 1.5Lb. 70ml 100ml Water 110ml 180ml Milk (The same temperature as water is used.) 280g 400g Bread Flour Salt 4g 6g S1 ½ Butter 20g 25g Sweetened Condensed Milk Dry Yeast 3g A0.7 3.3g В1 When quick Dry Yeast 3.6g A0.9 4.2g A1

Cream Cheese Bread						
Ingredients 262kcal	1L	.b.	1.5	Lb.		
Water	170ml		250ml			
Bread Flour	280g		400g			
Sugar	12g	L1½	16g	L2		
Salt	4g	S1	6g	S1½		
Butter	20g		25g			
Dry Milk	6g	L1	9g	L1½		
Cream Cheese(It cuts on a 1cm squar	e.) 70g		100g			
Dry Yeast	3g	A0.7	3.3g	В1		
When quick						
Dry Yeast	3.6g	A0.9	4.2g	A1		
la control de						

Dry Yeast Basic Bread Recipes

Rice Bread Recipes

Menu No. 1 or 2

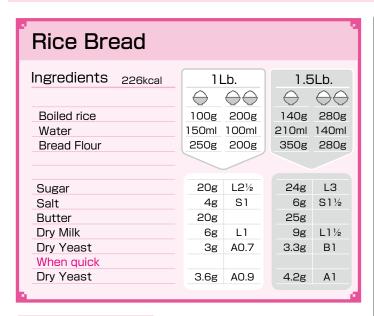








- · The amount of dry yeast used differs between the [Basic] and [Rapid] menu options.
- · Allow rice to cool after it is cooked before use. For refrigerated or frozen rice, reheat it and then allow it to cool to room temperature.
- · Check to make sure that the water added to the rice is at the appropriate temperature for the baking environment. For hotter rooms such as in summer, place the entire bread case in the refrigerator to cool it off.
- · Set the crust color to "Dark". The bread may shrink after baking is completed if it is baked to "Med." or "Light".



Boiled rice quantity

1Lb.: 100g 1.5Lb.: 140g

Use of these amounts of rice produces fluffier bread with the delicate sweetness of rice will be produced.

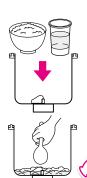
1Lb.: 200g 1.5Lb.: 280g

Use of these amounts of rice produces moister bread with the sweet flavor of the rice coming through more strongly.

· The calorie shown is per serving of slices of 1/8 of one loaf of "1.5-Loaf type" bread.

Prepare the Ingredients.

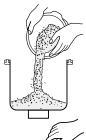
- 1 Attach the kneading blade to the drive shaft in the bread case.
- 2Put the ingredients in the following order.



- 1) Place the water and boiled rice.
- ② Use a rice paddle or other kitchen tool to break up the rice and mix it around.

Letting the rice soak in water for thirty minutes to one hour will soften the rice, making it easier to break up the rice kernels for a smoother rice paste.

· Do not use metal spoons or forks as they could damage the bread case.



Add the flower and other dry ingredients, except yeast.



- 4 Make a small indentation on top of the dry ingredients (not so deep it reaches the wet layer) and add the yeast to the indentation.
- 3 Insert the bread case in the machine and close the lid.
- 4 Plug the power plug into the outlet.
- 5 Select the Bread mode.

Menu: No.15 Speed: Low

Knead: 3min



(1) Select the Bread mode and press the Start button.



- ② After the kneading, press the Stop button.
- 3 Open the lid, and use a rubber spatula to push the ingredients toward the center of the case and scrape away any kernels stuck to the surface of the bread case.



2 Select the Bread mode, the crust color and the loaf size.



① Select the Menu No,1 or No.2.

2 Setting the crust color of



③ Select the 1Lb or 1.5lb.



Follow the instructions given in steps 6 through 9 for using your bread maker

Soft Bread Recipe Soft Bread Ingredients 231kcal 1Lb. 1.5Lb. Water 180ml 270ml **Bread Flour** 280g 400g Sugar 16g L2 20g L2 ½ Salt 4g S1 6g S1 ½ Butter 30g 40g Dry Yeast 2.7g B0.8 3g A0.7

Menu No. 3

Menu No. 4

Menu No. 5

Menu No. 6

Fruit Mix Bread							
Ingredients 254kcal	11	₋b.	1.5	Lb.			
Water	180ml		270ml				
Bread Flour	280g		400g				
Sugar	16g	L2	20g	L2 ½			
Salt	4g	S1	6g	S1 ½			
Butter	25g		35g				
★Mix Dried Fruit (It cuts on a 5mm square	e.) 50g		70g				
Dry Yeast	2.7g	B0.8	3g	A0.7			
		B0.8		A0.7			

French Bread Recipe

-									
F	rench B			0	Timer OK!				
	Ingredients	193kcal	1 L	b.	1.5	Lb.			
	Water		200ml		290ml				
	Bread Flour		280g		400g				
	Sugar		4g	L ½	4g	L ½			
	Salt		4g	S1	6g	S1 ½			
	Butter		5g		8g				
	Dry Yeast		2.7g	B0.8	3g	A0.7			
							9		

Rye Bread Ingredients 202kcal 1Lb. 1.5Lb. Water 200ml 290ml **Bread Flour** 260g 380g Rye Flour 30g 40g Sugar 4g L 1/2 4g L ½ Salt S1 4g 6g S1 ½ Butter 5g 8g Dry Yeast 2.7g B0.8 3g A0.7

Whole Wheat Bread Recipe



- Reduce the amount of water used by 30 ml for a "1-loaf type" bread and 40 ml for a "1.5-loaf type" bread if using coarse-grained whole-wheat flour.
- Bread prepared using the whole-wheat flour is smaller and heavier than other breads.
- You can substitute equal amounts of powdered or granulated brown sugar for the regular white sugar.

Whole Wheat Bread 1Lb. 1.5Lb. Ingredients 209kcal Water 300ml 210ml Whole Wheat Flour 140g 200g **Bread Flour** 140g 200g Sugar 20g L2 ½ 16g L2 6g S1 ½ Salt S1 4g Butter 15g 20g 9g L1 ½ Drv Milk 6g L1 Drv Yeast 2.7g B0.8 3g A0.7

Raisin Whole Wheat Bread					
Ingredients 236kcal	1L	.b.	1.5	Lb.	
Water	210ml		300ml		
Whole Wheat Flour	140g		200g		
Bread Flour	140g		200g		
Sugar	16g	L2	20g	L2½	
Salt	4g	S1	6g	S1 ½	
Butter	15g		20g		
Dry Milk	6g	L1	9g	L1 ½	
★Raisins	50g		70g		
Dry Yeast	2.7g	B0.8	3g	A0.7	

Sweet Bread Recipe Sweet Bread 1Lb. 1.5Lb. Ingredients 237kcal Water 130ml 160ml Egg 40g 50g **Bread Flour** 250g 310g Weak Flour 30g 40g Sugar 36g L4 ½ 48g L6 6g S1 ½ Salt 4g S1 Butter 30g 40g Dry Milk 9g L1 ½ 12g L2 Dry Yeast 3g A0.7 3.3g В1

5Lb.
1
5
5
: L6
S1 ½
L2
S1 ½
; B1

Dry Yeast Rice Bread Recipe

See P.5 for Rice Flour

Rice Bread(with gluten) Recipe

Menu No. 7



• The way to add the ingredients to the bread case will differ from that for bread made using regular flour.

Rice Bread (with	0	Timer OK!		
Ingredients 224kcal	1L	b.	1.5	Lb.
Water	210ml		300ml	
Rice Flour	280g		400g	
Sugar	16g	L2	24g	L3
Salt	4g	S1	6g	S1 ½
Butter	20g		25g	
Dry Milk	6g	L1	9g	L1 ½
Dry Yeast	3.6g	A0.9	5.4g	B0.8×2



Prepare for the Ingredients

- Attach the kneading blade to the drive shaft in the bread case.
- 2Put the ingredients in the following order.







① Put in water. ②

Place all ingredients except for the dry yeast piled on one side of the bread case.

all 3 Make a small indentation on top of the dry ingredients (not so deep it reaches the wet layer) and add the yeast to the indentation.

Steps 3 through 9 are the same as in "Steps to Dry Yeast Operating Instructions" (P.11-12)

Rice Bread(gluten free) Recipe

Menu No. 8

Rice Bread (gluten free)

Ingredients 252kcal	1.5	iLb.
Rice Flour paste		
, rWater	300ml	
A Rice Flour	45g	
Water	130ml	
Rice Flour	405g	
Starch Syrup	45g	
Sugar	16g	L2
Salt	6g	S1 ½
Olive oil	15g	
Dry Yeast	5.4g	B0.8×2
6		

- Do not use dairy products such as skimmed milk or butter or solid paste fats such as shortening as such ingredients could cause the dough to fall and not rise.
- Other liquid oils can be used in place of the olive oil. It will change the flavor of the finished bread.

Prepare for the Ingredients

Getting the ingredients ready —

- · Making Rice Flour paste
- ① Pour A into the pan, and turn on the heat.
- ② Continue to heat at medium heat while scraping along the bottom of the pan and stirring until the mixture forms into a paste. (about 3 minutes.)

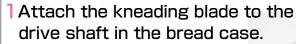


Color: Changes from white to translucent
Hardness: Hard enough to form an upsidedown triangle when dropped from

a wooden spatula

3 Let the paste cool.

- · Mixing the ingredients together
- Place the rice flour paste and other ingredients in a bowl, and mix thoroughly until the mixture is no longer powdery.



2Pour the resultant mixture into the bread case.

Steps 3 through 9 are the same as in "Steps to Dry Yeast Operating Instructions" (P.11-12)







Dry Yeast

Using the Knead + Rise (Dough) Settings

 Use this option to make dough for handmade bread specialties such as French bread and butter rolls.

	1Lb.	1.5Lb.	
Knead	20min (Immovable)	25min (Immovable)	
Rise	20min ~ 1h20min (Initial settings20min)		

* The timer can not be use in the Knead+Rise(Dough) mode.



Prepare for the Ingredients

- Attach the kneading blade to the drive shaft in the bread case.
- 2 Put the ingredients in the bread case.
- 3 Return the bread case to the machine. Close the lid.
- 4 Plug the power plug into the outlet.

SETTINGS

How to perform the setting for [1.5-Loaf type · Rising time 1h]

Select the Bread mode.



■ Press the Menu button until the display indicates : Menu 13



Press the Size button until the display indicates : 1.5Lb.



• The display is the initial setting time.

Select the Rise Time.



Hour Advances the time in 1 hour intervals when pressed.

Minute Advances the time in 5 minute intervals when pressed.

** If this button is held down, time

advances quickly.

· Use [Hour] and [Minute] keys to set the time to 1hour (1:00).



START

Press the Start button.



- The [Knead] will blink and the machine will begin kneading the dough.
- The time display will switch to the completion time.



After the buzzer sounds, press the Stop button .
Remove the bread case.



· The [Complete] will blink



3. If

If the dough is left to set for too long, the dough may rise too much and it may cause a failed bread.

5 Remove plug from outlet.

Dry Yeast

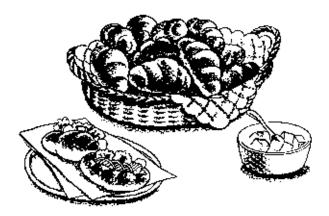
Knead + Rise (Dough) Recipes

Viewpoint of the Recipe ■ Measure ingredients out accurately.

- · The [L] [S] and [B] symbols in the table refer to the markings on the included measuring spoons.
- Ingredients added when you hear the Mix Beep.
- · The calorie shown is per serving of 1 piece of "1.5-Loaf type" bread.
- · You can substitute the same amount of margarine in place of the butter.

Butter Rolls

Menu No. 13 Rise time: 45min



Butter Rolls					
Ingredients 124kcal	1Lb. (1	2 pieces)	1.5Lb.	(18 pieces)	
Water	140ml		190ml		
Egg	25g	1/2	50g	1	
Bread Flour	280g		400g		
Sugar	28g	L3½	40g	L5	
Salt	4g	S1	6g	S1 ½	
Butter	40g		60g		
Dry Milk	6g	L1	9g	L1 ½	
Dry Yeast	4.2g	Α1	6g	A0.7 × 2	
Beaten egg	25g	1/2	25g	1/2	
4					

- % () : 1Lb.
- * The dusting powder should use Bread Flour.
- Roll out the dough on a flat surface that has been lightly dusted with flour. Use a pastry scraper to separate the dough into 18 (12) equal pieces, and shape each into rounded balls. Cover them with a damp dishcloth, and let stand for about 10 minutes.

Roll the rounded dough back and forth on a flat surface to form rounded spherical balls. After letting the dough set for about 5 minutes, use a rolling pin to roll out the dough and form it into a teardrop



- Roll the dough up around itself starting from the wider side.

- Place the rolls on an oven trav lined with baking paper with the end of the roll facing downward.
- Spray the top of the rolls with an atomizer to keep them from drying out and then leave the tray in an oven heated to 32℃ to 35℃ for 30 \sim 40minutes to let the dough rise.
- Brush the surface of the dough with egg.



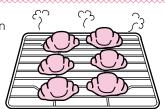




Preheat oven to 180-190 ℃. Bake 10-15 minutes.



Set the bread on a rack to cool.



1.5斤 (3pieces) 250ml

12g L1½

6g S1 ½

6g A0.7×2

400g

20g 9g L1 ½

210g

90g

90g

120g

300g

300g M1½

1斤(2pieces)

180ml

280g

8g

15g

6g L1

4.2g

140g

200g

60g

60g

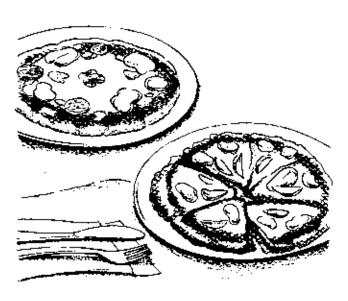
80g

200g

L1

S1 4g

M1



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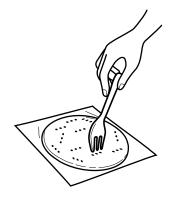
- The dusting powder should use Bread Flour.
- Roll out the dough on a flat surface that has been lightly dusted with flour. Use a pastry scraper to separate the dough into 3(2) equal pieces, and shape each into rounded balls. Cover them with a damp dishcloth, and let stand for about 15 minutes.



Place the dough on top of a baking paper, and use a rolling pin to roll it out into a circle with a 25cm diameter.



Use a fork to punch holes into the rolled-out dough.



Transfer the pizza dough with the baking paper to an oven tray. Spread pizza sauce over the dough and then evenly add pizza ingredients.

Pizza

Water

Sugar

Butter

Dry Milk

Dry Yeast

Toppings Pizza Sauce

Onions (cut into slices)

Gell Pepper (round slices)

Mushroom (cut into slices)

Salami (cut into slices)

Cheese for pizza

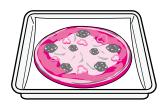
Salt

Ingredients

Bread Flour



Bake the pizza in an oven preheated to 190°C to 200°C for about 20minutes, or until the outer crust turns a golden brown and the cheese melts.



Using the Leaven Rise Settings

To make Natural Leave Bread, first, you will need to make leaven from a bread starter.

- The leaven may not rise properly if allowed to ferment in an environment with a temperature of 30°C or higher as it may become too active.
- · The leaven will not work properly if the leaven cup and spoon used are dirty or otherwise contaminated. Make sure to keep them clean.



Leaven Ingredients Bread Starter Water (25 ~ 30°C) Number of loaves of Natural Leaven Bread can be made with one batch of leaven:If you choose "1-Loaf type" as body size, you can make four or five loaves of natural leaven bread.If you choose "1.5-Loaf type" as body size, you can make three loaves of natural

- ** Use a dry, powdered from ob natural leaven as a bread starter that has been left to ferment for 24hours as the leaven.
- Add the ingredients to the leaven cup and thoroughly mix them together before closing the lid on the cup.



① Add the water and bread starter to the leaven cup, and thoroughly mix them together using a spoon or other utensils.

leaven bread.

② Closing the lid.

2Put the cup into the body



- ① Remove the bread case.
- ② Slowly and gently push the leaven cup into the coupling inside the unit and then close the Lid to the unit.
- 3Plug the power plug into the outlet.
- 4Press the [Natural Leaven] button, select the [Leaven Rise].





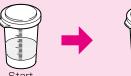
5Press the Start button.



- The [Rise] will blink and the machine will begin rising the dought.
- The time display will switch to the completion time.



< State of the Leaven >





Complete urs If the fermentation process

After from 6 to 20hours have passed, air bubbles will start to form due to fermentation, causing the volume to increase.

goes well, the leaven should give off a slightly acidic scent with an alcoholic aroma that smells like sake lees.

6After the buzzer sounds, press the stop button. Take the cup out of the body.



· The [Complete] will blink.



Take the cup out of the body.
Store the cup in a refrigerator.

Take the leaven cup out as soon as the buzzer sounds. (If you do not take it out: As long as you remove it within 2 to 3hours of the buzzer sounding, you can still use it as leaven. Put it in a refrigerator right away to store.)

7Remove plug from outlet.

- < Storing the bread starter >
- · Make sure that the container is firmly sealed and then store it in a refrigerator. (Do not store in a freezer or at regular room temperature.)
- · Do not use it past the expiration date.
- < Storing the leaven >
- · After pouring the leaven into the included leaven cup and firmly closing the lid, store the cup in a refrigerator.(Do not store in a freezer or at regular room temperature.)
- · Use up all of the leaven within one week of making it.
- When placing it in a refrigerator, do not store it next to natto (fermented soybeans) or other foods that are high in bacteria.
- Do not store old, unused leaven and new leaven mixed together in the same container.

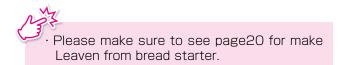
Operating instructions

MEASURING & SETTINGS

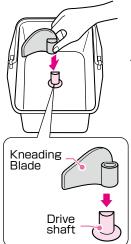
How to make "1.5-Loaf type" Natural Leaven White Bread



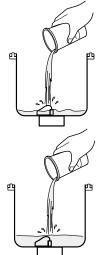
- · Measure ingredients out accurately.
- Thoroughly mix the Leaven. Use a cooking scale to measure out Leaven accurately to the proper amounts.(weight)
- The calorie shown is per serving of slices of 1/8 of one loaf of "1.5-Loaf type" bread.
- You can substitute the same amount of margarine in place of the butter.
- The <code>[L] [S]</code> symbols in the table refer to the markings on the included measuring spoons.



