



### KNEADING-

#### Replicating a baker's hands to produce the ideal gluten.

A blade specially developed to produce firm dough perfect for achieving a hard crust. Two ribs prevent uneven kneading and ensure the dough is uniform.



### RISING-

#### Year-round temperature control for ideal fermentation.

Sensors measure both the oven temperature and room temperature. Fermentation always takes place at the same precise temperature, preventing insufficient fermentation in cold weather and over-fermentation in warm weather.



### BAKING-

### Heat is distributed just like in a bakery oven.

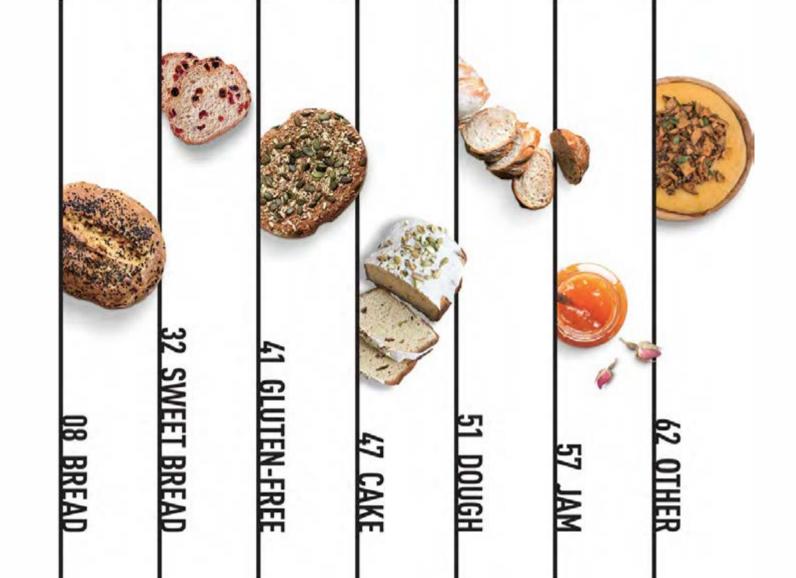
The heater's high position ensures bread is baked uniformly. Reflective heat is used to produce a crispy crust on top. The result is beautifully baked bread just like that from a baker's oven.





The Panasonic SD-ZP2000 offers a
large repertoire of recipes for a wide
variety of breads, cakes and even jams.
But first, try starting with lean bread.
Treat yourself to the great taste only
homemade bread can provide.





# **BREAD**

From deliciously crusty to delectably soft and moist, the taste of a professional bakery. Baking at the touch of a button with a wide selection of guick-and-easy recipes.





### **CRUSTY WHITE BREAD**

3 hrs 15 mins | Menu 1

#### INGREDIENTS

Dry yeast	.1tsp
Strong white bread flour_	. 400g
Butter	. 10g
Sugar	. ¾ tsp
Salt	. 1 ¾ t
Water	260m

#### STEPS

- Open the lid, remove the bread pan and set the kneading blade into the kneading mounting shaft.
- 2 Prepare the ingredients with exact measurement according to the recipe.
- **3** Place measured ingredients into the bread pan in the top-to-bottom order.
- 4 Wipe off any moisture and flour around the bread pan, and return it into the main unit.
- **5** Press the menu button and select menu 1.
- **6** Close the lid and start the baking process by pressing start.
- 7 When the breadmaker beeps 8 times and end flashes, your bread is ready. Press stop and unplug.
- 8 Remove the bread immediately by using dry oven gloves and place it on a wire rack.









### POTATO BREAD

### WITH ROSEMARY

3 hrs 35 mins | Menu 1

#### **INGREDIENTS**

Dry yeast	1tsp
Spelt flour type 1050	400g
Butter	10g
Sugar	3/4 ts
Salt	1 ¾ t
Rosemary (finely chopped)	2 tbs
Potates (precooked and mashed)	150g
Water	150g
Rosemary (finely chopped)	1 tbs

#### STFPS

- 1 Cook the potatoes and chop the rosemary finely.
  Once the potatoes are cooked, mash them.
- 2 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients in the top-to-bottom order.
- tsp 3 Place the bread pan back into the breadmaker, close the lid, select menu 1 and press start.
  - 4 Carefully sprinkle the dough with some spelt flour and rosemary around 1 hr before end of baking.
  - 5 When your bread is done, take it out and let it cool down.



