Bake At Home

All Natural

Low Fat



BREAD MACHINE OF OVEN BAKED

NET WT 16 oz. 454 a

1243N

You are about to embark on a culinary adventure that will connect you to a tradition thousands of years old. It's common to all lands and all people and bread is still regarded the world over, as an essential food. Now more than ever, in these times of mass-produced bread, home-baked bread symbolizes the bounty of the earth, the life of

Congratulations on your choice to make it special.. to bake at home.

the household, and the

pleasures of food shared.

BAKE BREAD THE TIME HONORED, TRADITIONAL WAY.

Bread gained by labour has a fine taste . -Italian Proverb

OUR GUARANTEE

food products. If for any reason you a not satisfied with this product, we'll m it right. Simply send the complete bott of this box and your purchase price Hodgson Mill, Inc. 1100 Stevens Avenu Effingham, IL 62401 • (800)525.0177

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Look for the entire line of Hodgson Mill® naturally holesome and healthful food products in the Flour, Corn Meal, Cereal, Pasta and Baking Mix sections of your supermarke

Manufactured by: Hodgson Mill, Inc.

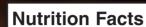


USE BY:

Yeast Packet Included

Make It Special

Whole Grains



Serving Size 1/4 cup dry (33g) Servings Per Container 14

Amount Per	Serving			
Calories 120	Calories	from	Fat	5
		% Dail	y Val	ue

	% Daily Value*
Total Fat .5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 2	3g 8%
Dietary Fiber 2g	9%
Sugars 2g	

Protein	5g	
Vitamin	A 0%	Vitamin C 8%
vitalilli	A 0 /0	vitalilli C 0 /

Iron 6% Calcium 0% Thiamine 10% Riboflavin 6%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric

needs.	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbo Dietary Fil	Less than hydrate	65g 20g 300mg 2400mg 300g 25g	80g 25g 300mg 2400mg 375g 30g

INGREDIENTS:

UNBLEACHED AND ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), STONE GROUND WHOLE GRAIN RYE FLOUR, STONE GROUND WHOLE GRAIN WHEAT FLOUR, GRANULATED SUGAR, VITAL WHEAT GLUTEN, CARAWAY SEEDS, SALT, VITAMIN C

Packet of FAST-RISE YEAST





AUTOMATIC BREAD MACHINE

AOTOMATIC BREAD MACITIVE				
Ingredients	1-1/2 lb. Machine	1 lb. Machine		
Water (warm)	1 cup + 1 Tbsp**	3/4 cup**		
Dry Bread Mix	Entire package	Measure 2-1/4 cups		
Butter, Margarine* or Vegetable Oil	2 Tbsp. (in pieces)	1-1/2 Tbsp. (in pieces)		
Yeast	Entire packet	Measure 1 tsp.		

* Light and whipped margarines do not work well
** If the bread machine labors or the dough appears dry to handle, add additional water one teaspoon at a time

Hodgson Mill Caraway Rye Bread Mix is formulated especially for 1-1/2 lb. electric bread machines, but can be easily adjusted for the smaller one-pounders. Simply follow the grid above and always consult your particular make and model bread machine manufacturer's directions. Use the whole wheat bread setting on your machine.

OVEN BAKED BREAD 🐟

1. Pour contents of package into bowl, reserving 2 Tbsp. of mix. Using a fork, cut in 2 Tbsp. butter, margarine* or vegetable oil into remaining mix.

2. In another large mixing bowl, mix dry yeast and 1 cup + 1 Tbsp.** warm water. Let stand 5 minutes.

3. Gradually stir in enough bread mix to make a soft dough, using reserved mix to lightly flour a surface for kneading. Turn dough onto surface and knead until smooth; about 5 minutes.

4. Coat a large, clean mixing bowl with vegetable shortening. Place dough in bowl. Cover with a damp cloth and let rise until double (1 to 1-1/2 hrs).

5. Punch down and turn dough onto lightly floured surface. Form dough into a loaf and place into greased 8-1/2 x 4-1/2 x 2-1/2 inch bread pan. Cover with a damp cloth. Allow to rise in a warm place until dough rises just above top of the pan (30 min to 1 hour). 6. Bake in preheated 350°F oven until golden brown (30 to 35 minutes).

*Light and whipped margarines do not work well ** If the dough appears dry to handle, add additional water one teaspoon at a time

ON DARK RYE BREAD

1 cup warm water** Caraway Rye Bread Mix FAST • RISE ** Yeast Packet

2 Tbsp. butter, margarine* or vegetable oil

- 3 Tbsp. molasses
- 3 Tbsp. cocoa

Use the dough cycle on your automatic bread machine or follow directions above thru step 4.

Lightly coat a baking sheet with vegetable shortening. Now turn dough onto a floured surface and shape into a round loaf about 1-inch thick, 8-inches in diameter. Place round

loaf on baking sheet to rise for 1 hour. Bake in preheated oven 350°F for 30 to 35 minutes. Yield: 1 round loaf













