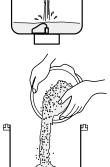
Attach the kneading blade to the drive shaft in the bread case.



 Ensure the kneading blade is securely attached. If not, the kneading blade could come off in the dough. Put the ingredients in the following order.



1) Put in water.



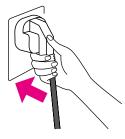
② Thoroughly mix the Leaven using a spoon or other utensils.



Return the bread case to the machine. Close the lid.



Plug the power plug into the outlet.



START

5 Select the Bread mode.

Settinng The Natural Leaven Basic Bread, 1.5Lb Loaf and Midium crust color.



Press the Menu button until the display indicates : Natural Leaven Basic.



Press the Crust button until the display indicates : Midium.

 You can toggle through the selections in order of Med., Dark, and Light.



Press the Size button until the display indicates : 1.5Lb.

• The loaf size can be switched between 1.5Lb and 1Lb.



Natural Leaven — mode:Basic

1.5Lb. Crust

6 Press the Start button.



 The [Knead] will blink and the machine will begin kneading the dough.



- · The time displayed is the completion time (when the bread is done baking).
- The "Mix" indicator is turned on when the Mix Beep is set to sound.

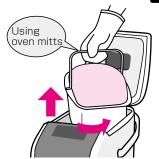
COMPLETE

After the buzzer sounds, press the Stop button .
Remove the bread case with oven mitts.



· The [Complete] will blink





·Using oven mitts, rotate the bread case in the direction of the arrow (ゆるむ) on the edge of the case to pull it out.



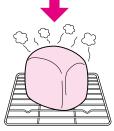


 Be sure to use oven mitts or other kitchen tools to remove bread from the unit.
 Otherwise, it could cause burn injury.
 Pay particular attention to small children.

Take the bread out of the bread case.

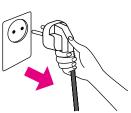


① Turn the bread case upside down and shake to loosen.



2 Set the bread on a rack to cool.





Basic Bread Recipes

Viewpoint of the Recipe

Measure ingredients out accurately.

- The [L] [S] and [B] symbols in the table refer to the markings on the included measuring spoons.
- OK! Timer is available.
 - Ingredients added when you hear the Mix Beep.
- The calorie shown is per serving of slices of 1/8 of one loaf of "1.5-Loaf type" bread.
- You can substitute the same amount of margarine in place of the butter.

Natural Leaven Basic · Rapid



Basic or Rapid



• The amount of Leaven Rise used differs between the [Basic] and [Rapid] menu options.

* The timer can not be use in the Rapid mode.



Natural Leaven White Bread			Q	Timer OK!
Ingredients 214kcal	1L	.b.	1.5	Lb.
Water	170ml		250ml	
Leaven Rise	28g		40g	
Bread Flour	280g		400g	
Sugar	20g	L2½	24g	L3
Salt	4g	S1	6g	S1 ½
Butter	7g		10g	
When quick				
Water	150ml		220ml	
Leaven Rise	50g		70g	

Natural Leaven Sweet Broiled Chestnut Bread					
Ingredients 235kcal	1L	_b.	1.5	Lb.	
Water	170ml		250ml		
Leaven Rise	28g		40g		
Bread Flour	280g		400g		
Sugar	20g	L2½	24g	L3	
Salt	4g	S1	6g	S1 ½	
Butter	7g		10g		
★Sweet Broiled Chestnuts (It cuts on a 5mm square	.) 60g		90g		
When quick					
Water	150ml		220ml		
Leaven Rise	50g		70g	Ļ	

Natural Leaven Whole Wheat



: Whole Wheat



 Reduce the amount of water used by 30 ml for a "1-loaf type" bread and 40 ml for a "1.5-loaf type" bread if using coarse-grained whole-wheat flour.

 \cdot Bread prepared using the whole-wheat flour is smaller and heavier than other breads.

· You can substitute equal amounts of powdered or granulated brown sugar for the regular white sugar.

Natural Leaven Whole Wheat Brea	(Timer OK!		
Ingredients 213kcal	1L	.b.	1.5	Lb.
Water	190ml		270ml	
Leaven Rise	28g		40g	
Whole Wheat Flour	140g		200g	
Bread Flour	140g		200g	
Sugar	16g	L2	20g	L2 ½
Salt	4g	S1	6g	S1 ½
Butter	10g		15g	
Dry Milk	6g	L1	9g	L1 ½

Cheese Whole Wheat Bread					
Ingredients 242kcal	1L	_b.	1.5	Lb.	
Water	190ml		270ml		
Leaven Rise	28g		40g		
Whole Wheat Flour	140g		200g		
Bread Flour	140g		200g		
Sugar	16g	L2	20g	L2 ½	
Salt	4g	S1	6g	S1 ½	
Butter	10g		15g		
Dry Milk	6g	L1	9g	L1 ½	
★Process Cheese (It cuts on a 5mm square.)	50g		70g		
B ₁					



Sweet Natural Leaven Maple Sweet Bread Ingredients 255kcal 1Lb. 1.5Lb. 100ml 120ml Water Leaven Rise 28g 40g 50g Egg 40g 1 330g **Bread Flour** 250g Weak Flour 30g 40g Maple Syrup 50g 70g Salt 6g S1 ½ 4g S1 Butter 40g 30g Dry Milk 12g L2 9g L1 ½

Using the Knead + Rise (Dough) Settings

 Use this option to make dough for handmade bread natural leaven.

	1Lb.	1.5Lb.	
Knead	20min (Immovable)	25min (Immovable)	
Rise	20min \sim 6h (Initial settings20min)		

* The timer can not be use in the Natural Leaven Knead+Rise(Dough) mode.



Prepare for the Ingredients

- Attach the kneading blade to the drive shaft in the bread case.
- 2 Put the ingredients in the bread case.
- 3 Return the bread case to the machine. Close the lid.
- 4 Plug the power plug into the outlet.

SETTINGS

How to perform the setting for [1.5-Loaf type · Rising time 3h]

Select the Bread mode.



■ Press the Natural Leaven button until the display indicates: Knead+Rise



Press the Size button until the display indicates
1.51 h



· The display is the initial setting time.

2 Select the Rise Time.



Hour intervals when pressed.

Minute Advances the time in 1 hour intervals when pressed.

Advances the time in 5 minute intervals when pressed.

If this button is held down, time advances quickly.

· Use [Hour] and [Minute] keys to set the time to 3 hour (3:00).



START

3 Press the Start button.



- The [Knead] will blink and the machine will begin kneading the dough.
- The time display will switch to the completion time.



After the buzzer sounds, press the Stop button .
Remove the bread case.



· The [Complete] will blink



If the dough is left to set for too long, the dough may rise too much and it may cause a failed bread.

Remove plug from outlet.

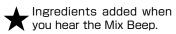
Knead + Rise (Dough) Recipes

- - Dough prepared using natural leaven is sticky. Work the dough quickly with gentle hands when handling it. Do not attempt to pull the dough too much when shaping it, for example, if it does not stretch well. Stretch it a bit at a time while stopping periodically to allow it to rest.
 - \cdot Place a damp cloth over dough that is not being worked during the rise process, separating, rounding, and shaping processes to prevent the dough from drying out. The dough may have problems being shaped or form cracks in its outer layer, granting the baked bread a poor appearance, if the dough is allowed to dry out.

Viewpoint of the Recipe

Measure ingredients out accurately.

·The [L] [S] and [B] symbols in the table refer to the markings on the included measuring spoons.



- · The calorie shown is per serving of 1 piece of "1.5-Loaf type" bread.
- · You can substitute the same amount of margarine in place of the butter.

Table Roll



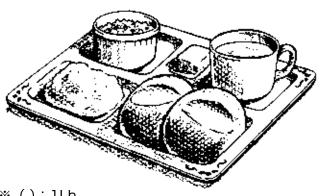
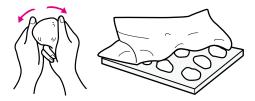


Table Roll Ingredients 93kcal 1Lb.(12pieces) 1.5Lb.(18pieces) 160ml 230ml Water Leaven Rise 40g 28g Bread Flour 400g 280g Sugar 12g L1½ L2 16g Salt S1 6g S1 ½ 4g Butter 10g 7g

- ※ (): 1Lb.
- * The dusting powder should use Bread flour.
 - Roll out the dough on a flat surface that has been lightly dusted with flour. Use a pastry scraper to separate the dough into 18 (12) equal pieces, and shape each into rounded balls. Cover them with a damp dishcloth, and let stand for about 20 minutes.

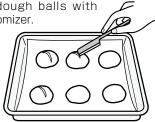


Reshape the dough balls to make them rounder and then place on an oven tray lined with baking paper with the seam facing downward.

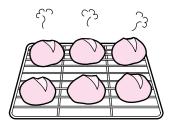
> Spray the dough balls with an atomizer to keep them moist and then place them in an environment with a temperature of 30°C for about one hour to let rise



Use a razor blade to cut a split about 5 mm deep in the center and then spray the dough balls with water using an atomizer.



Preheat oven to 200℃. Bake 10-15 minutes.



Using the Rise + Bake Settings

- · Use this option to let the dough rise and then bake it after first adding any fillings or other ingredients and shaping the dough as desired and then placing the dough back in the bread case.
 - * The timer can not be use in the Rise+Bake mode.



Dry Yeast Menu No. 14

	1Lb.	1.5Lb.	
Select the Rising Time	20min ~ 1 h40min (Initial settings20min)		
Bake	45min (Crust : Med.)	55min (Crust : Med.)	

How to perform the setting for

[1.5-Loaf type · Crust Mid. · Rising time 50min]



■ Press the Menu button until the display indicates : Menu 14.



2 Press the Size button until the display indicates: 1.5Lb.



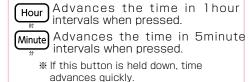
Press the Crust button until the display indicates: Midium.



• The display is the initial setting time.



4 Select the Rise Time.



· Use [Hour] and [Minute] keys to set the time to 50min (0:50).





5 Press the Start button.

Natural Leaven (Natural Leaven Risk) : Risk

	1Lb. 1.5Lb.		
Select the Rising Time	20min \sim 2h (Initial settings20min)		
Bake	50min (Crust : Med.)	1h (Crust : Med.)	

How to perform the setting for [1.5-Loaf type · Crust Mid. · Rising time 1h 50min]



■ Press the Natural Leaven button until the display indicates: Knead+Rise



Press the Size button until the display indicates : 1.5Lb.



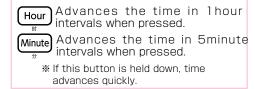
Press the Crust button until the display indicates : Midium.



The display is the initial setting time.



4 Select the Rise Time.



· Use [Hour] and [Minute] keys to set the time to 1h 05min (1:05).





6 Press the Start button.

Knead + Rise (Dough)·Rise + Bake Recipes

Hotel Bread

 The calorie shown is per serving of slices of 1/8 of one loaf of "1.5-Loaf type" bread.



Dry Yeast Hotel Bread					
Ingredients 262kg	al 1L	b.	1.5	Lb.	
Water	140ml		200ml		
Egg	25g	1/2	35g		
Bread Flour	280g		400g		
Sugar	28g	L3½	40g	L5	
Salt	4g	S1	6g	S1 ½	
Butter	35g		50g		
Dry Milk	6g	L1	9g	L1 ½	
Dry Yeast	4.2g	Α1	6g	A0.7×2	
re.				-,	

Natual Leaven Hotel Bread					
Ingredients 230kcal 1Lb. 1.5Lb.					
Water	130ml		190ml		
Egg	25g	1/2	35g		
Leaven Rise	28g		40g		
Bread Flour	280g		400g		
Sugar	20g	L2½	24g	L3	
Salt	4g	S1	6g	S1½	
Butter	10g		15g		
Dry Milk	6g	L1	9g	L1 ½	

* The dusting powder should use Bread Flour.

Setting for the Knead+Rise(Dough) mode.

Dry Yeast

- ◆ Menu No: 13
- ◆ Select the Size: 1Lb./1.5Lb.
- ◆ Select the Rise Time: 45min

Natural Leaven

- ◆ Natural Leaven button:Knead+Rise
- ◆ Select the Size: 1Lb./1.5Lb.
- ◆ Select the Rise Time : 3h

Roll out the dough on a flat surface that has been lightly dusted with flour. Use a pastry scraper to separate the dough into sixth equal pieces, and shape each into rounded balls. Cover them with a damp dishcloth, and let stand for about 15 ~ 20 minutes.

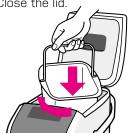


Reshape the dough balls to make them rounder and then place six together in the bread case lined up in rows

(Do not use the blade at this time.)



Return the bread case to the machine. Close the lid.



Plug the power plug into the outlet.



Setting for the Rise+Bake mode.

Dry Yeast

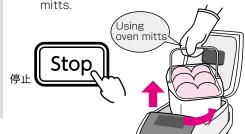
- ◆ Menu No: 14
- ◆ Select the Size : 1Lb./1.5Lb.
- ◆ Select the Crust
- Select the Rise Time: 50min

Natural Leaven

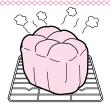
- ◆ Natural Leaven button:Rise+Bake
- ◆ Select the Size: 1Lb./1.5Lb.
- ◆ Select the Crust
- Select the Rise Time: 1h

After the buzzer sounds, press the Stop button.

Remove the bread case with oven mitts



B Take the bread out of the bread case.



Using the Knead + Rise + Bake Settings

 This menu option can be used to set the time, speed, and temperature for each process. This option lets you set the optimal conditions for the type of bread you want to make for even greater enjoyment in making bread.

Bread Flower capacity

250g ~ 400g

* The timer can not be use in the Knead+Rise+Bake mode.



Knead Menu No. 15

Select the Knead Time	3min \sim 25min (Initial settings20min)
Low (Low Speed)	Setting for the flour-mixing process.
Med. (Medium Speed)	Optimal setting for dough that should be mixed gently such as for French bread.
High (High Speed)	Optimal setting for dough such as for basic bread that should be kneaded firmly to develop the gluten.

Extra kneading cannot be added if the total amount of kneading and extra kneading exceeds 30minutes.

- · If the total length of continuous kneading exceeds 30minutes, stop the unit and let the dough rest for 30minutes before restarting.
- Do not use the unit to knead harder dough with a water content below 50% of the flour content. (Use at least 200ml of a water content for every 400 g of bread flour.)
- · Do not use to knead any other type of dough except for bread dough.

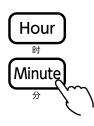
How to perform the setting for [Kneading Speed: High · Kneading time 10min]



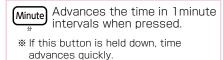
■ Press the Menu button until the display indicates : Menu 15



- 2 Press the Speed button until the display indicates: High
 - You can toggle through the selections in order of High, Low, and Mid.



3 Select the Time.



· Use [Hour] and [Minute] keys to set the time to 10min (0:10).





4 Press the Start button.

How to perform the extra kneading



· After the Kneading, [Complete] will blink.



■ Select the Time.

 You can add between one to five additional minutes of kneading in one-minute increments.



2 Press the Start button.

MAT Th

The flour-mixing process is not completed with this extra kneading but instead the extra kneading continues on from the original kneading.

Using the Knead + Rise + Bake Settings

Menu No. 16 Rise

Select the Rising Time	5min \sim 5h (Initial settings 20min)
Low	Optimal setting for dough that ferments at low temperatures such as the primary rise process for French bread or Natural Leaven Bread.
Med.	Optimal setting for the primary rise process for most types of bread including basic bread.
High	Optimal setting for the secondary rise process (the process to let the dough rise after shaping it).

· Do not use this option for any purpose other than to allow the bread dough to rise.

> How to perform the setting for [Rising Temp.: Mid. · Rising time 45min]



■ Press the Menu button until the display indicates : Menu 16



2 Press the Temp. button until the display indicates: High

· You can toggle through the selections in order of Med., High, and Low.

* Initial settings: Med.





3 Select the Time.

Advances the time in 1 minute intervals when pressed.

* If this button is held down, time advances quickly.

· Use [Hour] and [Minute] keys to set the time to 45min (0:45).





4 Press the Start button.

Bake

Menu No. 17

Select the Baking Time	Low: $5\min \sim 1h40\min$ (Initial settings $5\min$) Med. • High: $5\min \sim 1h10\min$ (Initial settings $5\min$)
Low	Optimal temperature setting for cake baking.
Med.	Optimal temperature setting for baking basic bread and other breads.
High	Optimal temperature setting for baking breads such as French bread that have a low sugar content and do not brown easily.

- · Do not use this option except to bake bread or cakes.
- · Do not run the unit empty with this option.

How to perform the setting for [Baking Temp.: Mid. · Baking time 50min]

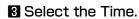


Press the Menu button until the display indicates : Menu 17



2 Press the Temp. button until the display indicates: High

· You can toggle through the selections in order of Med., High, and Low.







Hour Advances the time in 1 hour intervals when pressed.

Minute Advances the time in 5minute intervals when pressed.

If this button is held down, time advances quickly.

· Use [Hour] and [Minute] keys to set the time to 50min (0:50).

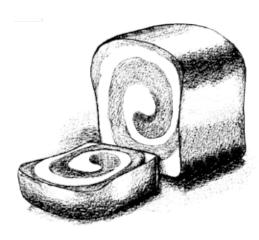




Press the Start button.

Knead + Rise + Bake Recipes

Swirl Bread



To substitute green tea paste for cocoa paste...

or cocoa paste				
Green tea swirl Bread				
Powdered green tea paste	1Lb.	1.5Lb.		
Powdered green tea	5g	7g		
Hot water	10g	14g		

	Swirl Bread						
Ingredients 261kcal 1Lb. 1.5Lb.					_b.		
	Water	170ml		240ml			
	Bread Flour	280g		400g			
	Sugar	36g	L4 ½	56g	L7		
	Salt	4g	S1	6g	S1 ½		
)	Butter	30g		45g			
	Dry Milk	6g	L1	9g	L1 ½		
	Dry Yeast	4.2g	A1	6g	A0.7×2		
	Cocoa paste						
	Cocoa	6g	L1	9g	L1 ½		
	Hot water	8g		12g			
	6						

· The calorie shown is per serving of slices of 1/8 of one loaf of "1.5-Loaf type" bread.