# RED SPELT FLOUR BREAD

### WITH HAZELNUTS

#### 3 hrs 25 mins | Menu 2

#### INGREDIENTS

Dry yeast	1 tsp
Spelt flour type 1050	400g
Butter	10g
Sugar	¾ tsp
Salt	1 ¾ ts
Hazelnuts (roghly chopped)	50g
Beetroot juice	280m

#### STEDS I

- 1 Roughly chop all the hazelnuts.
- 2 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients except for the hazelnuts in the top-to-bottom order.
- sp **3** Place the bread pan back into the breadmaker, close the lid, select menu 2 and press start.
- ml 4 When it beeps, after around 20 mins add the hazelnuts.
  - **5** Carefully sprinkle the dough with some spelt flour around 1 hr before end of baking.
  - 6 When your bread is done, take it out and let it cool down.









### **BREAD FOR CHILDREN**

### WITH CARROTS AND APPLE JUICE

3 hrs 25 mins | Menu 1

#### INGREDIENTS

Dry yeast	1 tsp
Spelt flour type 1050	300g
Wholemeal spelt flour	100g
Rolled oats	2 tbs
Rapeseed oil	1 tbs
Carrots (finely grated)	120g
Water	130r
Apple juice (without sugar)	50m
Rolled oats	1 tbs

#### STFPS

- 1 Finely grate the carrots.
- 2 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients in the top-to-bottom order.
- Place the bread pan back into the breadmaker, close the lid, select menu 1 and press start.
- 4 Carefully sprinkle the dough with some spelt flour and rolled oats around 1 hr before end of baking.
- 5 When your bread is done, take it out and let it cool down.



### **CRUSTY LEAN BREAD**

6 hrs | Menu 6

#### **INGREDIENTS**

Dry yeast	¾ tsp
Strong white bread flour _	300g
Salt	1 tsp
\A/-+	220

#### STEPS

- 1 Open the lid, remove the bread pan and set the kneading blade into the kneading mounting shaft.
- 2 Prepare the ingredients with exact measurement according to the recipe.
- 3 Place measured ingredients into the bread pan in the top-to-bottom order.
- 4 Wipe off any moisture and flour around the bread pan, and return it into the main unit.
- **5** Press the menu button and select menu 6, then press start.
- **6** When the breadmaker beeps 8 times and end flashes, your bread is ready. Press stop and unplug.
- 7 Remove the bread immediately by using dry oven gloves and place it on a wire rack.



### **SOFT BREAD**

4 hrs / 2 hrs | Menu 8 / 9

#### **INGREDIENTS**

#### FOR THE SOFT BREAD

Dry yea	əst	. ¾ ts
Strong	white bread flour _	. 400g
Butter		. 15g
Sugar		.1tsp
Salt		.1tsp
Water		280r

#### FOR THE SOFT RAPID BREAD

FOR THE SOFT RAPID BREAD	
Dry yeast	1 tsp
Strong white bread flour _	400g
Butter ————	15g
Sugar ————	1tsp
Salt ———	1tsp
Water —	280ml

#### STI

- 1 Open the lid, remove the bread pan and set the kneading blade into the kneading mounting shaft.
- 2 Prepare the ingredients with exact measurement according to the recipe.
- 3 Place measured ingredients into the bread pan in the top-to-bottom order.
- 4 Wipe off any moisture and flour around the bread pan, and return it into the main unit.
- 5 For the soft bread select menu 8, and menu 9 for the soft rapid bread, then press start.
- 6 When the bread is ready, press stop and unplug.
- 7 Remove the bread immediately by using dry oven gloves and place it on a wire rack.







