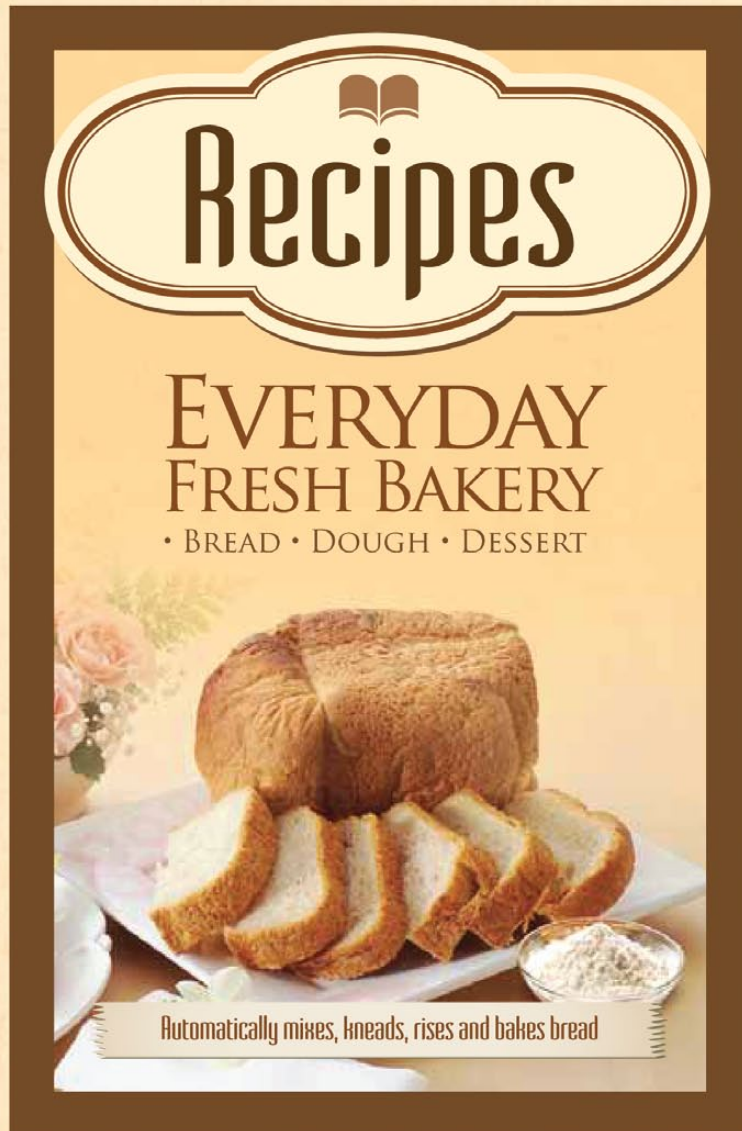


Panasonic

Tasty Bread with Automatic Dispensers

Bread Maker
SD-P104

Explore a fun new edge to making your own bread with the Panasonic SD-P104 Bread Maker. With just the press of a button, it intelligently mixes, kneads, proofs and bakes bread according to your desired taste. For added convenience, the yeast dispenser automatically drops in dry yeast at the appropriate interval while the raisin and nut dispenser gives you freedom to add dried fruit, nuts and seeds for a unique flavour. A user-friendly experience that's bound to make your family smile with homemade goodness!



Panasonic Cooking
Opens Up Possibilities



Tasty Bread with Automatic Dispensers



Yeast Dispenser
Automatically dispenses yeast at the proper time.



Simple Operation
Automatically mixes, kneads, proofs and bakes bread



Raisin & nut dispenser
Drops additional dried fruit, nuts and seeds automatically, bringing convenience and better bread texture.



Crust Colour Control
Select the colour setting "Light" or "Medium"



Light

Medium



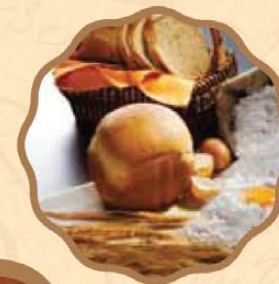
13-hour digital timer



18-minute power interruption protection



Temperature Sensors
Inside and outside temperature sensors for consistently good baking quality

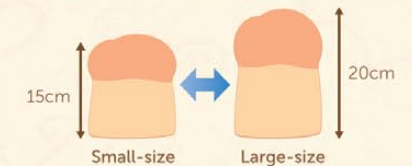


Key points for successful bread-making!

Homemade breads experience changes in proofing condition and shape every time

The Bread making process is highly vulnerable to temperature, humidity, ingredients and proofing time. The risen shape and extent of rise of the bread would vary slightly even if the same baking method is applied.

SIZE STANDARDS OF BREAD



The freshness of ingredients is critical! Have the ingredients been properly kept?

Instant dry yeast that contribute to the fermentation and rising of breads are fresh stuff like fish and meat. Instant dry yeast must be kept in the refrigerator!

Remember to seal the instant dry yeast for storage after it is opened!

Keep in a refrigerator and use it before the expiration date.





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Panasonic Cooking
Opens Up Possibilities



BREAD



Everyday Fresh Bakery



Time required: about 2 hours 15 min

Peanut Butter Chocolate Chip Loaf

Ingredients

Dough	
210 g	High protein flour
40 g	Granulated sugar
40 g	Unsalted butter
20 g	Egg
2 g	Salt
100 ml	Milk
1 tsp	Instant dry yeast

Filling	
60 g	Peanut butter
50 g	Dark chocolate chips
Topping	
1	Egg (for egg wash)
20 g	Almond flakes

Preparations

1. Place all the ingredients for dough, except for yeast, into the bread pan.
2. Put the bread pan into the main body and instant dry yeast in the yeast dispenser.
3. Press Menu to select "8" (Stuffed bread).
4. Select Crust: Light.
5. Press Start.
6. Once the beeps sound, remove the dough. Do not press "stop".
7. Roll the dough on a floured surface into a size of 15 cm x 25 cm.
8. Spread the peanut butter on $\frac{3}{4}$ of the dough and sprinkle chocolate chips over.
9. Roll into a log and cut into four even pieces and place them rolled side up in the bread pan.
10. Press Start. On the final hour before the end of the bread making cycle, open lid and egg wash the top. Sprinkle almond flakes over.
11. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack.

Nutrition Tip

Watch the calorie content of this loaf! This recipe is suitable for those who need a calorie load before undertaking strenuous physical activity.



Peanut Butter Chocolate Chip Loaf

Estimated Nutrition Facts (Per serving size)

Energy	248.4 kcal	Carbohydrate	24.8g	Vitamin B2	16.4% RNI
Protein	6.4g	Fibre	0.8g	Vitamin B3	19.1% RNI
Fat	13.8g	Vitamin B1	19.1% RNI		



Estimated Nutrition Facts (Per serving size)

Energy	130.5 kcal	Carbohydrate	28.3g	Vitamin B2	8.1% RNI
Protein	3.6g	Fibre	0.6g	Vitamin B3	11.1% RNI
Fat	0.4g	Vitamin B1	16.9% RNI		



Cinnamon Raisin Bread



Cinnamon Raisin Bread

Ingredients

Time required: about 4 hours & 20 min

180 g	High protein flour
40 g	Wholemeal flour
30 g	Rye flour
5 g	Salt
30 g	Brown sugar
½ tsp	Ground cinnamon
175 ml	Cold water
1 tsp	Instant dry yeast
100 g	Raisins

Preparations

1. Place all the ingredients, except for yeast and raisins, into the bread pan.
2. Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.
3. Press Menu to select "3" (Soft bread).
4. Select Raisin: Yes ↵.
5. Select Crust: Medium.
6. Press Start.
7. When the beeps sound for adding fruit and other ingredients, open the lid and add the raisins. Close the lid and let the unit restart the bread making cycle.
8. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack.

Note:

To achieve a rustic look, on the final hour before the end of the bread making cycle, brush the top of the loaf with water and sprinkle some semolina over the surface.

Nutrition Tip

Raisins are packed with fibre, potassium and antioxidants. Despite the high sugar content of raisins, they have a medium glycemic index, partly due to their high fibre content. Eaten in moderation and along with a protein or a fat which slow down digestion, there is less likelihood that they'll cause an abnormal increase in blood sugar.