- * The dusting powder should use Bread Flour.

Kneading two halves of dough of different colors

Menu No. 15

Kneading of dough.

- 1 Put the ingredients in the bread case.
- 2 Select the mode.
 - ◆ Menu No: 15
 - ◆ Select the Speed : High
 - ◆ Select the Knead Time
 - : 23min(18min)
- 3 Press the Start button.

Make the cocoa paste.

While the dough is being kneaded, make the cocoa paste by dissolving the cocoa in the hot water and mixing the two together.



Once the kneading is finishing, take out the dough without hitting the [Stop] key on the unit. Split the dough into two halves, returning one half to the unit.

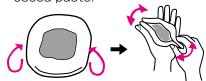
Perform extra kneading.

Set the extra kneading time to 3 minutes using the [Hour] and [Minute] keys and then press the [Start] key.

If you accidentally pressed the [Stop] key, restart the unit at the settings given at down.

- ◆ Menu No: 15
- ◆ Select the Speed : High
- ◆ Select the Knead Time: 5min

- Wrap the other half of dough around the cocoa paste.
- · Use your hands to flatten and smooth out the dough, apply the cocoa paste to the surface. and then fold the two sides together so as to envelop the cocoa paste.



- Once the extra kneading of step 4 has ended, remove the dough without pressing the [Stop] key.
 - Cover them with a damp dishcloth.

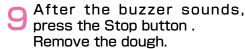


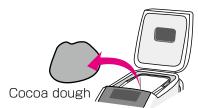
Return the dough with the cocoa paste prepared in step 5 back to the unit.



Perform extra kneading.

· Set the extra kneading time to 3minutes using the [Hour] and [Minute] keys and then press the [Start] key.





Knead + Rise + Bake Recipes

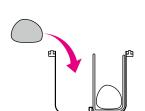
Letting the dough rise

Menu No. 16

Place one half of the dough on a 12-cm-wide strip of baking paper to envelop it and then return it to the bread case.



Place the other half of dough next to the first half.



■ Select the mode.

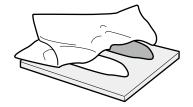
◆ Menu No: 16

Rising

◆ Select the Temp. : Med.◆ Select the Rise Time : 50min

2 Press the Start button.

Once the two halves of dough have finished rising, stretch each half into a long stick, place a well wrung-out wet cloth over them, and let the dough rest for 15to 20minutes.



- Roll out each half and shape into long rectangles and then lay one half on top of the other.
 - Shape each half into long rectangles, one 60 cm long by 13 cm wide or one 50 cm long by 12 cm.
 - 2 Place the cocoa dough on top of the regular dough and then roll the dough up around itself, making sure to firmly attach the end of the roll.
 - 3 Roll the layered dough up around itself for a perfect roll cake shape.



Try adding other ingredients when rolling up the dough...

Cocoa dough · · ·
Walnut 70g (50g)
(It cuts on a 5mm square.)

Green tea dough
Sugared
beans 100g (70g)

- 6 Dough step 5 is returm to the bread case perform Rising.
 - Select the mode.
 - ◆ Menu No: 16
 - ◆ Select the Temp. : High
 - ◆ Select the Rise Time: 1h
 - 2 Press the Start button.



- 7 Check the size of the dough once the rise process has ended.
 - · Check to make sure that the dough has risen all the way to the top edges of the bread case. If the dough has not risen enough, leave it as is in the bread case to give it more time to rise.

Baking the dough once it has finished rising

Menu No. 17

- Baking the dough once it has finished rising
 - Select the mode.
 - ◆ Menu No: 17
 - ◆ Select the Temp. : High
 - ◆ Select the Bake Time: 55min(45min)
 - 2 Press the Start button.

- After the buzzer sounds, press the Stop button . Remove the bread case with oven mitts.
 - · Set the bread on a rack to cool.



Using the Stollen Settings



- \cdot The calorie shown is per serving of slices of 1/16 of one loaf of "1.5-Loaf type" bread.
- ★ Ingredients added when you hear the Mix Beep.

- Stollen is a baked pastry made of yeast that has candied dried fruit kneaded throughout the dough together with lots of butter.
 - * The timer can not be use in the Stollen mode.



- · Stollen is lower in height than regular loaves of sandwich bread when baked.
- The amount of ingredients to be added when the Mix Beep goes off is not to exceed 230 g.

Prepare the Ingredients.

- · Use milk at the optimal temperature for the baking environment.
- \cdot Take the butter out from the refrigerator in advance and let it soften.

SETTINGS

- Attach the kneading blade to the drive shaft in the bread case.
- 2Put the ingredients in the bread case.
- 3Return the bread case to the machine. Close the lid.
- 4Plug the power plug into the outlet.

SETTINGS · START

Press the Menu button until the display indicates : Menu 9





Press the Start button.

 The [Knead] will blink and the machine will begin kneading the dough.





· The time displayed is the completion time.

After the buzzer sounds, press the Stop button .
Remove the bread case.

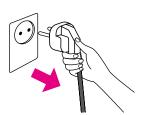


Complete Menu

Leaven Basic Rapid Whole Sweet knead Rise Hake

· The [Complete] will blink

A Remove plug from outlet.



Once the baking process has finished

 Smooth butter over the outer crust while it is still warm, and sprinkle the top with powdered sugar once it has cooled.

Using the Cake Settings



- The calorie shown is per serving of slices of 1/16 of one loaf of "1.5-Loaf type" bread.
- * The timer can not be use in the Cake mode.

- · This basic recipe produces a soft, spongy pound cake.
- · Cake is lower in height than regular loaves of sandwich bread when baked.

Prepare the Ingredients.

- \cdot Take the butter out from the refrigerator in advance and let it soften.
- · Combine the B ingredients together and sift it.
- ① Place the A ingredients in a bowl, add the sifted B ingredients, and mix them until no powdery consistency remains.
- ② Add the Filling ingredients to ① above and mix until evenly distributed throughout the dough.
 - * If there are no filling or other extra ingredients to add, place the dough mixture from (1) into the bread case.

SETTINGS

- Attach the kneading blade to the drive shaft in the bread case.
- 2Put the ingredients in the bread case.
- 3Return the bread case to the machine. Close the lid.
- 4Plug the power plug into the outlet.

SETTINGS · START

Press the Menu button until the display indicates : Menu 10





Press the Start button.



 The [Knead] will blink and the machine will begin kneading the dough.



 \cdot The time displayed is the completion time.

After the buzzer sounds, press the Stop button .
Remove the bread case.





Remove plug from outlet.



Cake Recipes

Menu No. 10

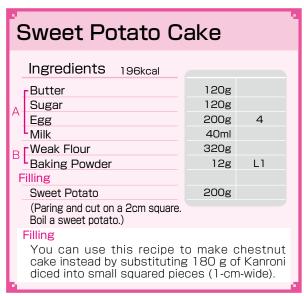


Banana & Walnut Cake				
Ingredients 215kcal				
r Butter	120g			
Sugar	120g			
Egg	150g	3		
Milk	40ml			
B Weak flour	320g			
Baking powder	12g	L1		
Filling				
banana (Use ripe ones that have been mashed.)	120g			
walnut (It cuts on a 5mm square.)	80g			
D. Control of the Con				

Using the Cake Settings













Using the Fresh Butter Settings

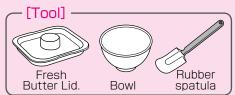
You can create your own Fresh Butter by churning fresh cream, salt, and water. You can produce smooth, flavorful butter that melts in your mouth.

* The timer can not be use in the Fresh Butter mode.



Use the unit in an environment with a room temperature from 20°C to 30°C for best results.

· If using it at a temperature 30°C or above, use cold water (cooled to around 5°C). If using it at a temperature 20°C or below, use warm water at around 25°C.





- · The calorie shown is per serving of 10g
- Attach the kneading blade to the drive shaft in the bread case.
- 2Put the ingredients in the following order.



· Add the Fresh Cream and Salt Water ingredients.

3Make sure to place the fresh butter Lid firmly on the bread case before setting it to the unit.



If you forget to attach the fresh butter lid, the fresh cream may splash out of the bread case and soil the inside of the unit.

- 4Plug the power plug into the outlet.
- 5Press the Menu button until the display indicates: Menu 11



Start



· The time displayed is the completion time.

- 6Press the Start button.
 - The [Knead] will blink and the machine will begin kneading the dough.
 - · The time display will switch to the Remaining time.



About Butter Milk

- •The liquid leftover after Butter is separated out is known as "Butter Milk." You can bake bread with a richer, fuller flavor if you use this Butter Milk instead of water in your bread recipe. (See P. 36 for details.) You should end up with between 200 and 220ml of Butter Milk. (* The actual amount produced will vary depending on the type of fresh cream used.)
- \cdot Do not use the timer feature to bake bread with Butter Milk in it. (See P. 39 for details.)
- · Butter Milk will keep until the following day if stored refrigerated in a sealed container.
 - 7After the buzzer sounds, press the Stop button .Remove the bread case.



Complete | Wenu | Complete | Complete

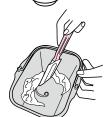
If Butter fails to form

· Reselect the [Fresh Butter] menu option and try again. If you can hear a splashing sound come from inside the bread case, you should be able to produce Butter from the ingredients in the case.

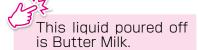
8Pour off the liquid.



① Push down on the fresh butter lid, orient the bread case with the spout facing downward, and pour off the liquid in the bread case.



② Use a rubber spatula to press out any residual liquid and then push down on the fresh butter lid and once again pour off the liquid in the case.



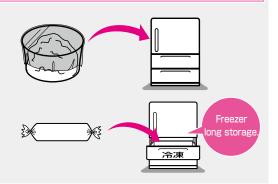
Semove the Fresh Butter.

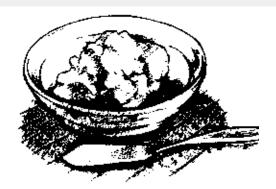


ORemove plug from outlet.

About preservation of the Fresh Butter

- Refrigerating the Butter > (Length of time that the butter will keep: Approx. 1 week)
 Place the Butter in a container, and cover the container with plastic wrap. The Butter should harden if stored in a refrigerator, just as with regular store-bought butter. The Butter can then be used in bread recipes as is, without any need for softening. Use the Butter after softening it if wanting to spread it onto the bread.
- Freezing the Butter > (Length of time that the butter will keep: Approx. 1 month)
 Wrap the Butter thoroughly in plastic wrap, and form it into a
- Wrap the Butter thoroughly in plastic wrap, and form it into a stick by twisting each end of the wrap like with a candy wrapper.
 To use, cut off the amount that you need with a knife.





Recipe

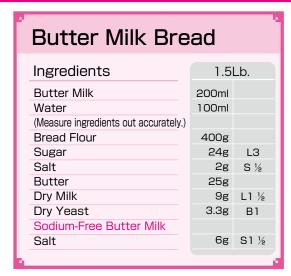
· Add the Filling to softened Fresh Butter, or Sodium-Free Butter, and use a rubber spatula to evenly mix the flavoring into the Butter.

Fresh Butter Recipe





Butter Milk Bread Recipe



If using 200ml of Butter Milk

(There are about 90ml of water and 2g of salt for every 100ml of Butter Milk.)

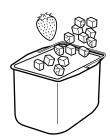
- · Amount of water in 200ml of Butter Milk: 180ml (200ml × 90%= 180ml)
 - The recipe for basic bread calls for 280ml of water. You will need to add extra water to make up for the difference
 - 280ml-180ml=100ml Water: 100ml
- · Amount of solt in 200ml of Butter Milk: 4g (200ml \times 2%= 4g)

The recipe for basic bread calls for 4g of solt. You will need to add extra salt to make up for the difference. 6g-4g-100ml=2g Salt: 2g

Using the Jam Settings

MEASURING & SETTINGS

- Attach the kneading blade to the drive shaft in the bread case.
- Put the ingredients in the following order.Return the bread case to the machine. Close the lid.



- ① Add all ingredients and sugar to the bread case, and gently shake the bread case to evenly distribute the sugar over the top of the mixture.
- ② Let stand for 30minutes until the moisture in the fruit evaporates off.
- 3 Plug the power plug into the outlet.
- Press the Menu button until the display indicates: Menu 12





START

Press the Start button.



 The [Knead][Bake] will blink and machine will begin mix and heat.



- · The time displayed is the completion time.
- After the buzzer sounds, press the Stop button .
 Remove the bread case.



· The [Complete] will blink



Remove plug from outlet.

About preservation of the Jam

< Refrigerating the Jam > (Length of time that the jam will keep: Approx. 1 week)
Transfer the newly made jam to a clean, sterile container for storage.



· The calorie shown is per serving of 100g

* The timer can not be use in the Jam mode.

Jam Recipe

Menu No. 12



- Thoroughly wash the apples, cut into quarters, and then submerge them in salt water.
- ② Grate the apple quarters with the peel left on and then add the grated apple to the bread case along with sugar and lemon juice.







To Clean Breadmaker

! WARNING



Do not immerse the Bread Maker in water.

It can cause electric shock and will damage the unit.

ACAUTION



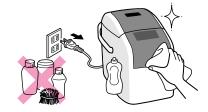
 Be sure to unplug the power cord before attempting to clean, inspect, or complete maintenance on the unit.

Otherwise, it could cause electric shock or injury.

Before cleaning

- · Make sure to unplug the power plug from the electrical outlet, and let the unit cool thoroughly before cleaning.
- · Use a mild dishwashing detergent (for dishes and cooking implements) to clean the unit.

Do not use benzine, paint thinner, a cleanser, a metal or other scrub brush, chemical wipes, or other harsh cleaning tools or solutions as they could damage the surface of the unit.



Cleaning

* Be sure to complete these cleaning procedures after every single use.

Body

- Dip a soft cloth in a solution of water (or warm water) and detergent, squeeze out excess water, and use the damp cloth to wipe off the unit. Dry off the unit thoroughly.
- Remove bread crumbs and dirt, dust, etc. from the inside of the unit as soon as possible. (Otherwise, it could produce an abnormal smell or cause the unit to malfunction.)



Leaven Cup · Fresh Butter Lid

 Wash off using a sponge soaked in mild dishwashing detergent, rinse thoroughly, and then dry completely.

If the leavening agent spoils in the leaven cup and goes rotten

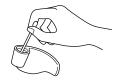
- ① To sterilize the cup, immerse it in the diluted chlorine bleach.
- ② Rinse the cup out thoroughly and let it dry completely.
- * Make sure to remove all leaven as any left could spoil and go rotten, which could prevent properly fermenting leaven next time.

Kneading Blade · Bread Case

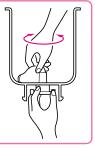
- Pour enough warm water into the bread case to cover the blade. Once any dried-on dough or crust has loosened, pour out the warm water and then wash out the inside of the bread case with a sponge, taking care not to damage the surface of the fluoride coating or seal around the drive shaft.
- Do not leave water in the bread case or leave the bread case itself submerged in water. (The water could go moldy and damage the shaft to the extent that it would fail to rotate.)
 - · Check the seal around the drive shaft for damage.
 - · Do not use chlorine bleach.



 If there is any dough or bread stuck inside the blade insertion hole, pour in some water to loosen it and then remove it with a toothpick.



If the blade is hard to pull out, try pulling on it while turning it to remove. (Be careful not to let your hands or fingers get caught.)



When storing the unit

- · Store the unit in a location out of the reach of small children as well as in a location with low temperature (away from open flames and other sources of heat) out of direct sunlight.
- · If planning to store the unit for long periods of time, wipe away all dirt and moisture from the unit, bread case, and blade and allow each part to dry thoroughly before placing it in storage.

Question and Answers

About Ingredients

May we bake different size loaf?

The recipes in this manual are sized to have the dough knead properly and the finished bread not exceed the bread case capacity. Use only recipes with similar quantities of ingredients.



Yes-except when using the timer. When you are substituting fresh milk, reduce the water by the amount of fresh milk added to replace the milk.

Why do the ingredients need to be loaded in the specified order?

Because the yeast will activate when it contacts water.

About Timer

Why can not the timer be set past 16hours?

This is because the ingredients may dederiorate in quality or become moldy if the ingredients are left inside the bread case for many hours. Especially during the summer season, the timer must be set to a shorter time.

Why can not the timer be set in the [Sweet] [Rice bread(gluten free)] [Stollen] [Cake] [Fresh Butter] [Jam] [Knead+Rise(Dough)] [Rise+Bake] [Knead Rise Bake] [Natural Leaven Leaven Rise] [Natural Leaven Rapid] [Natural Leaven Whole Wheat] [Natural Leaven Sweet] [Natural Leaven Knead+Rise] [Natural

This is because in these modes, the ingredients have an adveres influence on each other and the dough sometimes changes in quality or gets fermented excessively.

Why is it that the Timer mode cannot be used with bread recipes that contain raisins, vegetables, eggs, milk, buttermilk, or rice?

Timer mode cannot be used with bread recipes that contain vegetables, eggs, milk, buttermilk, rice, or other fresh ingredients because they may spoil sitting in the bread case. Raisins may be chopped and blended into the bread. If it happens, dough containing raisins may fail to rise properly.

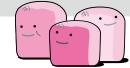
About Baking Bread

Why do large cavities appear inside the bread?

Occasionally air bubbles will concentrate at certain during the kneading, and the dough will bake in that state. However, this should not affect the flavor.

Why does the size, shape, and color of baked bread change every time?

Bread is a fluid object that can change in size, shape, and color due to differences in the temperature of the room used or water, quality of the ingredients used, amounts measured out, length of the scheduled baking times, type of flour or yeast used, and conditions of the leaven and other factors.



Cold

About Baking Bread

Why do the ingredients need to be loaded in the specified order? Because the yeast will actiate when it contacts water.

