

ETCETERA

The BOOKS of BREAD

Even bread purists are taking a second look at ways to make bread at home, faster.

BY JENNIFER BROWN
Staff Writer

It has become the shower gift of the last decade, the Christmas present intended to free mom from the kitchen.

But the adult version of an Easy Bake Oven — the bread machine — has not exactly been embraced by bread purists.

Ingredients must be put into the pan in an exact order, much as you would conduct a chemistry experiment — one wrong move and your loaf will be toast, warns the instructions. After much churning and thumping, three hours later, you're likely to end up with a cube-shaped loaf that is crispy on the outside but somewhat dense inside.

But in today's hectic world, bread-making has become a lost art, done on weekends when time

permits.

And so despite the drawbacks, even bread purists are taking a second look at ways to make bread at home, faster.

Two new books on bread making offer the best of both worlds. The first, *The New Bread Machine Book* by Marjie Lambert, incorporates the technology of bread machines with exotic ingredients, pushing the machine beyond simple white loaves.

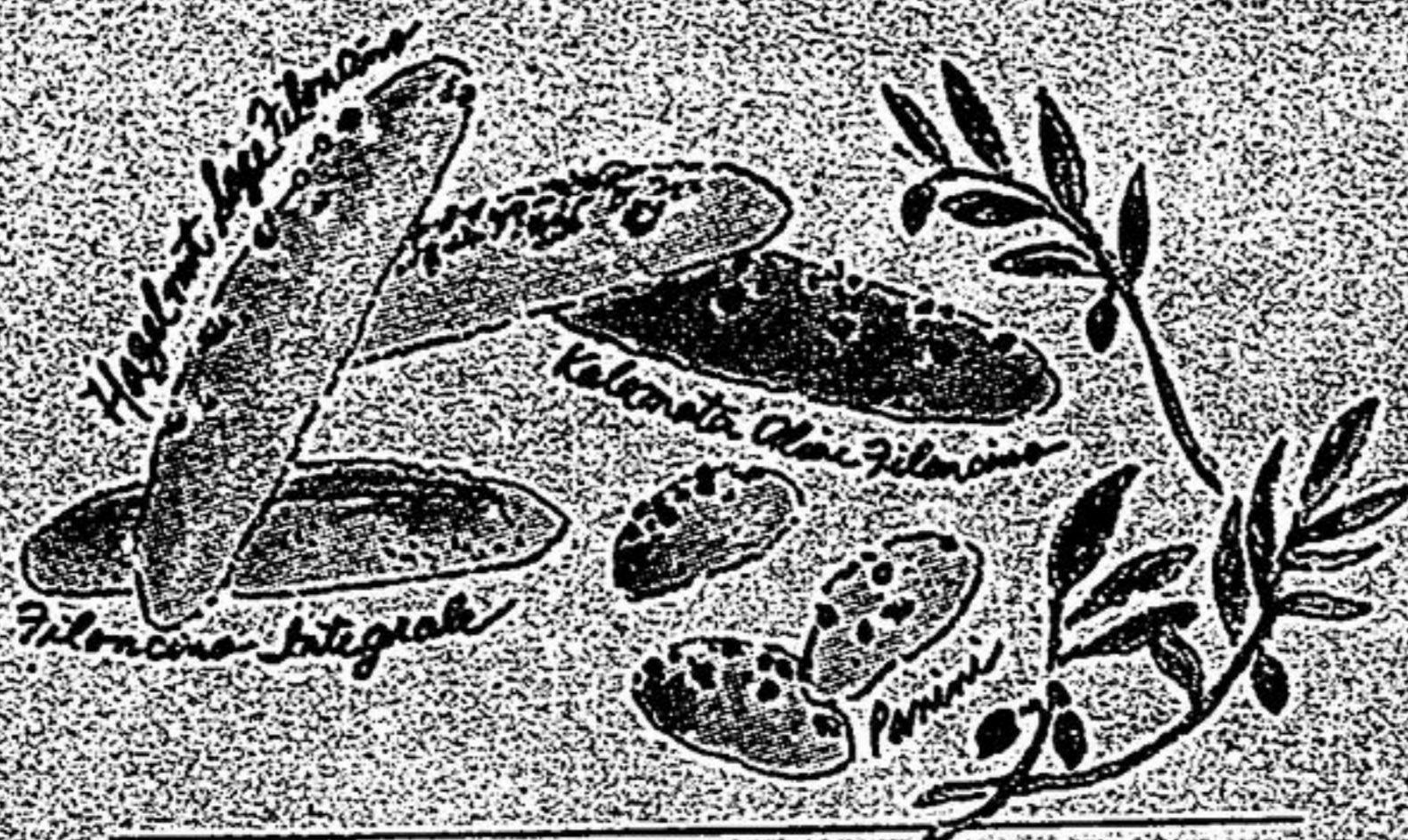
Keeping with tradition, Suzanne Dunaway's *No Need to Knead: Handmade Italian Bread in 90 Minutes* offers a scaled down version of the traditional art with quick and tasty recipes that require less time hovering over a bowl of dough.

And even bread experts say frustrated bakers find they do have the time, whichever method they choose.

"I do use a bread machine, mostly for making rice flour bread for those who have wheat allergies. It gives it the structure it needs to hold it in place," says Joan Caverly, also known as The Bread Lady. The Toronto woman teaches bread-making courses from her home.

SUZANNE DUNAWAY

NO NEED TO
KNEAD



HANDMADE ITALIAN BREADS
IN 90 MINUTES

In addition to giving specialty breads the right treatment, Caverly finds bread machines are simply time savers.