Pumpkin Rice Flour Bread

Estimated Nutrition Facts (Per serving size)

Energy	145.5 kcal	Carbohydrate	24.0g	Vitamin B2	13.4% RNI
Protein	3.9g	Fibre	0.02g	Vitamin B3	12.4% RNI
Fat	3.8g	Vitamin B1	16.6% RNI		



Pumpkin Rice Flour Bread

Ingredients

Time required: about 2 hours & 30 min

185 g	High protein flour
70 g	Rice flour
30 g	Brown sugar
35 g	Butter
30 g	Egg
65 g	Pumpkin, steamed and mashed
105 ml	Milk
1 tsp	Instant dry yeast

Preparations

1. Place all the ingredients, except for instant dry yeast, into the bread pan.
2. Put the bread pan into the main body and instant dry yeast in the yeast dispenser.
3. Press Menu to select "7" (Rice flour bread).
4. Select Crust: Light.
5. Press Start.
6. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack.

Nutrition Tip

Pumpkin is rich in beta-carotene, an important plant carotenoid that converts to vitamin A in the body. It is also a good source of vitamins C, K, and E, as well as a variety of minerals such as magnesium, potassium and iron.



Date Flaxseed Loaf

Estimated Nutrition Facts (Per serving size)

Energy	117.3 kcal	Carbohydrate	20.9g	Vitamin B2	14.2% RNI
Protein	3.6g	Fibre	0.3g	Vitamin B3	11.0% RNI
Fat	2.2g	Vitamin B1	16.0% RNI		

Date Flaxseed Loaf

Ingredients

165 g	High protein flour
80 g	Wholemeal flour
8 g	Flaxseeds
6 g	Salt
45 g	Honey
15 g	Butter
155 ml	Milk
40 g	Whole pitted dates, chopped
1½ tsp	Instant dry yeast

Preparations

1. Place all the ingredients, except for dates and yeast, into the bread pan.
2. Put the bread pan into the main body and place the dates into the raisin and nut dispenser and instant dry yeast in the yeast dispenser.
3. Press Menu to select "1" (Bread).
4. Select Raisin: Yes.
5. Select Crust: Light.
6. Press Start.
7. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack.

Select
menu 1
Bread



Time required: about 4 hours

Nutrition Tip

Not only are flaxseeds a great source of dietary fibre and omega-3, they also contain lignans, which reduce the risks of breast cancer in women and prostate cancer in men.



Poppy Seed Bread

Estimated Nutrition Facts (Per serving size)

Energy	147.5 kcal	Carbohydrate	21.7g	Vitamin B2	11.6% RNI
Protein	4.4g	Fibre	0.6g	Vitamin B3	14.5% RNI
Fat	4.9g	Vitamin B1	24.0% RNI		

Poppy Seed Bread

Ingredients

250 g	High protein flour
6 g	Milk powder
4 g	Salt
12 g	Granulated sugar
28 g	Poppy seeds
1	Egg yolk
2 tbsp	Vegetable oil
170 ml	Water
¾ tsp	Instant dry yeast

Preparations

1. Place all the ingredients, except for yeast, into the bread pan.
2. Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.
3. Press Menu to select "2" (Rapid bread).
4. Select Crust: Medium.
5. Press Start.
6. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack.

Select
menu **2**
Rapid
bread



Time required: about 2 hours

Nutrition Tip

Poppy seeds are full of fibre and are a good source of various B-complex vitamins, as well as minerals.

They are rich in oleic acid, a mono-unsaturated fatty acid that helps lower LDL or 'bad cholesterol' and increases HDL or 'good cholesterol' levels in the body.



Potato Bread
with Chia Seeds

Estimated Nutrition Facts (Per serving size)

Energy	119.2 kcal	Carbohydrate	18.9g	Vitamin B2	10.4% RNI
Protein	3.4g	Fibre	0.5g	Vitamin B3	10.5% RNI
Fat	3.3g	Vitamin B1	15.5% RNI		

Potato Bread with Chia Seeds

Ingredients

170 g	High protein flour
9 g	Milk powder
2 g	Salt
34 g	Granulated sugar
13 g	Chia seeds
30 g	Unsalted butter
34 g	Egg
50 g	Boiled potato, mashed
42 g	Potato
68 ml	Cold water
1 tsp	Instant dry yeast

Time required: about 4 hours 20 min

Select menu 3
Soft bread



Preparations

1. Cut the 42 g potato into small cubes, toss lightly in a dash of oil. Bake in a preheated oven at 200°C for 10 minutes. Set aside to cool.
2. Mix the mashed potato with the water to dissolve.
3. Place all the ingredients (including the roasted potato cubes) except for yeast, into the bread pan.
4. Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.
5. Press Menu to select "3" (Soft bread).
6. Select Crust: Medium.
7. Press Start.
8. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack.

Note:

To achieve a glazed top, on the final last one hour before the end of the bread making cycle, brush the top of the loaf with beaten egg.

Nutrition Tip

Yellow potatoes make this bread exceptionally fragrant and tasty. The addition of nutrient-dense chia seeds lends textural crunch to this fluffy, open-crumbed loaf. Chia seeds are high in fibre, omega-3 and a variety of minerals, among them being calcium and magnesium.



Multigrain Bread

Estimated Nutrition Facts (Per serving size)

Energy	143.6 kcal	Carbohydrate	22.5g	Vitamin B2	34.6% RNI
Protein	4.5g	Fibre	0.9g	Vitamin B3	31.3% RNI
Fat	4.1g	Vitamin B1	37.5% RNI		

Multigrain Bread

Ingredients

45 g	9-grain mix
65 g	Boiling water
10 g	Sesame seeds, freshly toasted
½ tsp	Poppy seeds
160 g	High protein flour
60 g	Wholemeal flour
20 g	Rye flour
5 g	Salt
20 g	Honey
2½ tbsp	Vegetable oil
130 ml	Cold water
¾ tsp	Instant dry yeast

Preparations

1. In a bowl, soak the 9-grain mix in the boiling water for 2-3 hours.
2. Place all the ingredients (including the soaked grains), except for yeast, into the bread pan.
3. Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.
4. Press Menu to select "4" (French bread).
5. Press Start.
6. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack

Select
menu 4
French
bread



Time required: about 5 hours

Nutrition Tip

Multigrain mixes usually consist of a combination of whole grains and seeds. Besides being high in dietary fibre, multigrains supply the body with a variety of vitamins, minerals and essential nutrients.

Estimated Nutrition Facts (Per serving size)

Energy	159.1 kcal	Carbohydrate	18.3g	Vitamin B2	10.8% RNI
Protein	4.5g	Fibre	0.9g	Vitamin B3	11.7% RNI
Fat	7.8g	Vitamin B1	20.3% RNI		



Walnut Sunflower Seed Bread



Walnut Sunflower Seed Bread

Ingredients

140 g	High protein flour
80 g	Wholemeal flour
30 g	Rye flour
6 g	Milk powder
5 g	Salt
20 g	Granulated sugar
2½ tbsp	Vegetable oil
170 ml	Cold water
50 g	Walnuts
35 g	Sunflower seeds
1 tsp	Instant dry yeast

Preparations

1. Preheat oven to 160°C. Roast the walnuts and sunflower seeds for 7 - 8 minutes. Set aside to cool. Chop the walnuts into small pieces.
2. Place all the ingredients, except for walnuts, sunflower seeds and yeast, into the bread pan.
3. Put the bread pan into the main body and instant dry yeast in the yeast dispenser.
4. Press Menu to select "5" (Whole wheat bread).
5. Select Raisin: Yes.
6. Select Crust: Medium.
7. Press Start.
8. When the beeps sound for adding fruit and other ingredients, open the lid and add the raisins. Close the lid and let the unit restart the bread making cycle.
9. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack.

Note:

To achieve a decorated top, on the last hour before the completion time, brush the top of the loaf with beaten egg white and scatter a handful of chopped walnuts and sunflower seeds over the surface.

Select menu 5 Whole wheat bread



Time required: about 5 hours

Nutrition Tip

Walnuts have important anti-ageing properties as they contain a variety of antioxidants that help combat free radicals. They are also one of the best plant food sources of ALA (alpha-linolenic acid), an omega-3 fatty acid that is essential for our body.