Why is it recommended to use cold water (cooled to around 5°C) in summer and warm water



The optimal temperature for dough to rise is around 28 °C . The dough is warmer in summer and colder in winter. Water of different temperatures can be used as appropriate for the season to adjust the overall temperature to the optimal 28°C.



The best dough for bread is neutral or slightly acidic in pH. If you use alkaline ionized water in your bread dough, the dough will become alkaline, which could impede the fermentation process in dry yeast or natural leaven and prevent bread from rising properly. It is recommended that you not use alkaline ionized water during the process to prepare leaven.





12

13

5

For best results,

out at the end of the bake cycle

Slice the bread

after the bread

kneading blade

is attached to the drive shaft

has cooled

Verify the

take the bread

E	Bread r	esult	Rise c	or falls	The bread fails to rise	Dough	The bread	The outer	The bread					
			Mushroom shape	Berad top collapses	properly (The outer crust bakes too dark) The dough has not risen enough	does not mix properly	does not rise at all	crust bakes too dark	texture is coarse	collapsed and is wrinkled	tears when sliced	Corrective action	Referenc pages	
Conditio	n or ca	ause												
	Flour	Too much										Measure the ingredients		
	rioui	Too little										carefully level off with a spatula. The end result of		
	Yeast	Too much	•									the bread baking process can be greatly affected	3	
Mistake in	Leaven Rise	Too little			•							by failure to measure out ingredients		
measuring ingredients	nise	Forget										correctly. Take care when measuring out	9	
	Sugar	Too much	•					•	•			dry yeast in particular as you	dry yeast in	
		Too little										adding too much if you bump	ding too much ou bump ou bounded asuring spoon en measuring	
	Water	Too much	•	•					•			measuring spoon when measuring out the amount		
		Too little										to use.		
Room	Too ho (more 80°F /0 28°C)	than	•	•								Use cold water (at 5°C)		
emperature	Too co (less t 50°F /0 10°C)	han			•							Use warm water (at 5℃)	9	
water temperature	Too ho (more 75°F /0 25°C)	than	•	•								Use water of the proper temperature for the		
to/iiporature	Too co (less t 40°F /	han			•							temperature of the baking environment.		
Ord yeas were used		r flour			•							Use only fresh ingredients	9	
There wailure						•						Discard dought and restart	1.0	
he STO ressed Juring one	by mi											using new ingredients	12	

Machine Troubleshooting

during operration

enough to slice

not mounted

too long

The finished bread was

left in the bread case

The bread was cut

before is was cool

The kneading blade was

Before Calling for Service

- · If you have a problem with your machine, check the following hints before making a call to the store you bought it.
- · Do not repair or wark on it yourself.

Problem Check Point	The bread maker will not start the START button is pressed.	The Timer mode does not work.	Smoke appears from the ventilation port.	The bread dough cannot be kneaded.	The blade got stuck inside the bread as it was baking.	The bread fails to bake according to the Timer mode.	The unit stops running partway through the baking cycle.	Reference pages
Is the machine plugged in ?	•							11
Is the interior of bread maker too hot? (E:01 on the display)	•							41
Did you select a menu option?	•							12
Have you set the Timer correctly?		•						10
Did you select one of the following menu options? [Sweet] [Rice bread(gluten free)] [Stollen] [Cake] [Fresh Butter] [Jam] [Knead+Rise(Dough)] [Rise+Bake] [Knead Rise Bake] [Natural Leaven Leaven Rise] [Natural Leaven Rapid] [Natural Leaven Whole Wheat][Natural Leaven Sweet][Natural Leaven Knead+Rise][Natural Leaven Rise+Bake]		•						10
The ingredients have spilled on the coil?			•					12
Is the unit new?			•					12
Did you remember to insert the blade properly?				•				11
Did you insert the blade properly?					•			11
Did you use the right amount of water?				•				11
Did you set the Timer time correctly?						•		10
Did you pull out the power plug or touch the [Stop] key accidentally?						•	•	41
Was there a power outage?						•	•	41

Control Panel Messages

■ When the START button has been pressed



- $\cdot\,\text{This}$ indicates that the inside of the unit got too hot (over 38°C)
- This displays if you attempt to start another baking process immediately after the previous one ends. It may also appear if you attempt to use the unit after the "Knead" process is completed.

Open the lid and take out the bread case to cool. Allow the unit to cool. When the **£:** \(\mathcal{I}\) warning turns off, press the START button.

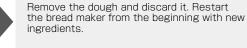
■ When the bread maker has been started



Mark of battery appeared on

a20:30

- · There was a power interruption or failure during the operation of the bread maker.
- The power plug may have been unplugged or the breaker tripped partway through the baking cycle.



• This indicates that the lithium battery has gone dead.

** The unit can still be used even if the battery goes dead if

** Remove the cobox, and replace
box, and replace

the power cord is plugged in.

* If planning to use the Timer mode, make sure to set the Current time

* And the power cord is plugged in.

* And the power cord is plugged in.

Remove the cover to the battery box, and replace the old lithium battery with a new one.





■ After baking is completed



- · The temperature during kneading and rising was too hot.
- The temperature after kneading was too cool. (This can occur in cold environments.)

Please use the unit in a location with the optimal temperature for bread making ($15^{\circ}\text{C} \sim 28^{\circ}\text{C}$) from now on.

If any error messages other than the ones listed above should appear, please contact a local retailer where you purchased the unit for assistance with inspection and repairs.

Specification

Model				BML150		
Power supply		220V (50/60Hz)	Timer	16hours		
Power	Heater	450W	Protective Device	evice Thermal cutoff		
Consumption Motor (50/60Hz)		95/90W	Power supply Cord	approx1.1m		
Rated Power Consumption		470W (Jam mode)	Dimensions	W25·D40·H30cm Weight approx 6kg		approx 6kg
Flour Capacity/Bresd Type		400g / Horizontal	Accessories	Measuring Cup · Measuring Spoo	n · Leaven Cup (Wit	h lid) · Fresh Butter Lid.

Bread Maker



使用说明书/食谱

感谢您购买日本美开牌全自动制面包机。 为顺利做出新鲜出炉的美味面包, 使用前请详阅本说明书并妥善保存。



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务必遵循的安全守则

为了您与家人的安全,请务必遵守下列产品安全注意事项、注意警告标志,以防止灾害的发生。

警告 错误使用可能导致死亡或严重伤残。

、**注意** 错误使用可能导致伤害或产品的损坏。

安全守则图示之区别



表示绝对禁止。



表示一定要遵守。

关于电源插头与电源线的注意事项



●请使用 220V 交流电的电源插座。 不可使用 220V 以外的电源以免触电或 发生火灾。

●确认插头干净无灰尘、插脚完全插入 插座。

以避免触电或电器短路造成火灾。



●请勿以沾湿的手拿取插头插入电源插 座。

以免触电



●请勿使用多孔延长线插座。 以免过热造成火灾。

●请勿拉扯电源线拔出插头。 (拔插头时, 务必握住插头)

电源线扯坏则会触电、短路或发生火灾。

●勿将电源线不自然弯曲、旋转缠绕、 捆绑成束、强行拉扯、加压重物、改装、 用腿够取。

电源线受损则易触电、短路而造成火灾。

●电源线或电源插头受损时,请勿使用。 以避免触电或电器短路造成火灾。

注意以避免事故发生



●请勿直接冲洗或将水洒在机体上。 以避免触电或电器短路造成火灾。



●请勿让小孩单独操作使用或放在幼儿的 手可触及的地方使用

可能会造成触电或受伤。



禁止拆解

●请勿自行拆解修理、改装。 会造成动作异常、触电、火灾或受伤。

※ 如需维修, 请与经销商联络。

●机器运作中避免在近旁使用易燃性挥发 喷剂等可燃物。

可能引起火花・爆炸或火灾。

关于锂电池



●禁止将电池加热或丢进火中。 会破裂、起火或发生火灾。

●禁止与其他金属放置在同一处。 会破裂、起火或发牛火灾。



务必遵守

- ●(+)(-)按正负极方向正确放入电池。
- ●存放在小孩拿不到的地方。

万一吞食, 请速就医。

●废弃或保存时,请以胶布包住绝缘。 以免造成破裂、火灾或起火。

! 注意



- ●请勿放置于桌布、垫毯、会振动的台面上等 不安定的地方或是大理石等等容易打滑的 地方使用。
- ●请勿在桌子的边缘附近使用。
- ●放置桌面上时,机体底部的脚不可粘有 异物。

可能造成机器不稳掉落。

(机器本体底部的脚粘有面粉块时, 请以湿布将硬 的面粉块擦拭干净。)

●烘焙时,请勿让脸和手靠近蒸汽口、上盖、机 体和玻璃窗。

以避免烫伤。尤其要特别注意不要让小孩碰触。

- ●当机器运转时,请勿移动机体。 以避免烫伤。
- ●请勿碰触转动中的搅拌棒。 以免受伤。
- ●请勿于封闭的场所使用。 可能过热而导致变色、变形。

! 注意



●使用时,请离墙壁或窗帘至少 5 公 分以上。

以防止变色、变形或防止火灾的发生。

●取出面包时,请务必使用隔热手套。 以避免烫伤。

尤其要特别注意不要让小孩碰触。



●手伸入机体时, 请务必先将电源插头拔除。 以免触电或造成伤害。

- _{电源插头拔除} ●不使用时,请务必将电源插头拔除。 以避免漏电、触电或发生火灾。
 - ●异常状况发生时,请直接将电源插头拔除。 若有异常状况仍持续使用,可能会造成触电 或发生火灾。

使用安全注意事项

●上盖开启时,请勿启动机器。

使用时打开上盖,将无法顺利地制作出面包。 烘焙时打开上盖将影响烘焙, 甚至造成机器停 止烘焙。

●请勿以洗碗机清洗内锅或将内锅底部浸入

内锅底部轴心若有水从外渗出, 可能造成传动 轴不顺而产生故障。

内锅外侧可用湿布清洁,内面可用清水冲洗。

- ●请勿以洗碗机清洗量匙、量杯和内锅。
 - 会变形、变色或造成故障。
- ●请勿超出容量使用。

会造成面包品质不佳, 上盖内侧会粘到面包。

- ●要控制冰糖或砂糖等坚硬材料的使用。 以避免伤及内锅氟素树脂涂层。
- ●若有食物过敏症,请先咨询专业医师后再行使用。

- ●请勿在潮湿处、瓦斯等易燃设施旁使用。 以免变形或故障。
- ●使用中请勿拔除电源插头。

电源中断会停止运转,原设定程序可保留 10 分钟。

●小心地取出内锅。

以避免内锅变形影响面包品质。

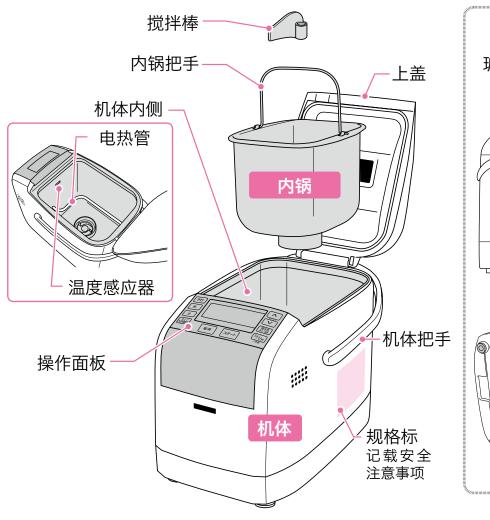
●请勿将布巾盖在面包机上。

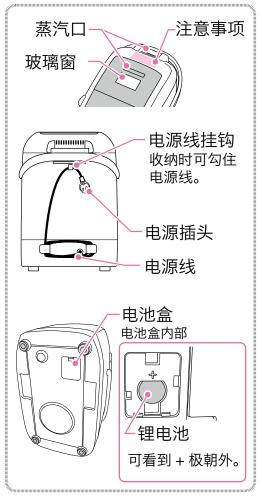
若蒸汽无法排出,上盖会变形或变色。

- ●请勿使用机器所附之使用说明书以外的食谱。 容易造成故障。
- ●新鲜奶油专用盖仅限于制作新鲜奶油时使用。 以避免变形或故障。

产品示意图及配件名称

本体





配件(各1个)

量杯

测量水或其他液体。

※ 不建议用于粉状材料的测量。



生种杯

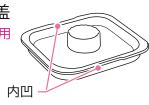
(附杯盖)

※ 用于制作生种、保存 生种。请勿作为其他 用途使用。



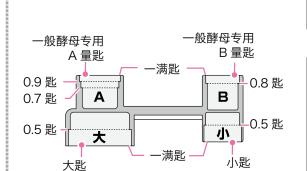
新鲜奶油专用盖

※请勿作为其他用 途使用。





正反两面共4种。



一般(干)酵母专用匙容量

	酵母	き用 A	量匙	酵母专用	B量匙
	1 匙	0.9	0.7	1 匙	8.0
一般酵母 g	4.2	3.6	3	3.3	2.7

大小匙容量

	大	匙	小	匙
	1 匙	0.5	1 匙	0.5
容量 ml	15	7.5	4	2
砂糖g	8	4	-	-
脱脂奶粉g	6	3	-	-
盐g	-	-	4	2
泡打粉 g	12	6	3.2	1.6

材料的分量在食谱中 的标示如下

例

大匙 1 匙大 1
大匙 0.5 匙大½
小匙 0.5 匙小½
酵母专用匙 A 匙 1 匙A1
酵母专用匙 B 匙 1 匙B1

面板操作名称与使用说明

操作面板

※ 为方便图示解说,下图面板标示出全部的灯号,与实际有所不同。

时・分 键

- ■可设定现在时刻
- ■可设定揉面、发酵、烘焙时间。

预约键

■ 可预约面包完成的时间。

屏幕显示

- ■显示完成时间、程序码、面包烤色、制作
- ■锂电池用完时, 左下角的电池灯号会显示。

菜单键

■用于选择各种面包程序。

烤色键

■可选择面包烤色(中、深、 浅)。

速度 / 温度 键

■选择揉面速度/发酵温度/ 烘焙温度。

用于揉面・发酵・烘 、焙程序。



天然酵母键

■使用天然酵母时, 用于功 能选择与程序设定。

停止键

- ■启动后欲修改, 按此键可中止程 序运行。
- ※ 启动后要中止程序,请按 2 秒以 上直到此程序的显示消失。

启动键

■按此键开始制 作面包或设定 预约定时。

1Lb./1.5Lb. 切换键

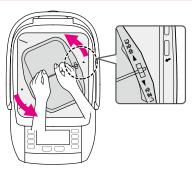
■用于选择面包重量大小。

♪音量键

- ■二阶段调节蜂鸣提示的音 量。(插上电源插头,尚未 按任何键之前的状态。)
- ※按下此键则改变蜂鸣器 音量的大小, 屏幕显示有 "高"、"低"的切换。

内锅・搅拌棒・新鲜奶油专用盖的取出与放入

取出内锅



■依内锅边框上"ゆるむ" 箭头所指逆时针方向旋转 松开内锅,即可取出。

放入内锅





②依内锅边框"しまる"箭 头所指顺时针方向旋紧, 确实固定好。

放入搅拌棒



- 内锅底部传动轴与搅拌 棒的孔要确实装好到 底。
- ※ 若搅拌棒浮插没有到 底,则无法制作出面包。

新鲜奶油专用盖的使用



■将新鲜奶油专用盖 斜穿过把手, 让盖 子的内凹处配合把 手盖上。

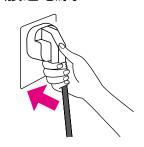
面板操作名称与使用说明

设定标准时间

1 取出电池盒内的绝缘纸。



2 将插头插入插座以接通电源。



- 3 设定标准时间。
 - ①先按"时",再按"分"。



②设定标准时间。

时间以24小时表示。

(例:现在是下午5时30分。)

Hour ▷一次增加 1 小时 Minute >一次增加 1 分钟



4 拔下电源插头。

制作面包前

面包的材料

面粉

- ●制作面包一般多使用蛋白质高(12~15%)的高筋面粉。或依面包种类混合低 筋面粉的情况也是有的。
- ●加水揉面后会形成称为面筋的物质来包含进空气以做出膨松柔软的面包。
- ●开封后要避免放置于高温潮湿、阳光直射的地方,请务必注意使用期限,使用过 期的面粉可能使面包发酵体积太小。

使用不同品牌、收获期或产地的面粉,因蛋白质含量各异,发酵膨胀的体积也有

●专业用于制造面包的面粉和一般市售的高筋面粉,因蛋白质含量不同,发酵膨胀 的体积也不同。

不需要预备发酵一般酵母

- ●配合适当的温度、水、糖分而产生二氧化碳气体以制作出具有独特香气的面包。
- ●用一般酵母程序与食谱请务必使用不需要预备发酵的一般酵母。请勿使用必须 预备发酵的酵母或新鲜酵母。
- ■开封后请密封置于冷藏室或冷冻库保存,请尽快使用完毕。酵母放置过久会导 致发酵力降低,面包膨胀体积太小。
- ●推荐使用安琪酵母公司的 Angel 牌干酵母。

●作为一般酵母以及天然酵母的养分, 并增加面包的甜味及着色, 使面包 保持柔软。

脱脂奶粉

●加入蛋可增添面包风味、光泽, 使面 包发得更大。但在高温气候下, 建议 尽快食用完毕。

●助于面包着色、有光泽、增添面包风味

●加入水揉面可形成面筋,调节适当

的水温来制作面团。 ※ 请勿使用电解碱性水或酸性水。

和营养。但加入过多会使面包皮较硬。

●可增进面包风味, 使面筋紧缩, 面团结实。

奶油(油脂)

- ●使面包细致柔软,增添面包的滋味与 多样性。同时保留水分延长面包的存
- ※ 也可用乳玛琳取代奶油。

天然酵母面包种(原种)

●以日本古法所酿造的面包种(发酵种)。以日本国产小麦、国产减农药米、麴、水 来培育。充分表现出真正的面包风味。

原种(干燥粉末状)溶于水再以 "Leaven Rise" (生种培养) 程序发酵后冷藏保 存的面包种成为"生种"。原种和生种都要置于冷藏库保存,建议生种的保存以不 超过一周的时间为佳。

米粉(含麸质)

- ●请务必使用粒子细小的"面包用米粉・米面包专用混合粉"。使用上新粉做出来的 效果不佳。
- ●面包用的米粉大多有含麸质与不含麸质的差别。然后只要再加入一般酵母和水, 以及其他必须的材料。
- ●若面包专用的米粉取得不易,建议使用"蓬莱米磨成的粉"。

<米粉(含麸质)>

●将米磨成粉末即为米粉,它不像小麦粉含麸质加水后会形成面筋以包含住空气。 因此在米粉中添加麸质则可如面粉般做出较膨松柔软的面包,此即为含麸质的米粉。

请注意

米粉(含麸质)含有小麦中的麸质, 有小麦过敏症者请勿食用。

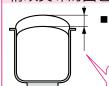
只有小麦粉同时含有壳蛋白和麦胶蛋白,将水加入 后会形成网状麸质(面筋), 面筋会将发酵时产生 的二氧化碳包住, 如此可做出膨松柔软的面包。

米粉(不含麸质)

< 米粉(不含麸质)>

●虽不含麸质, 较适于有小麦过敏症者食用, 仍建议对此非常敏感的人, 咨询过医师后, 先少量食用为佳。

精致美味的面包!