"I do find it very handy because you throw in the ingredients and forget about it and two and a half hours later you have a loaf of bread."

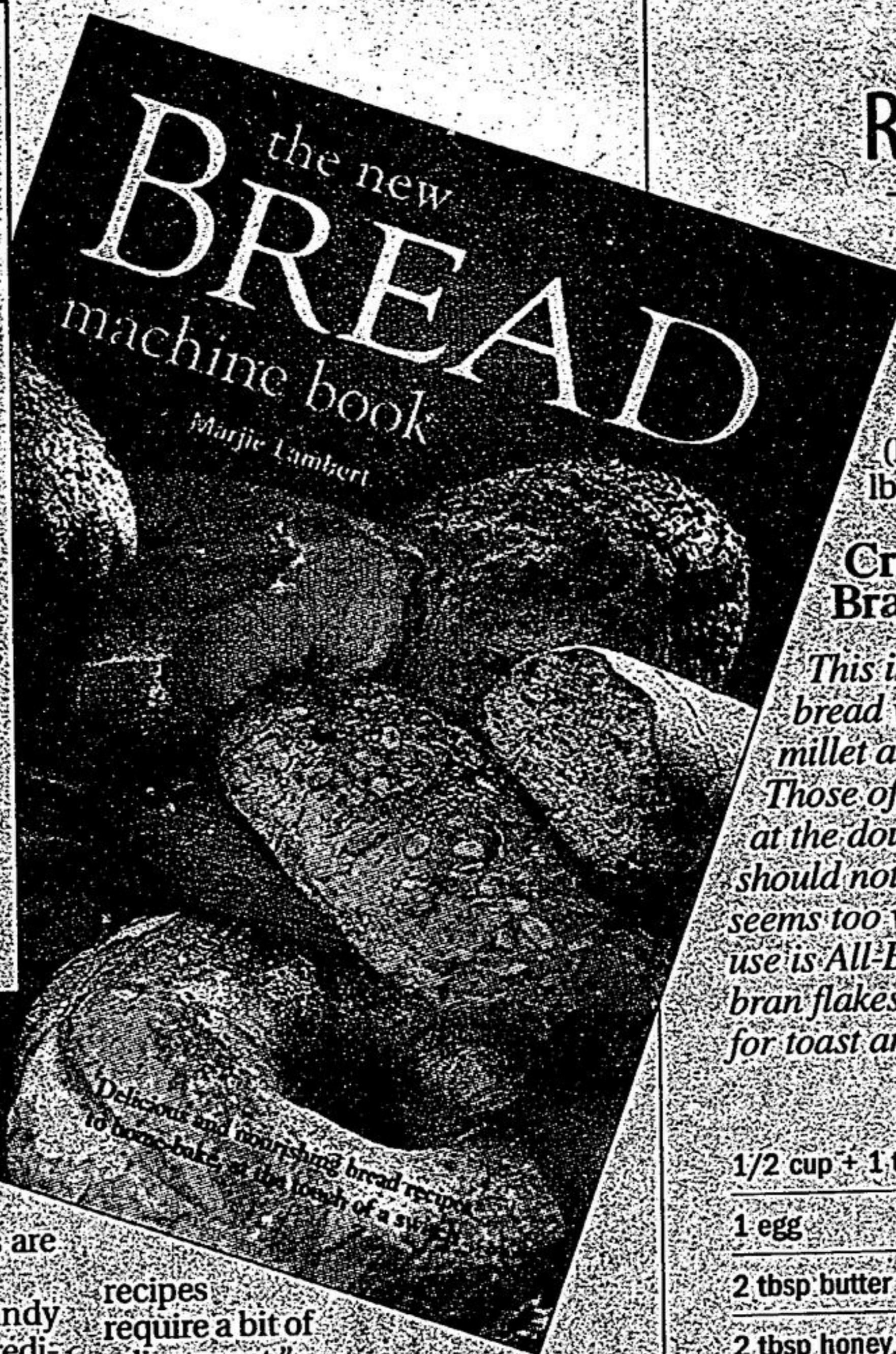
Caverly received her bread machine as a gift several years ago and, while she rejected it at first, eventually discovered that, with a little tinkering, it actually produced a decent loaf.

"I must admit I was curious until I got my hands on one," she admits.

For Caverly, a large part of making bread is the esthetic value of handling the dough.

"By letting a machine do all the work, she feels cheated out of that added pleasure.

"I really do like to knead the dough, that's why I teach bread making, but I think for what they're designed for, the machines can work. But it does take some experimenting at first. Some



RECIPES

Recipes from *The New Bread Machine Book*. (For bread machines, 1 lb loaves)

Crunchy Bran Bread

This is a chewy, dense bread with a crunch from millet and sunflower seeds. Those of you who like to peek at the dough when it's kneading should not worry if the dough seems too wet. The bran cereal to use is All-Bran or Fibre One, not bran flakes. The bread is good for toast and sandwiches.

1/2 cup + 1 tbsp milk

1 egg

2 tbsp butter

2 tbsp honey

1 tsp salt

2 tbsp millet seed

1/3 cup bran cereal

3/4 cup whole-wheat flour

1 cup bread flour

2 tsp yeast

2 tbsp raw sunflower seeds

Method — Put all ingredients except sunflower seeds in bread pan in order suggested by your bread machine instructions. Set for whole wheat bread, medium crust. Press start button.

After about 15 minutes, or when the beeper signals time to add fruit, add sunflower seeds.

See BREADMAKERS, page 11.

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