Wholemeal Ginger Loaf

Estimated Nutrition Facts (Per serving size)

Energy	123.2 kcal	Carbohydrate	22.2g	Vitamin B2	8.1% RNI
Protein	4.5g	Fibre	1.0g	Vitamin B3	10.4% RNI
Fat	2.0g	Vitamin B1	13.3% RNI		

Wholemeal Ginger Loaf

Ingredients

125 g	High protein flour
125 g	Wholemeal flour
5 g	Fennel seed powder
35 g	Crystallised ginger
5 g	Salt
12 g	Granulated sugar
50 g	Egg
10 g	Unsalted butter
130 ml	Cold water
1 tsp	Instant dry yeast

Preparations

1. Place all the ingredients, except for yeast, into the bread pan.
2. Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.
3. Press Menu to select "5" (Whole wheat bread).
4. Select Crust: Light.
5. Press Start.
6. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack.

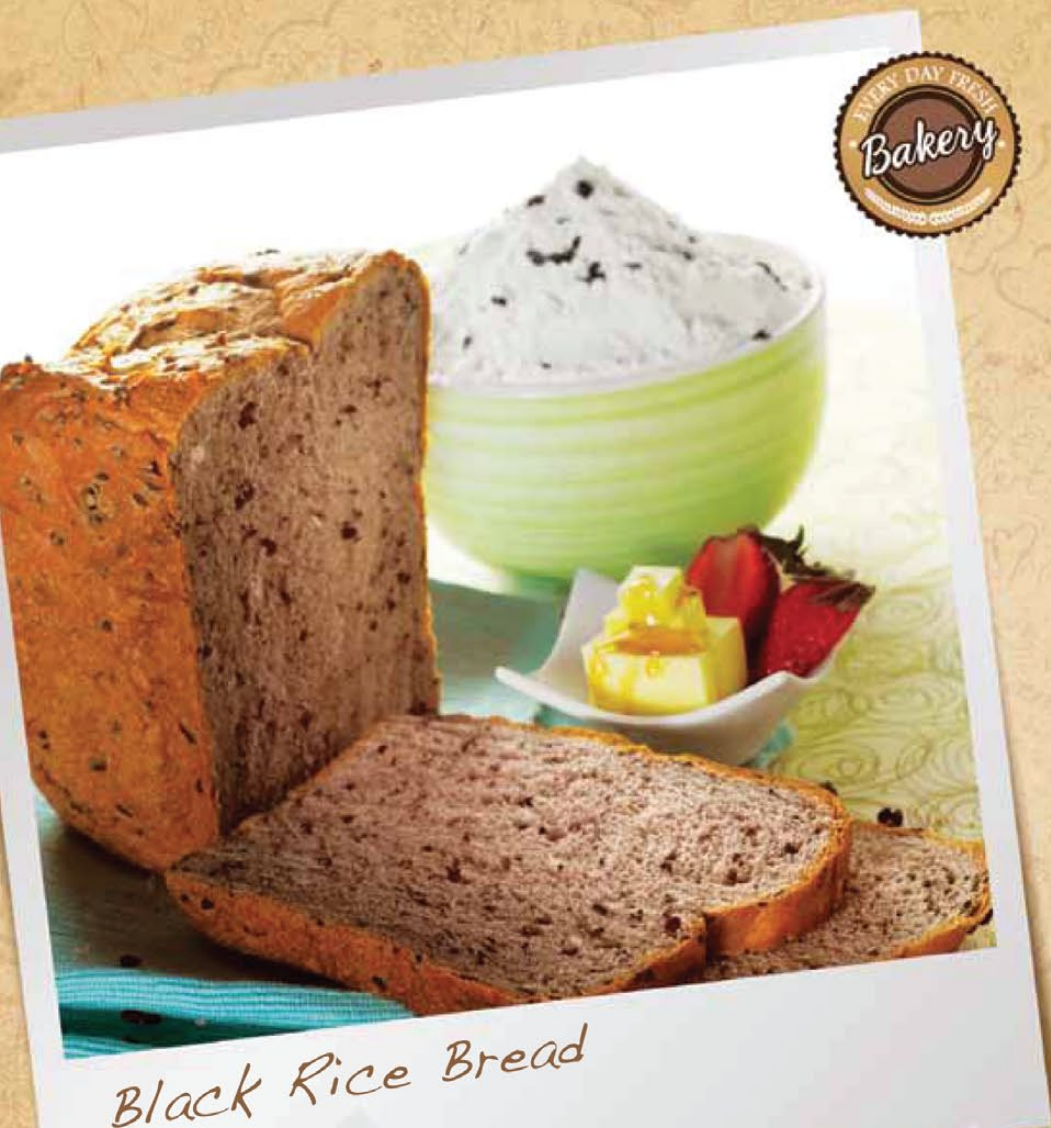
Select
menu **5**
Whole
wheat
bread



Time required: about 5 hours

Nutrition Tip

Bread made with wholemeal flour has a lower glycemic index than bread made of refined white flour. Foods that are of low-GI absorb more slowly into the bloodstream and have less drastic effects on blood sugar than foods with high-GI. Products made fully with wholemeal flour tend to be rather heavy, so usually some white flour may be added to lighten the product.



Black Rice Bread

Estimated Nutrition Facts (Per serving size)			
Energy	150.1 kcal	Carbohydrate	24.8g
Protein	4.4g	Fibre	0.04g
Fat	3.7g	Vitamin B1	19.4% RNI
		Vitamin B2	11.9% RNI
		Vitamin B3	14.2% RNI

Black Rice Bread

Ingredients

210 g	High protein flour
3 g	Salt
30 g	Granulated sugar
35 g	Egg
35 g	Unsalted butter
45 ml	Milk
40 ml	Cold water
80 g	Black glutinous rice, cooked and cooled
1½ tsp	Instant dry yeast

Preparations

1. Place all the ingredients, except for instant dry yeast, into the bread pan.
2. Put the bread pan into the main body and instant dry yeast in the yeast dispenser.
3. Press Menu to select "6" (Rice bread).
4. Select Crust: Light.
5. Press Start.
6. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack.