■即使每次都依同样的方式来烘焙面包, 因为环境条件有所不同, 面包发的高 度和形状会略有不同。

面包高度约有3公分左右的弹性误差。

制作面包前

各种面包程序与调理时间 ※ 仅 [揉面 + 烘焙] [单独烘焙程序] 可自行设定调整烘焙时间

加果料提示

- ■为避免葡萄干等果料被过度搅烂,在揉面中途才加入,此时会有 蜂鸣声提示。(哔哔 10 声)
- ■从加果料提示声响开始只有 1 分钟的时间搅拌转速会变慢,请于 此时放入果料。超过1分钟后转速变快时,为避免材料飞溅出来, 要放入时,请一点一点放入。
- ■加果料提示声终了时,屏幕上的【Mix】显示会消失。无加果料 提示功能的程序,则一开始就不会在屏幕上显示。

※ 解除加果料提示声的方法

启动后再按一次启动键则屏幕上【Mix】显示会

再按一次启动键则【Mix】显示再度显现出来, 依次来加以设定。

关于烤色和调理时间

■浅色的烘焙时间少10分钟。 深色的烘焙时间多 10 分钟。

※ 快速面包 1Lb.: 浅色-5分钟, 深色+10分钟。 ※ 米面包(含麸质): 浅色-5分钟, 深色+5分钟。 ※ 米面包(不含麸质): 没有选择面包烤色的功能。

关于调理中的时间表示

■显示完成的时刻。

■「時」:按压此键则显示现在时刻。 「分」: 按压此键则显示剩余的时间。 ※ 剩余 59 分钟开始,则显示剩余的时间。

	※ 此为中等烤色的时程		烤色选择为:中(Med.)・深色(Dark)・浅色(Light)
菜单号码 菜单名称	1Lb. <mark>1.5Lb.</mark> 词理时间	启动到加果料 提示所需时间 加果料提示声响 后剩余时间	/ / / / / / / / / / / / / / / / / / /
	4小时 10分	1 小时 5 分 [3 : 05]	加果料 拌面 拌面 揉 预备 揉 一次发酵 二次 成形发酵 烘焙 中色 25 25 25 25 25 25 25 25 25 25 25 25 25
土司面包	4 小时 20 分	1 小时 5 分 [3 : 15]	揉 预备
2	2 小时 40 分	22分 [2 : 18]	加果料 拌面 拌面
快速面包 (土司面包)	2 小时 50 分	25分 [2 : 25]	揉 二次 成形发酵 烘焙 炭色 浅色
3	4 小时 50 分	1 小时 35 分 [3 : 15]	加果料 拌面 拌面 中色 茶色
和风面包	5 小时	1 小时 35 分 [3 : 25]	揉 预备
4	5 小时 10 分	1 小时 20 分 [3 : 50]	加果料 拌面 拌面 拌面 字色
法式面包	5 小时 20 分	1 小时 20 分 [4 : 00]	揉 预备发酵 」 一次发酵 二次 成形发酵 烘焙 煮色 浅色
5	4 小时 30 分	1 小时 15 分 [3 : 15]	加果料 拌面 拌面 中色 深色
全麦面包	4 小时 40 分	1 小时 15 分 [3:25]	揉 预备

制作面包前

※ 此为中等烤色的时程			烤色选择为:中(Med.)・深色(Dark)・浅色(Light)		
菜单号码 菜单名称	1Lb. <mark>1.5Lb.</mark>	启动到加果料 提示所需时间 加果料提示声响 后剩余时间	海理过程		
6	4 小时 20 分	1 小时 [3 : 20]	加果料 拌面 拌面 拌面 拌面 中色		
甜面包	4 小时 30 分	1 小时 [3 : 30]	揉 预备 揉 一次发酵 二次 成形发酵 烘焙 完色 法色		
7	2 小时 30 分	20分 [2:10]	加果料 拌面 中色		
米面包 (含麸质)	2 小时 40 分	23分 [2 : 17]	揉 一次发酵 成形发酵 烘焙 ^{深色} 浅色		
8 米面包 (不含麸质)	2 小时 30 分 ※1.5Lb.	40分 [1 : 50]	加果料 揉		
9 德国圣诞面包	4 小时	9分 [3:51]	加果料 拌面 揉 一次发酵 大房 成形发酵 烘焙		
10 蛋糕	2 小	寸	揉魚烘焙		
新鲜奶油	30 2	分	搅拌		
12 果酱	2 小	时	加热・搅拌		
13	40 分~ 1 小时 40 分	15分 [随调理时间变化]	加果料 拌面 1Lb 初始设定 40 分 1.5Lb 初始设定 45 分		
揉面+发酵	45 分~ 1 小时 45 分	20分[随调理时间变化]	25 分钟搅拌、20 分钟发酵		
14	1 小时 5 分~ 2	小时 25 分	发酵最长设定 1 小时 40 分 1Lb. 初始设定 1 小时 06 分 中色		
发酵+烘焙	1 小时 15 分~2	2 小时 35 分	大藤 大田		

菜单号码 菜单名称	调理时间	调理过程	
<mark>15</mark> 揉面 (低速・中速・高速)	3 分~ 25 分	揉面	
<mark>16</mark> 发酵 (低温・中温・高温)	5 分~ 5 小时	发酵	
17 烘焙 (低温・中温・高温)	低温:5 分~ 1 小时 40 分 中温・高温:5 分~ 1 小时 10 分	烘焙	

使用天然酵母食谱 ※ 此为中等烤色的时程 烤色选择为:中(Med.)·深色(Dark)·浅色(Light) 启动到加果料 1Lb. 提示所需时间 烤色 调理过程 菜单名称 调理时间 加果料提示声响 选择 1.5Lb. Ⅰ培养生种 24 小时 3 小时 5 分 7 小时 10 分 加果料 ▮天然酵母 [4:05] 预备发酵 一次发酵 成形发酵 面包 3小时5分 7 小时 20 分 [4:15] 1 小时 20 分 4 小时 40 分 加果料 [3:20] ■ 天然酵母 成形发酵 快速面包 1 小时 20 分 4 小时 50 分 [3:30] 3 小时 5 分 7 小时 20 分 [4:15] ■ 天然酵母 预备发酵 成形发酵 全麦面包 3 小时 5 分 7 小时 30 分 [4:25] 3小时 7 小时 20 分 ■ 天然酵母 [4:20] 预备发酵 成形发酵 甜面包 3小时 7 小时 30 分 [4:30] 40 分~ 15分 加果料 拌面 [随调理时间变化] 6 小时 20 分 ■ 天然酵母 一次发酵 揉面+发酵 45 分~ 20分 6 小时 25 分 [随调理时间变化] 1 小时 10 分~ 2 小时 50 分 ■ 天然酵母 发酵 烘焙 发酵+烘焙 1 小时 20 分~ 3 小时

制作面包前

成为面包达人的小秘诀…



加入适当温度的水

■水温会影响面包膨胀程度,建议依下表来调整水温。

室温	水温	建议
10℃以下	约30℃	将机器尽可能放在较温暖的位置
15℃左右	約 25℃	
20℃左右	約 20℃	
25℃左右	約 10℃	
28~31°C	約5℃	将机器尽可能放在较凉快的位置,面粉等材料拿去冰箱冷藏
32℃以上	約5°C	选择程序 2,快速面包程序,制作一般白土司







使用新鲜的材料

■请勿使用超过保存期限的面粉、一般酵母以及 天然酵母。









正确地量取材料

■请用磅秤来量取面粉。







- 请务必使用附赠的量杯来量 取水和其他液体。
- ■请务必使用附赠的量匙来量 取砂糖、盐、脱脂奶粉、干酵母、泡打粉。



4

室温高于 25℃以上时,预约要特别注意

- ■请尽量将机体置于阴凉的场所。
- ■视情况缩短预约时间。
- ■使用一般酵母时, 材料中水量减少 10ml。
- ■使用天然酵母时, 请使用 5°C冷水。(以避免生种在等待时间内过度发酵)
- ■使用天然酵母时,依下表的室温和预约时间来调整生种的分量。

室	温	25 ∼ 27°C		27 ∼ 30°C		30 ∼ 32°C	
预约时	寸间	~10 小时	10~16小时	~10 小时	10~16小时	~10 小时	10~16小时
上 和60 = 1	1Lb.	28g	21g (分量 ¾)	21g (分量 ¾)	14g (分量 ½)	14g (分量 ½)	
生种的量	1.5Lb.	40g	30g (分量 ¾)	30g (分量 ¾)	20g (分量 ½)	20g (分量 ½)	

如何预约设定

■ 先设定面包程序、烤色、面包重量(1Lb./1.5Lb.)

(请参考第 P.11~P.12 页, 步骤 1-5)

2 设定预约时间



■按预约键则显示 ●Timer

(预约时间)



设定完成时间(以24小时显示)



Hour 按一下增加 1 小时 Minute 按一下增加 10 分钟 ※ 持续按住会快速增加时间。



预约时间不成功的情况下 "●Timer "的屏幕显示会快速闪烁,此时无法启动。所设定的预约时间务必超过右表的最短时间。

⚠ 按下「启动」键(预约完成)



- **C**Timer 会闪烁。
- ■按下启动键后,「Knead」「Rise」 「Bake」的屏幕显示消失。

			3, 10	
Timer Con	mplete time	Mix	∆enu	Med.
Leaven Rise Basic	Rapid Whole Whea	e Sweet	Knead + Rise	Rise + Bake
	Natural L	eaven		

程序	程序与预约设定时间对照表						
		最短	最长				
土司面包	1Lb.	4 小时 20 分					
工力問品	1.5Lb.	4 小时 30 分					
快速面包	1Lb.	2 小时 50 分					
(土司面包)	1.5Lb.	3 小时					
和风而与	1Lb.	5 小时					
和风面包	1.5Lb.	5 小时 10 分					
法式面包	1Lb.	5 小时 20 分					
太式画色 	1.5Lb.	5 小时 30 分	16小时				
全麦面包	1Lb.	4 小时 40 分	10 小加				
王友則也	1.5Lb.	4 小时 50 分					
米面包	1Lb.	2 小时 40 分					
(含麸质)	1.5Lb.	2 小时 50 分					
天然酵母	1Lb.	7 小时 20 分					
面包	1.5Lb.	7 小时 30 分					
天然酵母	1Lb.	7 小时 30 分					
全麦面包	1.5Lb.	7 小时 40 分					

- ■浅色的烘焙时间少 10 分钟。 深色的烘焙时间多 10 分钟。
- ■快速面包 1Lb. 浅色延时预约的最短时间将缩 短 5 分钟。
- ■米面包(含麸质)浅色减少 5 分钟, 深色增加 5 分钟





- ■上表所列以外的程序没有预约功能。
- ■使用预约设定时,请勿加入葡萄干、 蔬菜、鸡蛋、牛奶等作为面包材料。 (细节请参阅 P.39)

使用一般酵母 使用方法与步骤

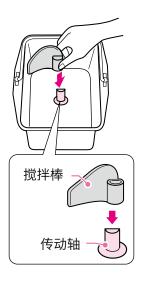
材料准备

1.5Lb. 土司面包基本食谱



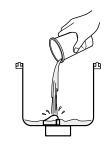
- ■正确地量取材料。
- ■关于热量(卡路里 kcal)的标示是以每片面包(1.5Lb. 切成 8 片)的热量为参考。
- ■奶油可用同分量的乳玛琳代替
- ■请用原厂所附有大、小、A、B 记号的量匙, 正确的量取(请参考第 P.3 页)

将搅拌棒放入内锅

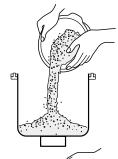


- 内锅底部传动轴与搅拌 棒的孔要确实装好到底。
- ※ 若搅拌棒浮插没有到底, 则无法制作出面包。

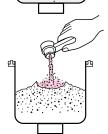
2 将材料放进内锅



① 将水 (液体) 倒入。



②倒入材料 (酵母除外)。

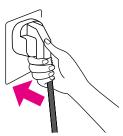


③ 在材料中间挖出一个小 凹槽。将酵母放在小凹 槽中, 避免接触到水分。

3 将内锅放进机体中



4 将插头插入电源插座



启动

5 程序设定

「一般酵母面包 1.5Lb.・中等烤色 Med.」 设定方式如下



①选择的菜单的号码:1



②设定面包烤色: Med.

■ 依中(Med.) ▶深(Dark) ▶ 浅(Light)…的顺序来切换



③设定重量: 1.5Lb.

■ 依 1.5Lb. ▶ 1Lb. 的顺序来 切换





6 按「启动」键



■ Knead(揉面标志)会显 示并闪烁。



■ 屏幕显示完成时间。

(Hour) 按此键则显示现在时刻。

Minute 按此键则显示剩余的时间。

※程序完成前 59 分开始,会自动转换成剩余时间,按此二键均无法变换显示。

※ "Mix" 加果料提示声响起并闪烁

※ 第一次使用时,面包机会冒烟或有轻微异味, 属正常现象,此状况会逐渐消失。

完成时

了 哔声响起,请按「停止」键以 停止机器运作



■ Complete 闪烁表示完成。





■使用隔热手套、依内锅边框上 箭头所指方向(ゆるむ)旋转 松开内锅即可取出。

/||注意



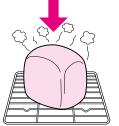
●取出面包时、请务必使用隔 热手套。

以避免烫伤,尤其是家中有幼儿时

8 取出面包

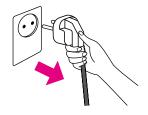


① 戴隔热手套,手持内锅倒转,上下振动数次以取出面包。



②暂时置于冷却架上。

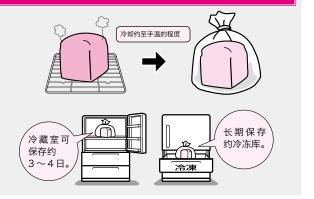
9 拔除电源



使用一般酵母 土司面包食谱

烘焙完成后保存小秘诀

- ■尽快出炉, 让水蒸气散开。
- ■冷却约至手温的程度. 用保鲜袋密封起来预防干燥。
- ■冷却约至手温的程度,再以面包刀来切片。
- ■用保鲜袋密封置于冷藏室可保存约3~4日。
- ■要长期保存时, 请放置于冷冻库保存。



如何阅读材料表

■材料分量依下列所示。

■请用原厂所附有大、 小、A、B 记号的量匙, 正确的量取



♥Timer 此标示可预约设定



★ 注意 加果料提醒

关于热量(卡路里 kcal)的标示是以每片 面包(1.5Lb. 切成8 片)的热量为参考。

■奶油可用同分量的乳 玛琳代替

土司面包・快速面包食谱

菜单号码: 1 2



■一般面包和快速面包所使用的酵母分量不同。

土司面包	谱)			Timer OK!	
材料	223kcal	1L	₋b.	1.5	Lb.
水		190ml		280ml	
高筋面粉		280g		400g	
砂糖		20g	大2½	24g	大3
食盐		4g	小1	6g	小 1 ½
奶油(油脂)		20g		25g	
脱脂奶粉		6g	大1	9g	大1½
一般酵母		3g	A0.7	3.3g	В1
制作快速面包时					
一般酵母		3.6g	A0.9	4.2g	Α1

葡萄干面包							
材料	251kcal	1L	_b.	1.5	Lb.		
水		190ml		280ml			
高筋面粉		280g		400g			
砂糖		20g	大2½	24g	大3		
食盐		4g	小1	6g	小 1 ½		
奶油(油脂)		20g		25g			
脱脂奶粉		6g	大1	9g	大1%		
★葡萄干		50g		70g			
一般酵母		3g	A0.7	3.3g	В1		
制作快速面包时							
一般酵母		3.6g	A0.9	4.2g	A1		
0							

炼乳面包 245kcal 材 料 1Lb. 1.5Lb. 70ml 100ml 牛奶(和水的温度要相同) 110ml 180ml 高筋面粉 280g 400g 食盐 4g 小1 6g 小 1½ 奶油 (油脂) 20g 25g 加糖練乳 40g 60g 一般酵母 3g A0.7 3.3g B1 制作快速面包时 一般酵母 3.6g A0.9 4.2g A1

起司面包							
材 料	262kcal	1L	b.	1.5	Lb.		
水		170ml		250ml			
高筋面粉		280g		400g			
砂糖		12g	大1½	16g	大2		
食盐		4g	小]	6g	小 1½		
奶油(油脂)		20g		25g			
脱脂奶粉		6g	大1	9g	大1½		
将奶油乳酪(切)	成约 1cm 的小块)	70g		100g			
一般酵母		3g	A0.7	3.3g	В1		
制作快速面包时							
一般酵母		3.6g	A0.9	4.2g	A1		

使用一般酵母 土司面包食谱

白米饭面包食谱

菜单号码: 1 或



- ■一般面包和快速面包所使用的酵母分量不同。
- ■白米饭要使用煮熟后放置冷却后或冰冻后返回至室温的白米饭
- 所加的水的温度必须随季节有所变化(请参阅第 P.9 页)
- ■烤色请选择深色"Dark",若选择"Mid.(中色)或 Light(浅色)",会导致面包缩小。