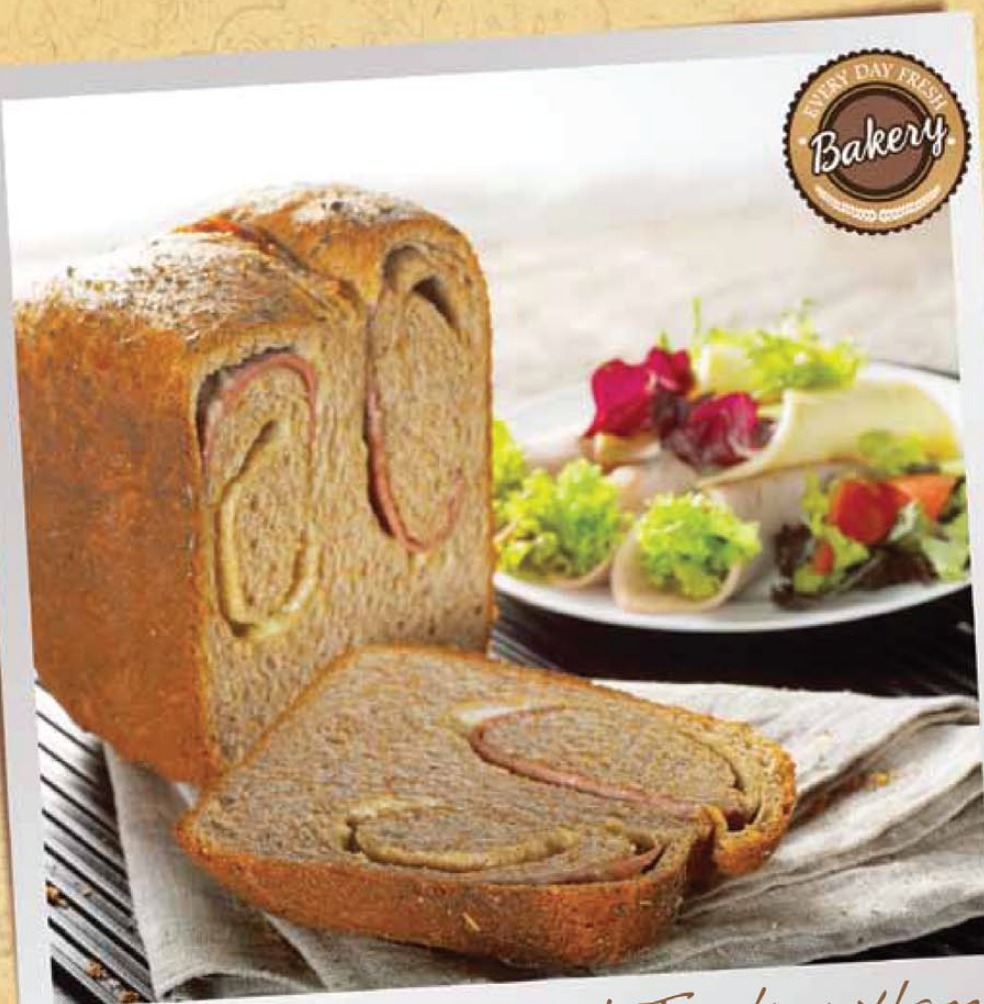
Select menu 6
Rice bread



Time required: about 4 hours

Nutrition Tip

Black glutinous rice, also known as black sticky rice, is unprocessed and retains more of its nutrients, making it a healthier food choice than many other types of processed grains. Not only does it give the bread a nice purplish hue, it also gives it an interesting chewy texture.



Wholemeal Turkey Ham and Cheese Loaf

Estimated Nutrition Facts (Per serving size)

Energy	214.0 kcal	Carbohydrate	22.6g	Vitamin B2	8.5% RNI
Protein	7.5g	Fibre	0.4g	Vitamin B3	9.3% RNI
Fat	10.5g	Vitamin B1	10.4% RNI		

Wholemeal Turkey Ham and Cheese Loaf

Ingredients

Dough	
70 g	High protein flour
185 g	Wholemeal flour
3 g	Salt
40 g	Brown sugar
40 g	Unsalted butter
25 g	Egg
75 ml	Milk
75 ml	Cold water
1¼ tsp	Instant dry yeast
Filling	
4 slices	Turkey ham
4 slices	Sliced cheese
½ tsp	Mixed dried herbs (to sprinkle on top)



Nutrition Tip

This bread made from wholemeal flour provides iron, thiamin, niacin, as well as fibre to the body. The flour's nutty taste and earthy colour pair well with swirls of tasty turkey ham and cheese. Definitely a child's pick!

Preparations

1. Place all the ingredients for dough, except for yeast, into the bread pan.
2. Put the bread pan into the main body and instant dry yeast in the yeast dispenser.
3. Press Menu to select "8" (Stuffed bread).
4. Select Crust: Light.
5. Press Start.
6. Once the beeps sound, remove the dough. Do not press "Stop".
7. Roll the dough on a floured surface into a size of 15cm x 25cm.
8. Lay the cheese on the middle of the dough and position the ham over the cheese.
9. Roll into a log and cut into two even pieces and place them horizontally in the bread pan. Sprinkle mixed herbs over the top.
10. Press Start.
11. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack.

Select menu **8**
Stuffed bread

Time required: about 2 hours 15 min



Herb and Cheese Loaf



Estimated Nutrition Facts (Per serving size)

Energy	140.0 kcal	Carbohydrate	22.8g	Vitamin B2	13.7% RNI
Protein	4.1g	Fibre	0.4g	Vitamin B3	14.4% RNI
Fat	3.8g	Vitamin B1	19.6% RNI		

Herb and Cheese Loaf

Ingredients

Dough

220 g	High protein flour
40 g	Wholemeal flour
12 g	Milk powder
5 g	Salt
24 g	Granulated sugar
1	Egg yolk
2 tbsp	Vegetable oil
160 ml	Cold water
3 g	Fresh sage leaves
2 sprigs	Italian parsley
2 sprigs	Fresh thyme
3 sprigs	Fresh marjoram
1 sprig	Fresh oregano
1 tsp	Instant dry yeast

Topping

60 g	Cheddar cheese, shredded
1 sprig	Italian parsley

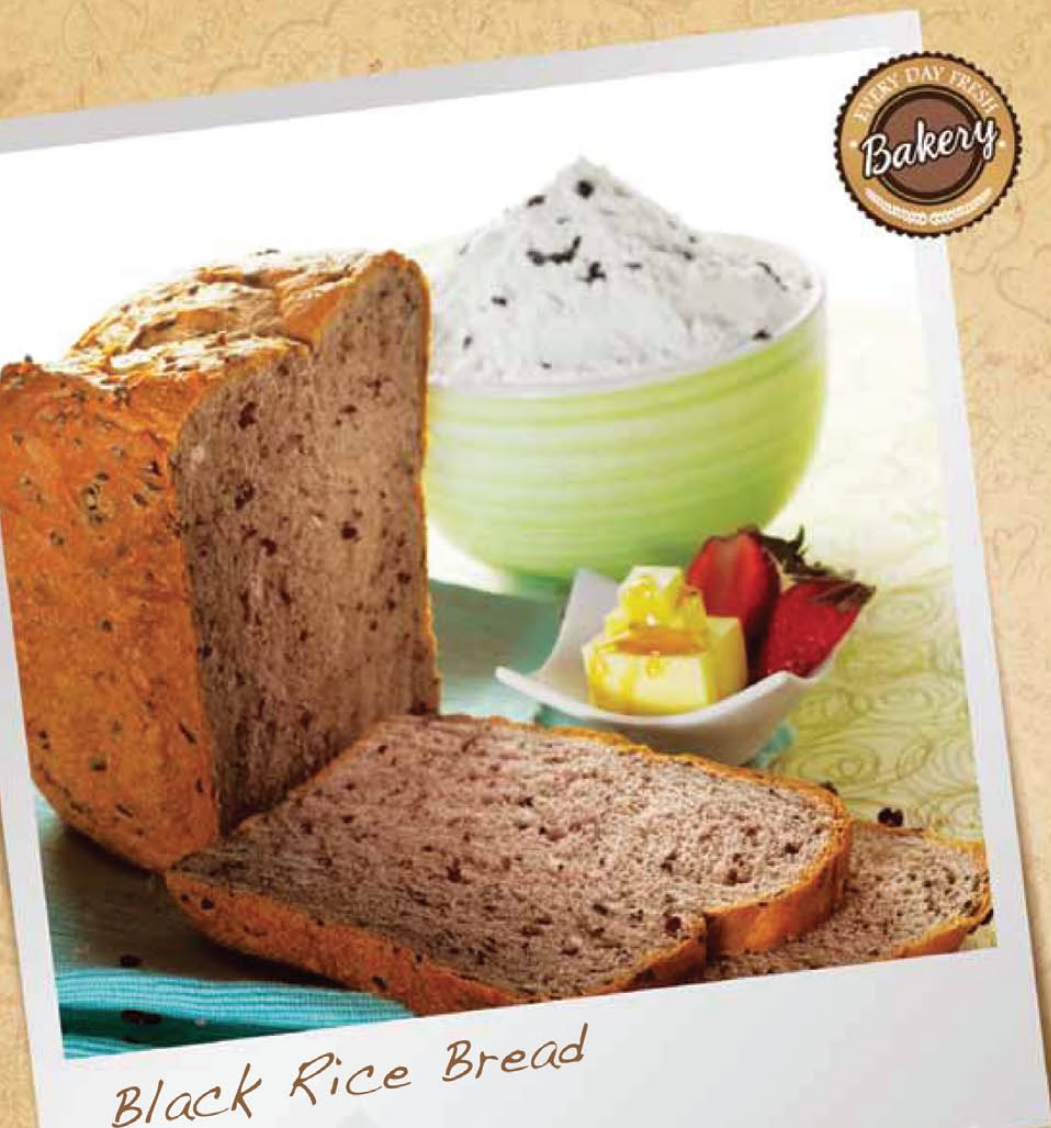
Time required: about 4 hours

Nutrition Tip

Fresh herbs such as parsley, thyme and oregano are good sources of vitamin K, vitamin C and iron. What does vitamin K do? Besides helping blood to clot or coagulate, it helps to build bones by utilising calcium in the body. The fresh herbs in the recipe may be substituted with any combination of two to three varieties you may have on hand.

Preparations

1. Hand-pluck the whole leaves off the sprigs of fresh herbs.
2. Place all the ingredients for the dough (including the herb leaves), except for yeast, into the bread pan.
3. Put the bread pan into the main body and instant dry yeast in the yeast dispenser.
4. Press Menu to select "1" (Bread).
5. Select Crust: Medium.
6. Press Start.
7. One hour before the completion time, open lid and scatter cheddar cheese and one sprig of chopped Italian parsley over the surface of the dough. Close lid.
8. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack.



Black Rice Bread

Estimated Nutrition Facts (Per serving size)			
Energy	150.1 kcal	Carbohydrate	24.8g
Protein	4.4g	Fibre	0.04g
Fat	3.7g	Vitamin B1	19.4% RNI
		Vitamin B2	11.9% RNI
		Vitamin B3	14.2% RNI

Black Rice Bread

Ingredients

210 g	High protein flour
3 g	Salt
30 g	Granulated sugar
35 g	Egg
35 g	Unsalted butter
45 ml	Milk
40 ml	Cold water
80 g	Black glutinous rice, cooked and cooled
1½ tsp	Instant dry yeast

Preparations

1. Place all the ingredients, except for instant dry yeast, into the bread pan.
2. Put the bread pan into the main body and instant dry yeast in the yeast dispenser.
3. Press Menu to select "6" (Rice bread).
4. Select Crust: Light.
5. Press Start.
6. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack.

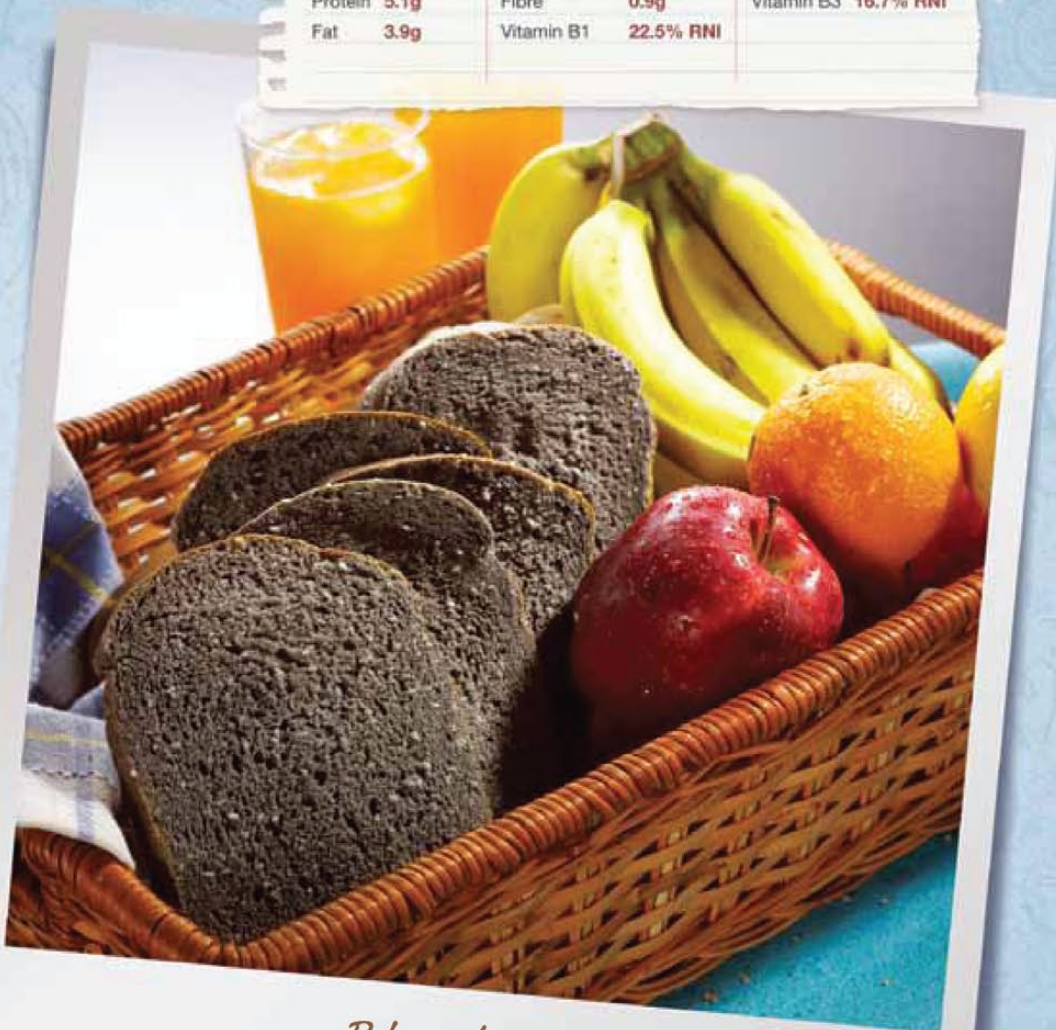
Select
menu 6
Rice
bread



Time required: about 4 hours

Nutrition Tip

Black glutinous rice, also known as black sticky rice is unprocessed and retains more of its nutrients, making it a healthier food choice than many other types of processed grains. Not only does it give the bread a nice purplish hue, it also gives it an interesting chewy texture.



Estimated Nutrition Facts (Per serving size)

Energy	144.5 kcal	Carbohydrate	22.2g	Vitamin B2	12.2% RNI
Protein	5.1g	Fibre	0.9g	Vitamin B3	16.7% RNI
Fat	3.9g	Vitamin B1	22.5% RNI		

Black Sesame Bread



Black Sesame Bread

Ingredients

250 g	High protein flour
10 g	Milk powder
15 g	Black sesame powder
30 g	Black sesame spread
4 g	Salt
20 g	Granulated sugar
175 ml	Cold water
35 g	White sesame seeds, lightly toasted
1 tsp	Instant dry yeast

Preparations

1. Place all the ingredients, except for white sesame seeds and yeast, into the bread pan.
2. Put the bread pan into the main body and place the sesame seeds into the raisin and nut dispenser and instant dry yeast in the yeast dispenser.
3. Press Menu to select "1" (Bread).
4. Select Raisin: Yes.
5. Select Crust: Light.
6. Press Start.
7. When the bread is done, remove the bread pan from the machine and wait for 2 minutes, then remove the bread from the bread pan and cool it on a wire rack.

Select
menu 1
Bread



Time required: about 4 hours

Nutrition Tip

Black sesame is widely used for its anti-aging properties, particularly in reversing the development of grey hair. This nutrient-packed seed contains gamma-tocopherol, a sub-class of vitamin E, which is a powerful antioxidant.

Flour that is used in baking comes mainly from wheat, although it can be milled from corn, rice, nuts, legumes, and some fruits and vegetables. As different types of flour suit different recipes the best, it is essential to know the right flour to achieve the perfect result!



- 1) **All-Purpose Flour** - Blend of hard and soft wheat; it may be bleached or unbleached. It is usually translated as "plain flour", with 8% to 11% protein content. Bleached flour has less protein than unbleached and is best for pie crusts, cookies, quick breads, pancakes and waffles. Use unbleached flour for yeast breads, Danish pastry, puff pastry, strudel, Yorkshire pudding, éclairs, cream puffs and popovers.

Shelf-Life: Lasts up to 8 months if properly stored in a sealed container or tightly wrapped. Lasts to a year if refrigerated.

- 2) **Bread Flour** - White flour made from hard, high-protein wheat. It is unbleached and sometimes conditioned with ascorbic acid, which increases volume and creates better texture. Bread flour has 12% to 14% protein (gluten). This is the best choice for yeast products.

Shelf-Life: Several months in a cool, dry cabinet when stored in a sealed container or if tightly wrapped, and up to one year in the freezer.

- 3) **Buckwheat Flour** - Gluten-free; ideal for folks with gluten sensitivities or celiac disease. It is packed with nutrients, readily available, easy to work with and has a nice nutty flavour.

- 4) **Gluten Flour** - Usually milled from spring wheat and has a high protein content of 12% to 14%. It is used primarily for diabetic breads, or mixed with other non-wheat or low-protein wheat flours to produce a stronger dough structure.