白米饭面包(基本食谱) 材 料 1.5Lb. 226kcal 1Lb. $\ominus\ominus$ $\ominus\ominus$ 140g 280g 100g 200g 白米饭 150ml 100ml 210ml 140ml 250g 200g 350g 280g 高筋面粉 砂糖 20g 大2½ 24g 大3 4g 小 1 6g 小1½ 食盐 奶油 (油脂) 20g 25g 脱脂奶粉 6g 大 1 9g 大1½ 一般酵母 Зg A0.7 3.3g B1 制作快速面包时 一般酵母 3.6g A0.9 4.2g A1

白米饭分量

1Lb.: 100g 1.5Lb.: 140g

较松软的口感

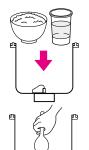
1Lb.: 200g → 11.5Lb.: 280g

较有嚼劲

关于热量(卡路里 kcal)的标示是以每片面包(1.5Lb. 切成 8片)的热量为参考。

材料准备

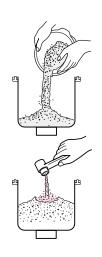
- 1 将搅拌棒放入内锅
- 2 将材料放进内锅



①将白米饭与水倒入内锅。

② 用饭勺或橡胶刮刀将二者搅拌一下 平铺在内锅底部。

- ■充分浸泡 30-60 分钟 让白米饭充分吸收水分
- ■请勿使用金属的器具搅拌 会导致内锅及搅拌棒更容易受损刮伤



③ 倒入材料(酵母除外)。

④ 在材料中间挖出一个小凹槽。将 酵母放在小凹槽中, 避免接触到 水分。

- 3 将内锅放进机体中
- 4 将插头插入电源插座
- 5 菜单设定



1 材料 揉面 3 分钟

① 菜单设定,按下「启动」键



② 揉面完成、按下「停止」键



③ 打开机器上盖用橡胶刮刀将材 料往内锅中央集中。

2 设定程序



① 菜单的号码:选择 1 或 2。



② 设定面包烤色: "Dark" 深色



③ "1Lb.·1.5Lb."设定

6 ~ 9 的《使用方法与步骤》与(P.11~P.12) 相同

使用一般酵母 土司面包食谱

和风面包食谱

菜单号码:3

和风面包 (基本食谱) 材 料 1Lb. 1.5Lb. 231kcal 180ml 270ml 高筋面粉 280g 400g 砂糖 16g 大2 20g 大2½ 食盐 4g 小1 6g 小 1½ 奶油 (油脂) 30g 40g 一般酵母 2.7g B0.8 3g A0.7

综合水果面包								
材料	254kcal	11	b.	1.5	Lb.			
水		180ml		270ml				
高筋面粉		280g		400g				
砂糖		16g	大2	20g	大2½			
食盐		4g	小 1	6g	小 1 ½			
奶油 (油脂)		25g		35g				
★ 综合干果料(切成约5	mm 左右的大小)	50g		70g				
一般酵母		2.7g	B0.8	3g	A0.7			
No.					- 0			

法式面包食谱

菜单号码:4

`	去三	忧面包	(基本食i	© Timer OK!			
	材	料	193kcal	1L	b.	1.51	_b.
	水			200ml		290ml	
	高筋	i面粉		280g		400g	
	砂糖	i		4g	大½	4g	大½
	食盐	ì		4g	小]	6g	小 1 ½
	奶油	Ⅰ (油脂)		5g		8g	
	一般	酵母		2.7g	B0.8	3g	A0.7
S.							

黑麦面包				Q	Timer OK!
材料	202kcal	1L	.b.	1.5	Lb.
水		200ml		290ml	
高筋面粉		260g		380g	
黑麦面包		30g		40g	
砂糖		4g	大½	4g	大½
食盐		4g	小]	6g	小 1 ½
奶油 (油脂)		5g		8g	
一般酵母		2.7g	B0.8	3g	A0.7
N Comment					

全麦面包食谱

菜单号码:5



- ■全麦面粉是由整粒小麦研磨而成,含有较高营养的麦麸与胚芽,以下食 谱是使用研磨较细的全麦面粉。若使用粗粒的全麦面粉,水分须酌量减 少:1Lb. 面包约减少 30ml,1.51Lb. 面包约减少 40ml
- ■全麦面包比起其他面包体积略小属正常现象。
- ■除了砂糖以外,也可使用相同分量的黑糖粉。

●Timer OK! 全麦面包(基本食谱) 材 料 1Lb. 1.5Lb. 209kcal 水 210ml 300ml 140g 全麦面粉 200g 140g 高筋面粉 200g 砂糖 16g 大2 20g 大2½ 食盐 4g 小1 6g 小 1 ½ 奶油 (油脂) 20g 15g 脱脂奶粉 9g 大1½ 6g 大1 一般酵母 2.7g B0.8 3g A0.7

葡萄干全麦面包								
材料	236kcal	1L	b.	1.5Lb.				
水		210ml		300ml				
全麦面粉		140g		200g				
高筋面粉		140g		200g				
砂糖		16g	大2	20g	大2½			
食盐		4g	小]	6g	小 1 ½			
奶油(油脂)		15g		20g				
脱脂奶粉		6g	大1	9g	大1%			
★葡萄干		50g		70g				
一般酵母		2.7g	B0.8	3g	A0.7			
N .					-			

甜面包食谱

程序号码:6

甜面包	(基本食谱)			
材料	237kcal	1L	.b.	1.5Lb.	
水		130ml		160ml	
蛋		40g		50g	1個
高筋面粉		250g		310g	
低筋面粉		30g		40g	
砂糖		36g	大4½	48g	大6
食盐		4g	小1	6g	小 1 ½
奶油(油脂)		30g		40g	
脱脂奶粉		9g	大1½	12g	大2
一般酵母		3g	A0.7	3.3g	В1
4					

红茶面包				
材料 237kcal	11	_b.	1.5	Lb.
红茶液(浓红茶液置于室温下冷却)	130ml		160ml	
蛋	40g		50g	1個
高筋面粉	250g		310g	
低筋面粉	30g		40g	
砂糖	36g	大4½	48g	大6
食盐	4g	小]	6g	小 1 ½
奶油(油脂)	30g		40g	
脱脂奶粉	9g	大1½	12g	大2
紅茶葉	1.5g	小1	2.2g	小 1 ½
一般酵母	3g	A0.7	3.3g	В1

使用一般酵母 米面包食谱

米面包(含麸质)食谱

菜单号码: 7



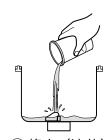
ゞ ■材料放入内盆的方法不同于一般面粉

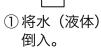
⊕Timer OK! 米面包(含麸质)(基本食谱) 1Lb. 1.5Lb. 材料 224kcal 210ml 300ml 水 400g 米粉 280g 砂糖 24g 大3 16g 大2 食盐 4g 小1 6g 小 1½ 奶油 (油脂) 20g 25g 脱脂奶粉 6g 大1 9g 大 1 ½ 一般酵母 5.4g B0.8×2 3.6g A0.9

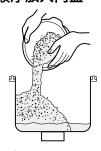


材料准备

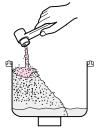
-] 将搅拌棒放入内锅
- 2 将材料依以下顺序放入内盆







②倒入材料 (酵母除外)。



③在材料中间挖 出一个小凹槽。 将酵母放在小 凹槽中, 避免 接触到水分。

3 ~ 9 的《使用方法与步骤》与(P.11~P.12) 相同

米面包(不含麸质)食谱

菜单号码:8

米面包 (不含麸质) (基本食谱)

材料	材料 252kcal		
做米粉糊			
, 「水		300ml	
AL 米粉		45g	
水		130ml	
米粉		405g	
糖稀		45g	
砂糖		16g	大2
食盐		6g	小 1 ½
橄榄油	15g		
一般酵母	5.4g	B0.8×2	

■请务必使用橄榄油, 若使用其他如奶油、 脱脂奶粉等, 会导致塌陷, 做不成功

材料准备

-[材料准备] -

- ■做米粉糊
- ①将材料 A 放入锅中熬煮。
- ②用木勺边煮边搅拌至糊状。 (约3分钟左右)

[眼睛看着过程判断]

颜色:白色半透明状

硬度:木勺舀起略呈倒三角形状的程度

③冷却。

■材料混合

①放另一个容器

稍后再与其他材料放入面包机内盆。



1 将搅拌棒放入内锅

2 混合好的材料全部倒入内盆。

3 ~ 9 的《使用方法与步骤》 与 (P.11~P.12) 相同



揉面+发酵(制作面团)的方法

■法国面包、奶油卷等手作面团…等使用

	1Lb.	1.5Lb.
揉面	20 分(固定)	25 分(固定)
发酵	20 分~ 1 小时 20 分	分(初始设定 20 分)

※「揉面+发酵」(制作面团) 程序没有预约设定功能。



本体准备

- 1 将搅拌棒放入内锅
- 2 将材料放进内锅
- 3 将内锅放进机体中
- 4 将插头插入电源插座

设定

「1.5Lb. 发酵时间:1小时」设定方式如下

程序设定



①选择的菜单的号码:13

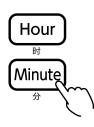
②设定重量: 1.5Lb.





※ 屏幕显示初始设定

2 设定发酵时间



■时・分 键设定 1 小时



启动

3 按「启动」键



- Knead(揉面标志)会显示 并闪烁。
- 屏幕显示的时间为制作完成的 时间。



4 哔声响起,请按「停止」键以 停止机器运作



■ Complete 闪烁表示完成。



公章 表

■若面团没有立即取出而放置过久,会过 度发酵,则可能无法制作出理想的面包。

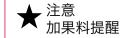
拔除电源

使用一般酵母

揉面+发酵(制作面团)的食谱

如何阅读材料表 ■材料分量依下列所示。

■请用原厂所附有大、 小、A、B 记号的量匙, 正确的量取

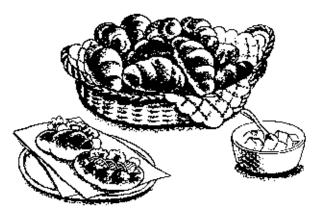


关于热量(卡路里 kcal)的标示是以每片 面包(1.5Lb.1 个份) 的热量为参考。

■奶油可用同分量的乳 玛琳代替

奶油卷面包

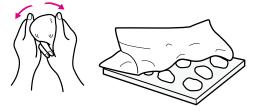
菜单号码: 13 发酵时间:45 分



※ () 是 1Lb. 的分量	
※()走 ILD. IN刀里	
※ 在工作台上做诰型时	注册古然品业

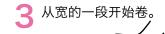


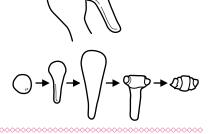
轻撒面粉在工作台上。取出面团轻 揉成圆球形再用切面刀分成 18 等分 (12 等分)。在不伤及面团的前提下, 将面团表面延展再包成圆球状后,盖 上拧干的湿布静置约 10 分钟左右。



将球形面团滚成圆锥形状后静置 约5分钟左右,再用擀面棍擀成 倒立的花瓶形状。





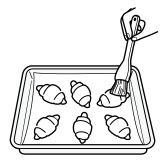


烤盘上铺好烘焙专用纸,将卷 好的面团并排平放于烤盘上。

用喷雾器喷洒水分以避免表面干燥, 设定 32-35℃置于烤箱内发酵约 30~40 分钟。



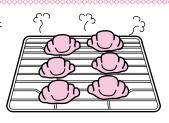
在面团表面涂上蛋汁。



设定烤箱温度 180~190℃ 预热后, 烘焙 10~15 分钟。



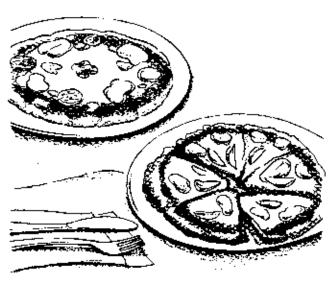
出炉后将面包置于 冷却架上



揉面+发酵(制作面团)的食谱

比萨

菜单号码: 13 发酵时间:30分



※ () 是 1Lb. 的分量 ※ 在工作台上做造型时, 请撒高筋面粉。



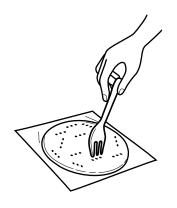
比萨

- 将面团轻轻地搓成圆球状,盖上拧干的湿布静置约 15分钟
- 2 将面团放在烘焙专用纸上,用擀面棍擀成直径约 25 公分的圆形面皮。





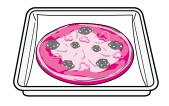
2 用叉子在面皮上戳洞



4 将整张面皮连同烘焙纸移放到烤盘上。涂上比萨酱,均匀地放入配料。



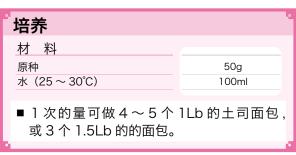
与 再放上比萨用的乳酪。烤箱温度设定 190~200℃预热后再烤约 20分钟,直到周围的面皮烤成金黄色,乳酪融化即可。



天然酵母 培养生种

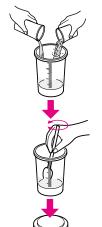
- ■用天然酵母制作面包和面团,请先将原种(※1)培养成生种(※2)后再使用。
- ■室温30℃以上培养生种时,可能会过度发酵,导致生种培养的效果不佳。
- ■请使用 25°C ~30°C的水, 水温过高或过低会导致生种培养的效果不佳。
- ■从原种培养成生种需 24 小时。
- "Natural Leaven"培养生种程序不可使用预约定时设定。





※ 请执行培养生种程序 "Leaven Rise"

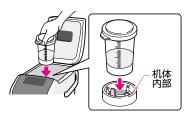
1 材料放入生种专用杯中、盖上杯盖



- ①请确认生种杯干净,没有任何脏污。
- ※ 若有残留的生种或其他污垢,可能导致新的生种腐败。
- ※ 搅拌混合生种时,请使用干净的汤 匙或搅拌棒
- ※ 请参考 P.38 清洁保养。
- ②将水・原种倒入生种杯中, 用干净的汤匙搅拌均匀。



2 将生种放进机体内



- ①从机体中取出内锅
- ②将生种杯合上机体 内底部的耦合器, 盖好机器上盖。

3 将插头插入电源插座

4 将按「天然酵母」键选择: Leaven Rise





5 按启动键



- Rise 指示标志闪烁。
- ■屏幕显示完成的时间











■发酵前

6~20 小时后,由发酵所产生的气泡增加。

■发酵后 若发酵的效果良好,会 产生酒糟微酸的气味。

6 哔声响起,请按「停止」键 取出生种杯



■ Complete 闪烁表示完成。



■ 取出生种杯 放进冰箱冷藏库保存。



哔声响时, 请尽早取出生种杯。

生种放置过久则发酵力会减弱而影响面包制作的效果,若忘了取出生种,哔声响过而留置机体内 2~3 小时的话,请速将生种取出,立刻放进冰箱冷藏室。

7 拔除电源

<原种的保存>

- 紧紧密封后置于冰箱冷藏库保存(请勿于常温或冷冻保存。)
- ■并于保存期限内尽快使用完毕。

<生种的保存>

- ■请将生种放在附属的生种杯内,盖好杯盖再放进冷藏库保存。 (请勿于常温或冷冻保存。)
- ■生种请尽快于一周内使用完毕。
- ■放在冷藏库保存时请勿靠近纳豆等含生菌的食品。
- ■请勿将新的生种和旧的生种混合在一起保存。

天然酵母 使用方法与步骤

材料准备

1.5Lb. 天然酵母面包基本食谱

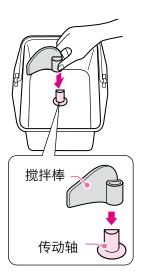
大然酵母面包 材料 214kcal 水 250ml 40g 400g 400g 24g 大3 6g 小1½ 10g 10g

- ■正确地量取材料。
- ■将生种整个搅拌过后,以量杯量取适当分量。
- ■关于热量(卡路里 kcal)的标示是以每片面包(1.5Lb. 切成 8 片)的热量为参考。
- ■奶油可用同分量的乳玛琳代替。
- ■请用原厂所附有大、小、A、B 记号的量匙, 正确的量取。(请参考第 P.3 页)

が清

请参阅 P.20, 请利用天然酵母培养生种程序, 将原种做成生种

将搅拌棒放入内锅

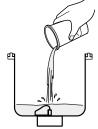


- ■内锅底部传动轴与搅拌 棒的孔要确实装好到 底
- ※ 若搅拌棒浮插没有到底,则无法制作出面包。

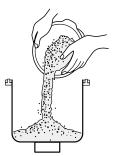
2 将材料放进内锅



① 将水(液体)倒入。



- ②倒入生种。
- ※ 将生种整个搅拌过后, 以量杯量取适当分量。

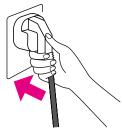


③将面粉等材料倒入。

3 将内锅放进机体中



4 将插头插入电源插座



启动

程序设定

「天然酵母 面包 1.5Lb.・烤色: Med.」 设定方式如下

Natural Leaver 天然酵母

■将按「天然酵母」键 选择:Basic



②设定面包烤色: Med.

■ 依中(Med.) ▶ 深(Dark) ▶ 浅(Light)…的顺序来切换



③设定重量: 1.5Lb.