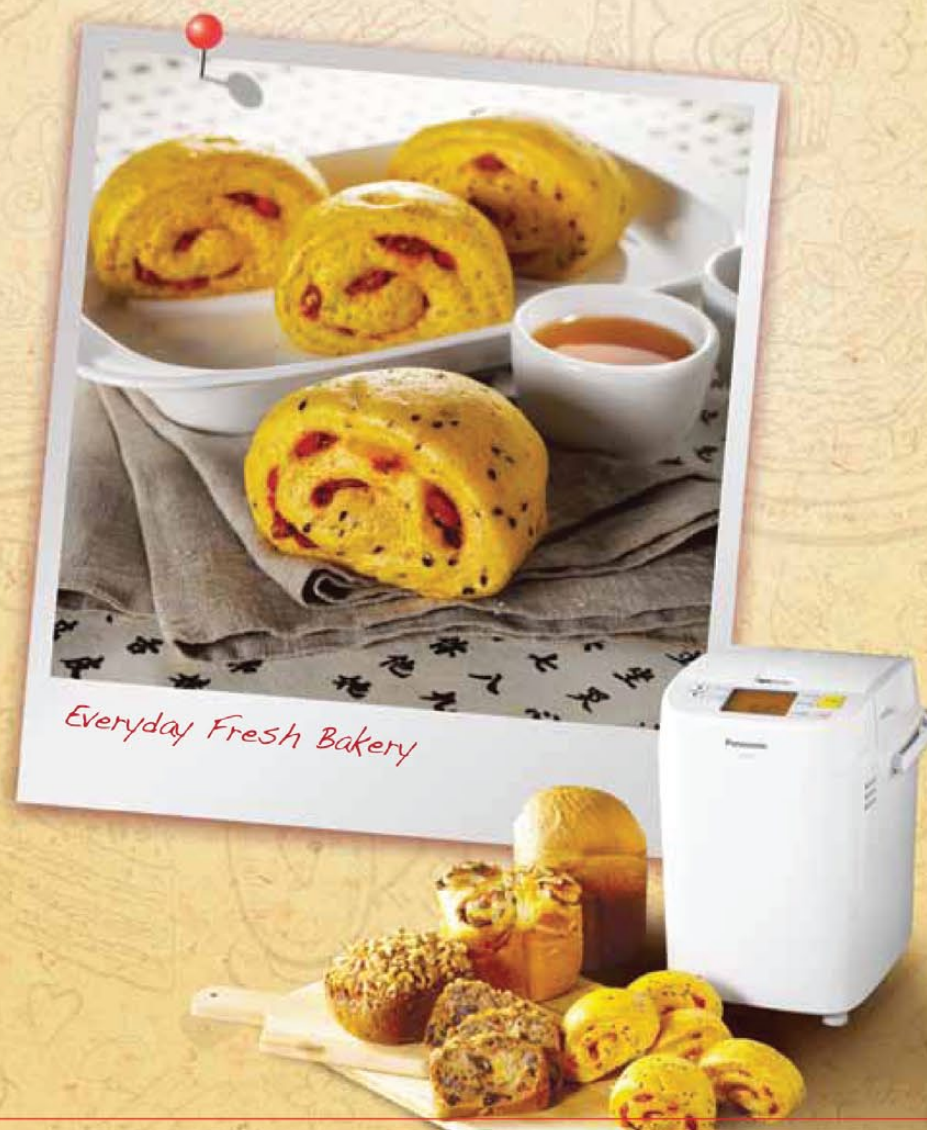
- 5) **Whole Wheat Flour** - Also called graham flour, it is made from the whole kernel of wheat and is higher in dietary fibre and overall nutrient content than white flours. It does not have as high a gluten level, so often it's mixed with all-purpose or bread flour when making yeast breads. Whole wheat flour is equivalent to British wholemeal flour.

- 6) **Organic Flour** - Used in the same way as regular flour, with certain regulations required to be adhered to for organic certification.



Panasonic Cooking

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Calzone

Estimated Nutrition Facts (Per serving size)

Energy	1134.6 kcal	Carbohydrate	193.7g	Vitamin B2	99.2% RNI
Protein	33.6g	Fibre	0.0g	Vitamin B3	139.4% RNI
Fat	25.1g	Vitamin B1	199.2% RNI		

Calzone

Ingredients

Dough

250 g	High protein flour
4 g	Salt
9 g	Granulated sugar
1½ tbsp	Vegetable oil
174 ml	Water
1 tsp	Instant dry yeast flour and semolina for dusting

Fillings

Use a selection of tasty cheeses, cooked meat, vegetables, mushrooms (sauté first to release liquid and dry up), herbs and seasoning as preferred

Preparations

1. Place all the ingredients for the dough, except for yeast, into the bread pan.
2. Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.
3. Press Menu to select "10" (Pizza dough).
4. Press Start.
5. When the dough making cycle is completed, remove the dough and use it whole or divide equally into 3 or 4 pieces, depending on the preferred size of the calzone.
6. Round up each piece of dough, cover and leave to rest for 10 minutes.
7. On a work surface lightly dusted with flour and semolina, roll out a piece of dough to medium-thin thickness and place filling ingredients on half the surface of the dough. Fold the dough over, press down on the edges to seal, then crimp the edges with the fingers. Repeat with the remaining dough and filling.
8. Place the calzones on a lightly-oil baking tray (or line the tray with parchment paper) and bake in a preheated oven at 200°C for 15 - 20 minutes or until done.

Select menu **10**
Pizza dough



Time required: about 45 min



Nutrition Tip

A calzone is a stuffed pizza, generally made without the sauce. Use one or more variety of cheeses such as ricotta, mozzarella and parmesan in combination with a selection of cured or cooked meats, with or without vegetables. The traditional filling of ricotta and spinach is rich in protein, calcium and iron. Whenever possible, use low fat cheese as a healthier alternative.



Pita Bread

Estimated Nutrition Facts (Per serving size)

Energy	224.4 kcal	Carbohydrate	39.6g	Vitamin B2	16.7% RNI
Protein	6.8g	Fibre	0.2g	Vitamin B3	23.9% RNI
Fat	4.3g	Vitamin B1	34.0% RNI		



Pita Bread

Ingredients

240 g	High protein flour
60 g	Wholemeal flour
4 g	Salt
18 g	Granulated sugar
1½ tbsp	Vegetable oil
172 ml	Water
1¼ tsp	Instant dry yeast

Preparations

1. Place all the ingredients for, except for yeast, into the bread pan.
2. Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.
3. Press Menu to select "10" (Pizza dough).
4. Press Start.
5. When the dough making cycle is completed, remove the dough and divide equally into 6 pieces.
6. Round up each piece of dough, cover and leave to proof until double in size.
7. Preheat oven to 200°C.
8. Dust work surface with flour. Roll out dough into round discs of about 5 – 6 mm thickness.
9. Place discs onto a baking tray lined with parchment paper and bake for 7 - 10 minutes until pita breads are done.

Select
menu **10**
Pizza
dough



Time required: about 45 min

Nutrition Tip

Pita bread makes for great pocket sandwiches. Fill with a variety of fresh salads and any tasty yet healthy filling that takes the fancy. A great filling would be avocados which are rich in brain-friendly oleic acid. Try toasting the pita slightly before using to improve its taste.



Chocolate Bread

Estimated Nutrition Facts (Per serving size)

Energy	168.9 kcal	Carbohydrate	24.0g	Vitamin B2	7.4% RNI
Protein	3.4g	Fibre	1.0g	Vitamin B3	10.4% RNI
Fat	6.6g	Vitamin B1	14.0% RNI		



Chocolate Bread

Ingredients

Time required: about 1 hours

Dough	
165 g	High protein flour
30 g	Wholemeal flour
5 g	Cocoa powder
4 g	Milk powder
3 g	Salt
13 g	Brown sugar
1½ tbsp	Vegetable oil
120 ml	Water
¾ tsp	Instant dry yeast
Filling	
130 g	Dark chocolate, chopped (or buttons)



Preparations

1. Place all the ingredients for the dough, except for yeast, into the bread pan.
2. Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.
3. Press Menu to select "9" (Bread dough).
4. Press Start.
5. When the bread dough cycle has completed and the beeps sound, press "Stop". Leave the bread dough in the bread machine for another 30 – 40 minutes.
6. Round up the dough and using a rolling pin, roll it out in an oval shape on a lightly floured worktop. Distribute the dark chocolate in a thick layer over the dough, leaving a generous border. Fold the dough up to form a torpedo shape, pressing the seams together to seal in the chocolate.
7. Place the dough seam-side down onto a greased baking tray. Cover the dough and leave to proof for another 1 - 1½ hours or until the dough has doubled in size.
8. Sprinkle some flour over the top of the dough and slash the surface if desired.
9. Bake in a preheated oven at 200°C for 20 - 25 minutes or until done.

Nutrition Tip

Dark chocolate and cocoa, when consumed in moderation, help prevent heart disease and produce endorphins which generate a happy mood. The darker the chocolate used, the better it will be health-wise, but on occasion vary with any favourite variety of chocolate that will make the kids (or the kid in you) happy.



Sweet Potato Mantou

Estimated Nutrition Facts (Per serving size)

Energy	181.2 kcal	Carbohydrate	25.0g	Vitamin B2	39.3% RNI
Protein	9.0g	Fibre	0.6g	Vitamin B3	13.5% RNI
Fat	5.09g	Vitamin B1	21.1% RNI		



Sweet Potato Mantou

Ingredients

200 g	Pau flour
50 g	Wholemeal flour
100 g	Steamed sweet potato, mashed
10 g	Poppy seeds (or black sesame seeds if preferred)
40 g	Castor sugar
$\frac{3}{4}$ tsp	Double action baking powder
2½ tbsp	Vegetable oil
70 ml	Water
$\frac{3}{4}$ tsp	Instant dry yeast
30 g	Wolfberries, briefly soaked in water to plump up, then thoroughly drained

Time required: about 1 hours



Preparations

1. Place all the ingredients, except for yeast and wolfberries, into the bread pan.
2. Put the bread pan into the main body and place instant dry yeast in the yeast dispenser.
3. Press Menu to select "9" (Bread dough).
4. Press Start.
5. When the bread dough cycle has completed and the beeps sound, remove the dough from the bread pan.
6. Round up the dough and using a rolling pin, roll it out into a rectangle on a lightly floured worktop. Scatter the wolfberries (pat them dry with a kitchen towel if necessary) onto the dough. Roll up the dough, swiss roll style, pressing the edges of the dough down to seal as you roll.
7. Slice the dough crosswise into approximately 8 pieces and place each piece seam-down onto a piece of greaseproof paper.
8. Place the dough pieces onto a steamer basket (spread them out so that they don't touch each other when the dough expands). Cover and leave to proof in a warm place until the dough doubles in size.
9. Steam on high heat for 12 - 15 minutes. Serve warm.

Nutrition Tip

Orange-fleshed sweet potatoes are an excellent source of beta-carotene. Providing children with snacks made from this variety of sweet potatoes can be a highly effective way of supplying them with their daily requirement of vitamin A. Wolfberries also contain a high amount of beta-carotene among edible plants.



Japanese Gyoza

Estimated Nutrition Facts (Per serving size)

Energy	64.9 kcal	Carbohydrate	9.7g	Vitamin B2	2.0% RNI
Protein	4.2g	Fibre	0.5g	Vitamin B3	5.2% RNI
Fat	1.0g	Vitamin B1	3.8% RNI		

Japanese Gyoza

Ingredients

Gyoza Wrapper

200 g	Plain flour, sifted
1 g	Salt
110 ml	Water

Gyoza Filling

125 g	Minced chicken
125 g	Minced prawns
¼ tbsp	Chives, chopped
¾ tbsp	Chopped water chestnut
1½ tbsp	Chopped round cabbage
1 tbsp	Oyster sauce
½ tbsp	Sesame oil
1½ tbsp	Potato starch
½ tbsp	Grated ginger
3 g	Salt
½ tsp	White pepper



Time required: about 15 min

Select menu **11**
Dumpling skin dough



Preparations

1. Place all the ingredients for gyoza wrapper into the bread pan.
2. Put the bread pan into the main body.
3. Press Menu to select "11" (Dumpling skin dough).
4. Press Start.
5. Once the machine stops in 15 minutes, remove dough from the bread pan and transfer to another bowl. Cover and let rest for 30 minutes.
6. To make gyoza filling, combine all the ingredients in a large bowl. Mix well to combine.
7. Take out the dough, roll it into a log of 3 cm diameter on a floured surface.
8. Cut each log into 2 cm-wide small pieces. Roll each piece out into a circle and cut out using a round cutter. Dust both sides with a little flour and continue with the remaining dough.
9. Place a spoonful of meat mixture in the middle of a gyoza wrapper. Dab a little water on one half of the wrapper's edge and securely fold in two to make a half circle. Pinch the edges to crimp.
10. In a frying pan, heat oil. Brown gyoza on one side. When bottoms are brown and crispy, add water. Cover pan and let the gyoza steam in the liquid over medium heat for 8 - 10 minutes, until gyoza are cooked through.

Note:
Unused Gyoza skin can be wrapped with plastic wrap and stored in the fridge for up to 3 days.

Nutrition Tip

Gyoza contains nutrients such as iron, calcium, protein and fibre from the combination of prawns, chicken and vegetables used in its filling. It is usually pan fried in a little oil but nevertheless, can be boiled if an oil-free diet is preferred.

- **Can I use dedicated bread flours?**

Bread

You can make bread but need to adjust the quantity of water.
If cave-in appears on the top of bread because of excessive rising,
reduce water quantity by 5 ~ 10%

French Bread

You can make French bread, but the quality and rising extent of bread may vary.

- **Is it possible to use other ingredients to substitute butter and milk powder?**

Yes. Please use the same quantity of margarine, shortening and other solid grease to substitute butter. Milk powder (1 tablespoon) is equivalent to 70 mL milk.
Please reduce the same quantity of water if milk is used.

- **Can I use the amount specified in the recipe books available in the market?**

The amount specified herein is applicable to this bread maker.
The cooking effects may be affected if any other amount is used.

- **May I make half size of loaf?**

No. When half ingredients are used, the making procedures of the bread maker can't be matched because it is very hard to control the conditions of "kneading" and "air discharges".

- **Can I use self-made natural yeast?**

The fermentation conditions are instable and the bread may not be baked successfully.

- **Can I use all-purpose rice flour to make rice flour bread?**

Plain rice flour can be mixed with 20% flour to make rice flour mixed bread.
(Use menu "1" (bread) for baking)

- **Can I use dedicated bread rice flour that is not specified in this manual?**

It is impossible to knead the dough. The bread may have different hardness because of different kinds of rice flour, even though the rice bread have the same ingredients.

- **What rice can be used to make rice bread?**

Cooled rice at a temperature below 30 °C. The rice kept in a refrigerator shall also be applicable.
Where the rice becomes hard which is not easily softened, use a certain amount of water to soften it before adding for the ease of mixing. Frozen rice shall be thawed and recovered to room temperature before use. The rice kept warm for less than 12 hours shall be cooled down before use.