■ 依 1.5Lb. ▶ 1Lb. 的顺序来 切换



按「启动」键

■ Knead(揉面标志)会显示 并闪烁。





■屏幕显示完成时间。 "Mix"加果料提示声响起并闪烁

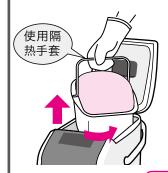
完成时

字 哔声响起,请按「停止」键以 停止机器运作



■ Complete 闪烁表示完成。





■使用隔热手套,依内锅边框上 箭头所指方向(ゆるむ)旋转 松开内锅即可取出。

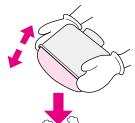
注意



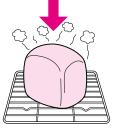
●取出面包时、请务必使用隔热手套。

以避免烫伤,尤其是家中有幼儿时

8 取出面包

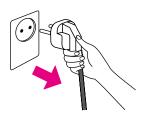


① 戴隔热手套,手持内锅倒转,上下振动数次以取出面包。



② 暂时置于冷却架上。

9 拔除电源



天然酵母 土司面包食谱

如何阅读材料表 ■材料分量依下列所示。

■请用原厂所附有大、 小、A、B 记号的量匙. 正确的量取



♥Timer 此标示可预约设定



关于热量(卡路里 kcal)的 标示是以每片面包(1.5Lb. 切成8片)的热量为参考。

■奶油可用同分量的 乳玛琳代替

天然酵母土司面包・快速面包食谱



Natural Leaven : Basic 或 Rapid



▼ ■天然酵母面包和天然酵母快速面包所使用的水和 生种的分量不同。

※ 快速面包没有预约功能。



天然酵母土司面包(基本食谱)

材料	214kcal	1Lb.		1.5Lb.	
水		170ml		250ml	
培养		28g		40g	
高筋面粉		280g		400g	
砂糖		20g	大2½	24g	大3
食盐		4g	小]	6g	小 1 ½
奶油(油脂)		7g		10g	
制作快速面包时					
水		150ml		220ml	
培养		50g		70g	
e e e e e e e e e e e e e e e e e e e					

甘栗天然酵母面包

材 料	235kcal	1L	b.	1.5Lb.	
水		170ml		250ml	
培养		28g		40g	
高筋面粉		280g		400g	
砂糖		20g	大2½	24g	大3
食盐		4g	小1	6g	小 1 ½
奶油(油脂)		7g		10g	
★甘栗去皮(约	5mm 左右的大小)	60g		90g	
制作快速面包	时				
水		150ml		220ml	
培养		50g		70g	
•					

天然酵母全麦面包食谱



: Whole Wheat



- ■全麦面粉是由整粒小麦研磨而成,含有较高营养的麦麸与胚芽,以下 食谱是使用研磨较细的全麦面粉。若使用粗粒的全麦面粉,水分须酌 量减少: 1 斤面包约减少 30ml, 1.5 斤面包约减少 40ml
- ■全麦面包比起其他面包体积略小属正常现象。
- ■除了砂糖以外,也可使用相同分量的黑糖粉。

天然酵母全麦面包(基本食谱)



						_	
	材	材料 213kcal		1L	1Lb.		Lb.
	水			190ml		270ml	
	培养	Ē		28g		40g	
	全麦	面粉		140g		200g	
	高筋	面粉		140g		200g	
	砂糖	Ŧ		16g	大2	20g	大2½
	食盐	ì		4g	小1	6g	小 1 ½
	奶油	(油脂)	10g		15g	
	脱脂	奶粉		6g	大 1	9g	大1½
Ď,							-

天然酵母起司全麦面包

材料	ŀ	242kcal	1Lb.		1.5Lb.	
水			190ml		270ml	
培养			28g		40g	
全麦面	粉		140g		200g	
高筋面	粉		140g		200g	
砂糖			16g	大2	20g	大2½
食盐			4g	小 1	6g	小 1 ½
奶油(油脂)		10g		15g	
脱脂奶	粉		6g	大1	9g	大1%
★起司块	(5mm 左右f	的大小)	50g		70g	

天然酵母和风面包食谱



: Sweet

天然酵母甜面包(基本食谱)

					· · · · ·		
	材	料	255kcal	11	_b.	1.5	Lb.
	水			120ml		160ml	
	培养	ŧ		28g		40g	
	蛋			40g		50g	1個
	高筋	防面粉		250g		330g	
	低角	防面粉		30g		40g	
	砂糊	唐		36g	大4½	48g	大6
	食盐	Ė		4g	小1	6g	小 1 ½
	奶泪	由(油脂)		30g		40g	
	脱脂			9g	大1½	12g	大2
e. 1							

天然酵母枫糖甜面包

材料	255kcal	1Lb.		1.5Lb.	
水	Zookeai	100ml		120ml	
培养		28g		40g	
蛋		40g		50g	1個
高筋面粉		250g		330g	
低筋面粉		30g		40g	
枫叶糖浆		50g		70g	
食盐		4g	小1	6g	小 1 ½
奶油(油脂)		30g		40g	
脱脂奶粉		9g	大1½	12g	大2

■用天然酵母做手工面包时,要从揉面团 开始就符合天然酵母面团的作法。

	1Lb.	1.5Lb.		
揉面	20分(固定)	25 分(固定)		
发酵	20分~6小时	(初始设定 20 分)		

※ 天然酵母「揉面+发酵」(制作面团) 程序没有预约设定功能。



设定

「1.5Lb. 发酵时间: 3 小时」设定方式如下

程序设定



■将按「天然酵母」键 选择:Knead+Rise

②设定重量: 1.5Lb.





※ 屏幕显示的是发酵时间的原始设定

2 设定发酵时间



Hour 按一下增加 1 小时 Minute 按一下增加 5 分钟 ※ 持续按住会快速增加时间。

■时・分 键设定3小时



本体准备

- 1 将搅拌棒放入内锅
- 2 将材料放进内锅
- 3 将内锅放进机体中
- 4 将插头插入电源插座

启动

按「启动」键



- Knead (揉面标志) 会显示并闪烁。
- ■屏幕显示的时间为制作完成的时间。



中声响起,请按「停止」 键以停止机器运作



■ Complete 闪烁表示完成。



■ 若面团没有立即取出而放置过久,会过 度发酵,则可能无法制作出理想的面包。

5 拔除电源

揉面+发酵(制作面团)的食谱

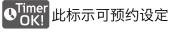


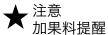
- ■天然酵母面团比一般酵母面团粘手,要轻轻地迅速处理。面团整形时,若面团很难延展拉开,请勿 强拉, 先让面团休息一下, 再继续。
- ■发酵中、切割、搓圆成形的操作时,其他待用的面团要用湿布盖着,以免面团干燥。法式面包成形 发酵的温度是 28° C、除此之外、其他面团的发酵温度以 30° C为准。
- ■请注意, 若发酵温度过高, 则面团容易崩塌。

如何阅读材料表

■材料分量依下列所示。

■请用原厂所附有大、 小、A、B 记号的量匙, 正确的量取



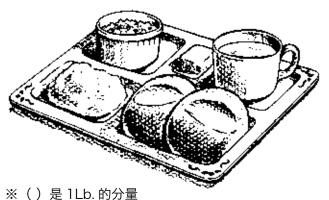


关于热量(卡路里 kcal)的标示是以每片 面包(1.5Lb.1 个份) 的热量为参考。

■奶油可用同分量的乳 玛琳代替

餐包

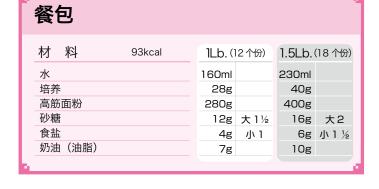
Natural Eaven: Knead+Rise 发酵时间:3 小时



- ※ 在工作台上做造型时, 请撒高筋面粉。
- 轻撒面粉在工作台上。取出面团轻揉成圆球形 再用切面刀分成 18 等分 (12 等分)。在不伤 及面团的前提下,将面团表面延展再包成圆球 状后,盖上拧干的湿布静置约20分钟左右。





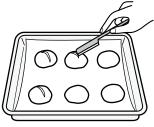


将面团搓圆,接合口的部分朝下,并排放在 铺好烘焙专用纸的烤盘上。

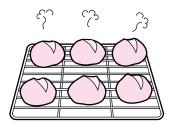
> 用喷雾器向表面上喷洒水分. 放在 30℃的环 境下发酵约60分钟。



用刀片在中央画约 5mm 深的横线, 再喷一些水。



烤箱设定约200℃预热后入烤箱烘焙 10~15 分钟。



发酵+烘焙的方法

■面团事先揉成团后再放入面包机内锅来发酵与烘焙

※「发酵+烘焙」程序没有预约设定功能。



般酵母 菜单号码: 14

	1Lb.	1.5Lb.		
发酵 设定时间	20分~1小时40分	分(初始设定 20 分)		
烘焙	45 分 (烤色:Med.)	55 分 (烤色 : Med.)		

「1.5Lb.・中等烤色:Med.・发酵时间:50分」 设定方式如下



①选择的菜单的号码:14



② 设定重量: 1.5Lb.



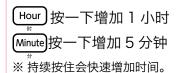
③设定面包烤色: Med.



※ 屏幕显示初始设定



①设定发酵时间



■时・分 键设定 50 分





団按「启动」键

天然酵母



	1Lb.	1.5Lb.		
发酵 设定时间	20 分~ 2 小时(初始设定 20 分)			
烘焙	50 分 (烤色:Med.)]小时 (烤色:Med.)		

「1.5Lb. 中等烤色:Med.*发酵时间:1小时5分」 设定方式如下



■将按「天然酵母」键 选择:Rise+Bake



② 设定重量:1.5Lb.



③设定面包烤色: Med.



※ 屏幕显示初始设定



4 设定发酵时间

(Hour)按一下增加 1 小时 Minute 按一下增加 5 分钟 ※ 持续按住会快速增加时间。

■时·分键设定1小时5分





□按「启动」键

揉面+发酵・发酵+烘焙的食谱

饭店土司

关于热量(卡路里 kcal)的标示是以每片面包(1.5 斤切成 8 片)的热量为参考。



·般酵母 饭店土司面包 材 料 1Lb. 1.5Lb. 262kcal 140ml 200ml 水 25g ½個 35g 高筋面粉 280g 400g 砂糖 28g 大 3½ 40g 大5 食盐 4g 小1 6g 小 1 ½ 奶油 (油脂) 35g 50g 脱脂奶粉 6g 大1 9g 大1½ -般酵母 4.2g A1 6g A0.7×2

大然酵母 饭店土司面包						
材料 230kca	料 230kcal		1Lb.		1.5Lb.	
水		130ml		190ml		
蛋		25g	½個	35g		
培养		28g		40g		
高筋面粉		280g		400g		
砂糖		20g	大2½	24g	大3	
食盐		4g	小]	6g	小 1½	
奶油(油脂)		10g		15g		
脱脂奶粉		6g	大1	9g	大1½	

※ 在工作台上做造型时, 请撒高筋面粉。

▋ 将面团材料放入内盆后选按「揉面+发酵」

一般酵母

◆菜单号码:13

◆设定:1Lb./1.5Lb.

◆设定发酵时间:45分

天然酵母

◆将按天然酵母键选择: Knead+Rise

◆设定:1Lb./1.5Lb.

◆设定发酵时间:3小时

2 轻撒面粉在工作台上。取出面团轻揉成圆球形再用切面刀分成 6 等分。在不伤及面团的前提下,将面团表面延展再包成圆球状后,盖上拧干的湿布静置约 15 ~ 20 分钟左右。

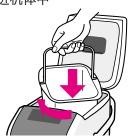


3 将 6 等分的面团并排 置于内锅中。

(揉面棒要取出)



/ 将内锅放进机体中



二 将插头插入电源插座



6 设定「发酵+烘焙」

一般酵母

◆菜单号码:14

◆设定:1Lb./1.5Lb.

◆设定面包烤色

◆设定发酵时间:50分

天然酵母

◆将按天然酵母键选择:Rise+Bake

◆设定:1Lb./1.5Lb.

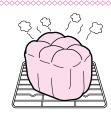
◆设定面包烤色

◆设定发酵时间:1小时5分

7 哔声响起,请按「停止」键以停止机器运作



8 取出面包



揉面・发酵・烘焙的方法

■本食谱所列的时间是最佳成品的标准时间,熟悉 后可依个人喜好调整。

粉的最少量~最大量 250g~400g

※「揉面」「发酵」「烘焙」程 序没有预约设定功能。



揉面 菜单号码: 15

揉面 3分~25分(初始设定3分) 设定时间 Low(低速) 搅拌粉类、初期揉面。 Med. (中速) 法国面包类及筋度不必很紧实的面团适用。 High (高速) 土司、筋度紧实的面团适用。

- ■「揉面」「追加揉面」的时间不可超过30分钟。
- ■连续揉面若要超过 30 分钟时,请让机器休息 30 分钟, 再重新启动。
- ■水对面粉的比例若不足 50%, 面团会太硬, 请勿 进行揉面。

(高筋面粉 400g 时, 请加 200ml 以上的水。)

■请勿用于搅拌混合面团以外的材料

「速度: High・时间: 10分」设定方式如下



①选择的菜单的号码:15



- ②设定速度: High
- 高 (High) ▶ 低 (Low) ▶ 中 (Med.) …的顺序来切换



③设定时间

Minute 按一下增加 1 分钟

※ 持续按住会快速增加时间。

■时・分 键设定 10分





☑按「启动」键

揉面结束后追加揉面



■哔声响 "Complete"显 示完成并闪烁。



1设定时间

■此时按时间键以每 1 分钟为 单位,可设定追加1~5分钟。



②按「启动」键

追加揉而没有粉类混合的过程, 会立即执行连 续揉面的动作。

揉面・发酵・烘焙的方法

发酵 菜单号码: 16

发酵 设定时间 5分~5小时(初始设定30分)

Low(低温) 适用于法式面包和天然酵母的第一次发酵等低温发酵面团。

Med.(中温) 适用于一般面包等大多数或含丰富糖分、油脂面包的第一次发酵。

High(高温) 适用于成形发酵。

■请勿用干面团发酵以外的发酵。

「温度: Med.・时间: 45 分」设定方式如下

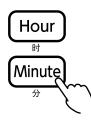


①选择的菜单的号码:16



- ②设定温度: Med.
- 申 (Med.) ▶ 高 (High) ▶ 低(Low) … 的顺序来切换※ 初始设定 「Med.」

③设定时间



Hour 按一下增加 1 小时 Minute 按一下增加 5 分钟 ** 持续按住会快速增加时间。

■时・分 键设定 45 分





☑按「启动」键

烘焙 菜单号码: 17

供焙 低温:5分~1小时40分(初始设定5分)中温・高温:5分~1小时10分(初始设定5分)上ow(低温)烘焙蛋糕用。

Med.(中温) 适用于土司面包等大多数面包。

High(高温) 适用于法式面包等大多数面包。

■ 请勿用于烘焙面包、蛋糕以外的材料。
■ 请勿空烧。

...

「温度: Med.・时间: 50 分 」 设定方式如下



①选择的菜单的号码:17



- ②设定温度: Med.
- 中(Med.) ▶ 高(High) ▶ 低 (Low) ····的顺序来切换 ※ 初始设定「Med.」

③设定时间



Hour 按一下增加 1 小时 Minute 按一下增加 5 分钟 ※ 持续按住会快速增加时间。

■时・分 键设定 50 分

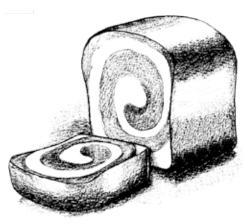




△按「启动」键

揉面・发酵・烘焙食谱

漩涡面包



可可酱也可用抹茶酱代替・・・

抹茶漩涡面包		
抹茶酱	1Lb.	1.5Lb.
抹茶	5g	7g
热水	10g	14g

漩涡面包										
材料 261kcal	1L	b.	1.5Lb.							
水	170ml		240ml							
高筋面粉	280g		400g							
砂糖	36g	大4½	56g	大7						
食盐	4g	小 1	6g	小1½						
奶油(油脂)	30g		45g							
脱脂奶粉	6g	大 1	9g	大1½						
一般酵母	4.2g	Α1	6g	A0.7×2						
可可酱内馅										
可可粉	6g	大 1	9g	大1½						
热水	8g		12g							
le.										

关于热量(卡路里 kcal)的标示是以每片面包 (1.5Lb. 切成 8 片)的热量为参考。

※ 在工作台上做造型时, 请撒高筋面粉。 揉 2 色面团

※()是1Lb.的分量

揉面团

1 将材料放进内锅。

2程序设定。

菜单号码:15 速度: High

揉面时间: 23分(18分)

3按「启动」键

准备可可酱

■机器在揉面团的期间用手将可可粉 与热水充分搅拌成膏状。



🧣 揉面完成后 按下 Stop 键将面团取出对半 切成 2 份(A.B), 其中一个(A) 放回内锅追加揉面



菜单号码: 15

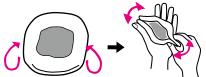
追加揉面

■按「时・分」键 设定揉面3分 钟按下「启动」键。



■若按到取消键, 就要重新设定

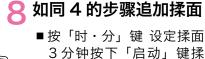
菜单号码:15 速度: High 揉面时间:5分 🧲 机器在追加揉(A)面团的 期间将可可酱包在另一个面 团(B)里面将(B)面团 摊开约手掌大再依序上下左 右往中间将可可膏包在面团 里面



网在 4 的步骤中机器追加 揉面的(A)面团完成后, 按取消键将 A 面团(白面 团) 取出,用拧干的湿布 紧紧包起来放旁边备用



把刚在 5 的步骤中将 可可酱包在里面的 B 面团(可可面团)放 到机器内盆里面



B 面团 (可可面团)

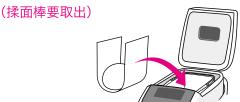
追加揉面的(B)面团完成后, 请按「停止」键将 B 面团(可 可面团)取出



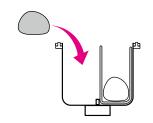
揉面・发酵・烘焙食谱

面团发酵 菜单号码: 16

↓ 将 A(白面团)用约 12 公分左右的烘焙专用纸隔 开,放入内锅右侧



2 再将 B(可可面团) 放入内锅左侧



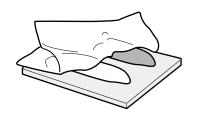
3 设定发酵

1程序设定

菜单号码:16 温度:Med. 发酵时间:50分

2 按启动键

4 发酵完成后,将2个面团从内锅取出, 轻压成2个长条形,并列置放,并用 拧干的湿布盖起来放旁边约20分钟。



5 将 2 个面团揉拉成长方形,重叠置放

- 1 长约 50 公分, 宽约 12 公分。
- 2 白面团稍长宽 1-2 公分、于可可面团之下卷曲时,可完全将可可面团包裹在内层。
- 3慢慢确实地卷曲成卷轴状。



6 把 5 的面团放入内锅, 再次发酵

1程序设定

菜单号码:16 温度:High 发酵时间:1小时

2 按启动键



7 发酵完成

■确认发酵完成的面团状况 发酵完成的面团高度应与面包盆边缘 接近为标准,但有时会因食材或比例 而有所增减

菜单号码:

烘焙发酵完成的面团

2 哔声响起,请按「停止」 键以停止机器运作

■放置在钢网上冷却。

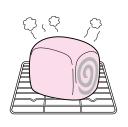
烘焙发酵完成的面团

1程序设定

菜单号码:17 温度:Med.