- **Can a bread be baked in a square shape?**

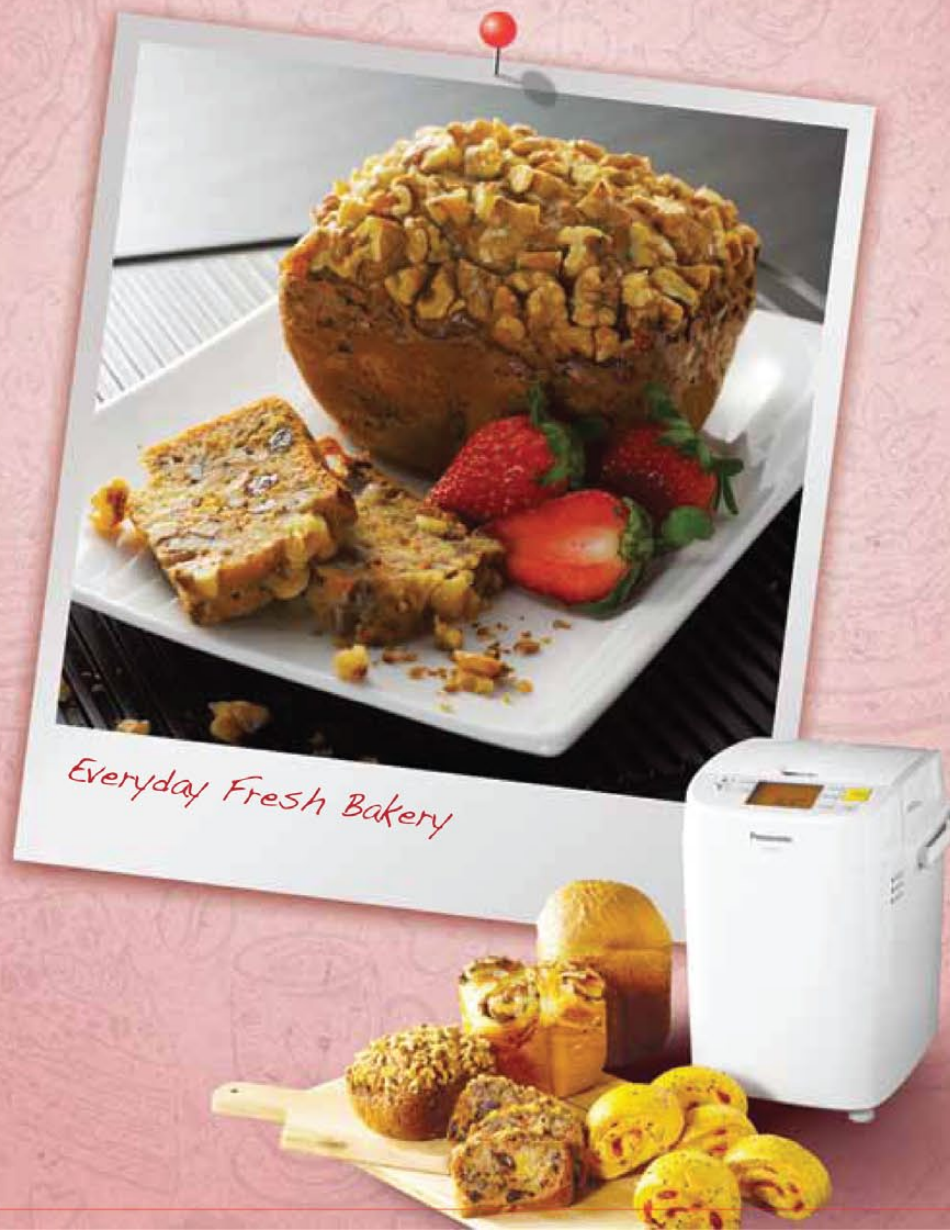
In the automatic bread maker, the dough rises to become hill-shaped
(shape of the bottom of the bread pan) bread during baking.

- **How to cut bread properly?**

It is not easy to cut the bread when it is freshly baked.
It is recommended to wait for at least 30 min for easier cutting
and better taste.



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DESSERT

Time required: about 17 min

Chocolate Brittle

Ingredients

200 g	Dark chocolate
15 g	Golden raisin
10 g	Pistachio, toasted
10 g	Cashew nuts, toasted
10 g	Hazelnut, toasted

Preparations

1. Break the dark chocolate into smaller pieces and place them into the bread pan.
2. Press Menu to select "13" (Chocolate).
3. Press Start.
4. Lay a piece of parchment paper over a small tray.
5. Once the beeps sound in 17 minutes, pour the melted chocolate into a small tray of 15cm x 15cm. Using a silicone spatula, scrape off any excess chocolate stuck on the blade.
6. Lay raisins and nuts over the chocolate.
7. Leave the chocolate to set (if necessary in the refrigerator).
8. Remove from tray and cut into desired size.

Nutrition Tip

Dark chocolate contains flavonoids, which act as antioxidants that protect the body from aging caused by free radicals. Whilst great as an energy booster, it is recommended to be eaten in moderation as it contains a fair amount of calories.

Chocolate Brittle

Estimated Nutrition Facts (Per serving size)

Energy	219.2 kcal	Carbohydrate	23.1g	Vitamin B2	0.6% RNI
Protein	8.05g	Fibre	2.8g	Vitamin B3	12.5% RNI
Fat	13.0g	Vitamin B1	3.1% RNI		





Time required: about 1 hour & 30 min

Harvest Cake

Ingredients

120 g	Plain flour
1¼ tsp	Baking powder
½ tsp	Baking soda
¼ tsp	Cinnamon powder
2 g	Salt
70 g	Granulated sugar
90 g	Egg
50 g	Green apple (without skin)
60 g	Vegetable oil
130 g	Canned pineapple, drained
85 g	Carrot, diced finely
50 g	Walnuts, roughly chopped
35 g	Raisins
Topping	
35 g	Walnuts, roughly chopped

Nutrition Tip

Packed with carrots, pineapple, apple, raisins and walnuts, one needs no excuse to eat this flavourful cake that is loaded with wholesome fruits and vegetable. This also a healthier cake than most, as puréed green apple makes up for part of the liquid ingredients (in place of oil).

Preparations

1. Dice the green apple and blend together with the oil into a puree.
2. Cut the pineapple into small, bite-sized pieces and dry the pieces well by lightly pressing on all surfaces with kitchen towels.
3. Place all the ingredients for the cake, except for the pineapple, into the bread pan.
4. Put the bread pan into the main body.
5. Press Menu to select "12" (Cake).
6. Press Start.
7. When the beeps sound for eliminating remaining flour, scrape (using a soft plastic or rubber scraper) the flour from the sides of the bread pan into the batter, then add in the pineapple. Close the lid and press "Start" to restart the cake making cycle.
8. One hour before the completion time, scatter walnuts for the topping over the surface of the batter.
9. When the cake making cycle is completed, extend the baking time by another 10 minutes by pressing the timer until it says 10. Press "Start".
10. When the cake is done, remove the bread pan from the machine and wait for 2 minutes, then remove the cake from the bread pan and cool it on a wire rack.

Estimated Nutrition Facts (Per serving size)

Energy	220.8 kcal	Carbohydrate	23.5g	Vitamin B2	6.2% RNI
Protein	4.4g	Fibre	0.7g	Vitamin B3	2.9% RNI
Fat	12.3g	Vitamin B1	8.9% RNI		



Harvest Cake



In order to avoid damaging the fluorine coating of the bread pan ...

- **Please clean and dry as quickly as possible!**
Do not put an unclean or wet bread pan back into the body.
- **Clean with a soft sponge!**
Do not use cleansers or metal brushes to clean the bread pan.
And do not use the nylon face of a sponge, sponges wrapped in nylon net or dish dryer.
- **Do not wipe the yeast dispenser with dry cloth!**
Otherwise, it would be difficult to remove the instant dry yeast due to static electricity.

Cleaning



BREAD PAN, BLADE

Wash with water after the residual dough is cleared.



Add a small amount of hot water into the bread pan and keep it there for a while.

- If it is hard to remove, rotate the blade slightly to remove it.



Clean the bread pan and the blade with water.

- Do not leave any residual dough around the shaft or it may damage the fluorine coating.



Use a bamboo stick to remove the dough stuck on the blade and the shaft.

- Any residual dough on the shaft would cause the blade to be easily detached and left in the bread.

- Use kitchen detergents (neutral) for cleaning if it is very dirty.



RAISIN AND NUT DISPENSER

After removal, use kitchen detergent (neutral) and wash with water



- Press and open the dispenser flap.
- No residual grease is allowed.



LID



Wipe with a well-wrung cloth.

Use a well-wrung cloth to clean away the dry yeast on the flap valve and make sure that the vent of yeast dispenser is closed.

- Contact between inner lid and the bread due to excessive proofing may damage the inner lid's coating. Please rest assured that there is no harm to health & product performance. Wipe inner lid with well-wrung cloth shortly after bread making.

DISPENSER LID

[Removal method]



- Raise the dispenser lid to an angle of approximately 70 degrees and pull it upwards on the right.

YEAST DISPENSER

Wipe with a well-wrung cloth and air dry.



MAIN BODY

Wipe with a well-wrung cloth

Clean away the flour, instant dry yeast and ingredients left in the main body.



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