烘焙时间:55分(45分)

2按「启动」键



其他食谱

德国圣诞面包使用方法

德国圣诞面包 材 料 156kcal 牛奶 100ml 50g 1個 高筋面粉 160g 低筋面粉 160g 砂糖 64g 大8 食盐 4g 小 1 奶油 (油脂) 90g 一般酵母 8.4g A1 × 2 ★葡萄干 100g ★综合水果 80g ★杏仁片 50g 肉桂 小½ 1g 肉豆蔻 小1 1g 完成后装饰 溶化的奶油 30g 粉砂糖 30g

关于热量(卡路里 kcal)的标示是以每片面包 (1.5Lb. 切成 16 片)的热量为参考。

★ 注意 加果料提醒

- 德国圣诞面包是使用一般酵母来发酵膨胀、加入 充分的奶油、砂糖、干果料等烘焙出蛋糕般的口 感。
 - ※「德国圣诞面包」程序没有预约设定功能。 Outlier



- ■体积会比一般土司小是正常现象。
- ■葡萄干、综合水果、杏仁片的重量合计约 230g, 请勿超量加料。

材料准备

- ■请使用适当温度的牛奶(请参阅第 P.9 页)
- ■奶油请从冷冻库取出, 在室温回软后再使用

本体准备

- 将搅拌棒放入内锅
- 2 将材料放进内锅
- 3 将内锅放进机体中
- 4 将插头插入电源插座

设定・启动

选择的菜单的号码:9





2 按「启动」键



■ Knead(揉面标志)会显 示并闪烁。



■屏幕显示的时间为制作完成的时间

3 哔声响起,请按「停止」键以 停止机器运作



■ Complete 闪烁表示完成。



4 拔除电源



烘焙小技巧

■刚出炉时,趁热涂上溶化的奶油,等待冷却后撒上 糖粉。

甘 谱

蛋糕使用方法

镑蛋糕 (基本食谱) 材 料 201kcal -奶油(油脂) 150g 砂糖 150g 蛋 200g 4個 牛奶 40ml 低筋面粉 320g 泡打粉 12g 大1

关于热量(卡路里 kcal)的标示是以每片面包 (1.5Lb. 切成 16 片)的热量为参考。

※「蛋糕」程序没有预约设定功能。**○ □ □ □** □



- ■类似马芬蛋糕与蜂蜜蛋糕般的口感。
- ■体积会比一般土司小是正常现象。

材料准备

- ■奶油请从冷冻库取出在室温回软后再使用。
- B 请先将这些材料一起过筛。
- ① A 的材料先在另外的容器事先混合过后,再将 B 的材料 一起混合。
- ②将①与馅料一起混合。
- ※ 将馅料及所有材料放进内锅中

本体准备

- 1 将搅拌棒放入内锅
- 2 将材料放进内锅
- 3 将内锅放进机体中
- 4 将插头插入电源插座

设定・启动

选择的菜单的号码:10





2 按「启动」键



■ Knead(揉面标志)会显 示并闪烁。



■屏幕显示的时间为制作完成的时间

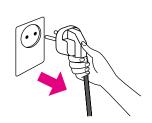
3 哔声响起,请按「停止」键以 停止机器运作

■ Complete 闪烁表示完成。





4 拔除电源



蛋糕食谱

菜单号码: 10



- 香蕉核桃蛋糕										
材料 215kcal										
┏ 奶油(油脂)	120g									
砂糖	120g									
A 蛋	150g	3個								
牛奶	40ml									
BK低筋面粉	320g									
泡打粉	12g	大1								
始 香蕉(请用熟透的香蕉)	120g									
植k桃(切碎 5mm 以内)	80g									
0										

蛋糕使用方法













新鲜奶油使用方法

- ■鲜奶油、盐及洁净的好水是决定能否 成功制作出新鲜奶油及其口感好坏的 关键因素。
- ※「如何制作新鲜奶油」 程序没有预约设定功能。



- 请在 20 到 30°C的环境 温度下操作
- ■如果室温超过30℃, 请用5℃冷水。





关于热量(卡路里 kcal)的标示每 10 克的热量

- 关于乳酪
 - ■奶油与水分离后就会变成乳酪。 较熟悉做面包经验者也可尝试以此代替水来做面包,会有不同的体验 (请参考 P.36 页) 用量约 200~220ml 左右 (※ 取决于鲜奶油的量)
 - ■制作乳酪不要使用预约功能。(请参考 P.39 页)
 - ■在冷藏库密封保存,最晚不要超过第2天。

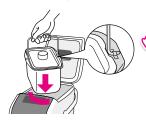
将搅拌棒放入内锅

2 将材料放进内锅



■倒入鲜奶油、盐水。

3 确实盖好本机器专用的新鲜奶油专用 盖后, 将内锅放进机器



若未使用本机器专用的新鲜奶 油专用盖、或未确实盖好,鲜 奶油会喷洒出来会导致不易清 洗及人为机器故障。

4 将插头插入电源插座

5 程序设定

■选择的菜单的号码:11





■屏幕显示的时间为制作完成的时间

6 将机器的上盖保持打开并按下

「启动」键

Start

- Knead (揉面标志) 会显示并闪烁。
- 屏幕显示将完成的时间。



哔声响起, 请按「停止」键 以停止机器运作



■ Complete 闪烁表示完成。



若制作过程中无法成形

重新选择此程序再做一次

🖁 水分分离



①按着本机器专用的新鲜奶油 专用盖将水分朝向盖上有箭 头处标示"水きり"的出水 口倒出至其他容器中



②打开新鲜奶油专用盖用橡胶 刮刀压一压多余水分后再重 复一次(1)的动作

这多余出来的水分是做奶酪或 面包的好材料。

9 取出新鲜奶油



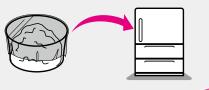
拔除电源

新鲜奶油使用方法

如何保存新鲜奶油

冷藏保存法 (保存约1周)

■ 将新鲜奶油放在容器内,用保鲜膜过盖子密封冷藏后的新鲜奶油 会变硬,要使用前先放在室温状态下,几分钟后会变软强烈建议 无论哪种方法,最好能尽早使用完毕,以确保新鲜度。



冷冻保存法 (保存约1个月)

■ 将新鲜奶油放在保鲜膜内包成长条状,像糖果及火腿包装一样 2 溪 端旋紧后放入冷冻库,要再使用时切下所需的分量,解冻回软。





如何软化

■除了将冰过的新鲜奶油放在室温下自然软化外, 也可装在容器内用橡胶刮刀搅拌加速软化。

新鲜奶油食谱





奶酪面包食谱



奶酪 200ml 的内容物

(奶酪 100ml:水 90ml、盐 2g 等已计算在内了)

■奶酪 200ml 水的含量:180ml

 $(200ml \times 90\% = 180ml)$

做土司面包需要的水量是 280ml 要有足够标准的水分 280ml-180ml = 奶酪 100ml 水: 100ml

■奶酪 200ml 盐的含量:4q

 $(200ml \times 2\% = 4q)$

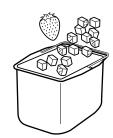
做土司面包需要的盐是6克. 要有足够标准的盐

6g-4g = 2g 盐: 2g

果酱使用方法

本体准备・设定

- 将搅拌棒放入内锅
- 2 将材料放进内锅将内锅放进机体中



- ①将全部的材料和砂糖放入 内锅中。
- ②静置 30 分钟, 待水果的水分出来。
- 3 将插头插入电源插座
- 4 选择的菜单的号码:12





启动

5 按「启动」键



■揉面・烘焙 标誌会显示并闪 烁 开始加热。



■屏幕显示的时间为制作完成的时间

6 哔声响起,请按「停止」键以 停止机器运作



■ Complete 闪烁表示完成。



拔除电源

果酱保存

冷藏保存法(请使用确实杀菌过的容器 保存期间:约1周)



关于热量(卡路里 kcal)的标示每 100 克的热量

※「果酱」程序没有预约 设定功能。



菜单号码: 12

果酱食谱

苹果果酱

苹果 (将果皮磨碎)

材料

①将苹果洗净,切成小块(约1cm), 防止氧化,用盐水浸泡一下即可。

②苹果皮含有大量果胶, 连皮一并使用, 再加入砂糖、柠檬汁。



161kcal

700g

奇异果果酱										
权	*	斗	166kcal							
奇	异果	(切月	成约 1cm 小块)	700g						
砂	糖			200g						
Į.										



清洁保养及收藏

⚠警告



●**请勿直接冲洗或将水洒在机体上。** 以避免触电或电器短路造成火灾。

8=5

以免触电或造成伤害。

电源插头拔除

进行清洁工作前

- ■请务必确认电源插头已拔除,并等待机体冷却。
- ■请使用厨房用中性清洁剂(餐具 & 调理器具用)。

挥发性洗剂・溶剂・研磨剂・漂白剂・刷子・化学拭布等会伤及表面、请勿使用。



每次使用完毕后,请务必清理干净!

本体

- 粘有污垢时, 请将清洁剂稀释, 或以柔软的布蘸温水, 拧干后 擦拭。
- 机体内若有面包屑残留,请尽 早擦拭干净。

(若未及时清理, 会导致故障及 异味)



生种杯・新鲜奶油专用盖

■ 使用稀释过的厨房清洁剂和海绵来清洁。 充分冲洗干净后晾干。

细菌繁殖导致腐败时

- ①请用稀释过的厨房用漂白剂来杀菌。
- ②充分冲洗过后晾干。

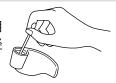
※ 若生种残留导致细菌繁殖而腐败,未充分消毒而继续使用将无法顺利培养生种。

内鍋・搅拌棒

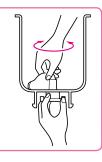
- ■在内锅中倒入没过搅拌棒的热水。 将材料泡掉后,倒掉热水,用海绵来 清洗,请避免伤及不粘涂层与搅拌棒 传动轴的密封件。
- 将水注入内锅浸泡时,请勿放置 太久(可能腐蚀轴承,导致传动 轴无法运作。)
- ■请确认轴承的防水密封处是否受损。
- ■绝对不可用漂白剂来清洗内锅和搅拌棒。



■ 搅拌棒粘有面块时,请先用 温水泡软后,再用棉花棒轻 轻移除。



- ※ 若搅拌棒难以取出时, 请稍微转一下再拉出。
- ※ 请注意不要夹到手。



收藏时

- ■请勿放置于幼儿可触及或阳光直射的地方,温度特别高的地方(如瓦斯、热源附近等等)也请勿放置。
- ■若长时间不使用,请将机体、内锅、搅拌棒清洁干净,擦干水分并充分干燥后再收纳。



面包制作问答 Q&A

比说明书食谱上的材料用量多用一些或少用一些,可以吗?





可以使用牛奶来取代脱脂奶粉吗?

使用牛奶时,请酌量减少水分。并且,因为牛奶容易变质,请勿使用预约定时功能。



为何预约定时不能延长超过 16 小时?

延迟时间过长将导致材料变质。 尤其在夏天高温环境下, 请尽量缩短延时时间。

为何"甜面包"・"米面包(不含麸质)"・"果酱"・"德国圣诞面包"・"蛋糕"・"新鲜奶油"・"揉面+发酵" ・"发酵+烘焙"・"揉面 发酵 烘焙"・"培养天然酵母"・"天然酵母 快速面包"・"天然酵母 全麦面包"・ "天然酵母 甜面包" "天然酵母 揉面 + 发酵" "天然酵母 发酵 + 烘焙"程序没有预约设定功能?

为避免过度发酵或材料放置过久而变质。

为何材料内含葡萄干・蔬菜・蛋・牛乳时、不可使用预约设定?

蔬菜・蛋・牛乳等材料在延迟等待的时间内容易腐败。 葡萄干颗粒会被搅碎,可能影响面包发酵膨胀。

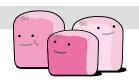
为何面包内部有大洞?

可能是拌面时将气泡集中在一处、烘焙出来即形成一个洞。 其实并不影响面包风味。



为何每次出炉的面包高度、形状、颜色都不太一样?

室温・水温・材料的品质・计量误差・预约时间长短・面粉的种类・一般酵母 的种类和生种的发酵状态等有所不同,则高度、形状、烤色等也会不同。



为何要依顺序放入材料?

预约设定时, 在面包机运转前若一般酵母沾到水分就会开始发酵, 如此会影响 面包出炉的品质、所以液体类要先放、再放面粉、注意酵母放最上层、勿沾湿。



为何夏天要用冷水(约 5°C),冬天用温水(约 30°C)?

面团的适当发酵温度约 28℃左右。夏天气温高,所以加入 冷水:冬天气温低,所以加入热水。 (详细请参考 P.9)



可以使用电解水来制作面包或培养生种吗?

面团适合处于中性偏弱酸性的环境下。若使用碱性水来做面团、将抑制一般酵母或天然酵 母的发酵。培养生种时也请勿使用碱性水。

ΤέΤ

时

常见问题解决办法

可能发生的问题		面包过度 膨胀	面包膨胀 (皮) 大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大大	面包膨胀 不深色烤 皮 放	面粉没有混合就直接烘焙	完全没有发酵	面包烤色太深	面包内部 有大气泡	面包皮太 便 侧面 去	无法切出 平整的面包切片	对策	参考页数	
		太多时										正确量取材料。计量误差	
	面粉	太少时											
	一般	太多时		•					•			对面包出炉的 品质有很大的	
材料	酵母	太少时										影响。 尤其是在量取	
的计量	培养	忘了放					•					一般酵母时,使用量匙要注	3 9
里	砂糖	太多时										意不要量取过	
	12 17百	太少时										多。 ※ 粉类材料 请用料理秤量 取	
	水	太多时	•	•					•				
		太少时											
室温	过高时 (28℃以上)		•	•								使用冷水 (約 5°C)	
<u>+</u> /III	过低时 (10℃以下)				•							使用温水 (约 30℃)	- 9
水温	过高时 (25℃以上)		•	•								在室温下请使用适当温度的	
), / <u>IIII</u>	过低时 (5℃以下)				•							水	
使用过 生种・i	期的一船 面粉	段酵母・			•							使用新鲜的材料	9
有停电流	发生											将面团丢掉,	10
误按此取消键 (在运作中)											重新配料	12	
烘焙完成后,长时间放在机体内没有取出							•				烘焙完成时, 尽早取出面 包。	12	
面包还没有充分冷却前 即切片										•	待面包冷却后 再切片。	13	
搅拌棒剂	没有装上					•						确实将搅拌棒 组装到传动轴 上	4

规格

	形式	BML-150							
	电源	220V (50/60Hz) 予約 最长 16 小时							
沙井	电热	450W	安全装置	温度保险丝					
消耗电力	马达 (50/60Hz)	95/90W	电源线	线 約 1.1 m					
割	额定消耗电力 470W(果酱食		外形尺寸	宽 25·深 40·高 30 cm 重量 約 6kg					
面粉:	容量/面包形式	400g /横式山形	附属品	量匙・量杯・生种杯(附杯盖)・新鲜奶油专用盖					

送修前的检测

- ■下列各点——检视过后仍无法改善时,请洽询经销商。
- ■绝对不可自行拆解或维修,以免发生危险。

可能问题可以查看的地方	仍 无 动 作	约设定 无法做预	异味 冒烟且有 有围和	无法揉面	在面包中 出炉后,	不出面包 使用预约	中途停止	参考页数
电源插头是否有插入插座中	IF WE	3,0	H 121 11	Щ	11.2			11
机体内温度是否过高(E:01表示)	•							41
是否有按 Menu 键选择程序	•							12
预约设定的步骤是否有误		•						10
为何"甜面包"·"米面包(不含麸质)"·"果酱"·"德国圣诞面包"·"蛋糕"·"新鲜奶油"·"揉面 + 发酵"·"发酵+烘焙"·"揉面 发酵 烘焙"·"培养天然酵母"·"天然酵母 快速面包"·"天然酵母 全麦面包"·"天然酵母 甜面包"·"天然酵母 揉面 + 发酵"·"天然酵母 发酵 + 烘焙"程序没有预约设定功能?		•						10
电热管上是否有材料沾粘			•					12
是否是崭新的机器(第一次使用)			•					12
是否忘了装上搅拌棒								11
搅拌棒是否确实安装					•			11
水的分量是否恰当								11
预约设定的时间是否有误						•		10
是否拔出了插头或者误按了取消键						•	•	41
是否有停电						•	•	41

屏幕显示讯息

■按启动键后



■表示机体内部温度过高(38°C以上)。

■烘焙完成后立即再使用时出现此讯息。 或"揉面"完成后立即再使用时出现此讯息。 请将上盖打开,取出内锅,让机器冷却 [2:2] 计记引失后,按启动键开始运作。

■使用中



■使用中停电 10 分钟以上时。 (中途拔除电源插头,或自动断电时也是一样。)

显示现在的时间



■更换锂电池

※ 更换前,将插头接上电源仍可使用,但请装上电池盒的盖子。 (以免异物进入。)

※每次要使用预约定时则须再核对设定时间。

取出面团,重新配料。

请打开电池盒盖子, 更换锂电池。

纽扣型锂电池 型号: CR2032





■完成时



■揉面・发酵中的面团温度太高。

■揉面·发酵中的面团温度太低。(在寒冷地区可能发生。)

下次请在适当的室温下制作面包(15 ~ 28℃)

若有上述以外的显示发生, 请洽询经销商

是否有此状况

- ●电源线・插头过热。
- ●机器过热・或有烧焦异味。
- ●有漏电的情形。
- ●其他异常状况或故障。



若有左列事项发生, 请拔除电源,尽快 与经销商联络。