### WHOLE WHEAT BREAD

5 hrs 5 mins | Menu 4

#### **INGREDIENTS**

Dry yeast	1 tsp
Strong whole wheat bread flour	300g
Strong white bread flour _	100g
Butter	10g
Sugar	¾ tsp
Salt	1 ¾ ts

#### STEPS

- 1 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients in the top-to-bottom order.
- 2 Place the bread pan back into the breadmaker, close the lid, select menu 4 and press start.
- 3 When your bread is done, take it out and let it cool down.



### RYE BREAD

3 hrs 20 mins | Menu 1

#### **INGREDIENTS**

Dry yeast	1tsp
Strong white bread flour _	280g
Rye flour	120g
Butter	10g
Sugar	¾ tsp
Salt	1 ¾ tsp
Water	260ml

#### STE

- 1 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients in the top-to-bottom order.
- 2 Place the bread pan back into the breadmaker, close the lid, select menu 1 and press start.
- 3 When your bread is done, take it out and let it cool down.







### PAIN DE CAMPAGNE

6 hrs 5 mins | Menu 6

#### **INGREDIENTS**

Dry yeast	¾ ts
Strong white bread flour _	_240g
Strong whole wheat bread flour	30g
Rye flour	30g
Salt	1 tsp
Water	210m

#### STEP

- 1 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients in the top-to-bottom order.
- 2 Place the bread pan back into the breadmaker, close the lid, select menu 6 and press start.
- 3 When your bread is done, take it out and let it cool down.



### PUMPKIN SEED BREAD

6 hrs 10 mins | Menu 7

#### **INGREDIENTS**

Dry yeast	¾ tsp
Strong white bread flour _	300g
Salt	1 tsp
Water	220ml
Pumpkin seeds	80g

#### STE

- 1 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients except for the pumpkin seeds in the top-to-bottom order.
- **2** Place the bread pan back into the breadmaker, close the lid, select menu 7 and press start.
- 3 After around 1 hr to 2 hrs 35 mins the breadmaker will start to beep. Now you can add the pumpkin seeds to the dough. Press start to restart.
- 4 When your bread is done, take it out and let it cool down.







### **CASHEW AND WALNUT BREAD**

3 hrs 25 mins | Menu 2

#### INGREDIENTS

Dry yeast	1 tsp
Strong white bread flour _	_400g
Butter	10g
Sugar	¾ tsp
Salt	1 ¾ tsp
Sesame seeds	10g
Water	280ml
Walnuts	90g
Cashew nuts	60g

#### STFPS

- 1 Chop the walnuts and cashew nuts into small pieces.
- 2 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients except for the nuts in the top-to-bottom order.
- 3 Place the bread pan back into the breadmaker, close the lid, select menu 2 and press start.
- 4 After around 20 to 25 mins. the breadmaker will start to beep. Now you can add the chopped nuts to the dough. Press start to restart.
- 5 When your bread is done, take it out and let it cool down.



### RYE-WHEAT BREAD WITH WALNUTS AND ROSEMARY

3 hrs 25 mins | Menu 3

#### INGREDIENTS

Dry yeast	1 tsp
Strong wheat flour	350g
Rye flour type 1150	50g
Walnut oil	1 tbsp
Sugar	¾ tsp
Salt	1 ¾ tsp
Water	280ml
Walnuts (finely chopped) ———	140g
Rosemary (finely chopped)	1 tbsp

#### S.

- 1 Chop the walnuts and rosemary into small pieces.
- 2 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients except for the nuts and the rosemary in the top-to-bottom order.
- 3 Place the bread pan back into the breadmaker, close the lid, select menu 3 and press start.
- 4 After around 20 to 25 mins. the breadmaker will start to beep. Now you can add the chopped walnuts and rosemary to the dough. Press start to restart.
- 5 When your bread is done, take it out and let it cool down.







### **QUINOA BREAD**

3 hrs 25 mins | Menu 1

#### INGREDIENTS

#### FOR THE DOUGH

Whole guinoa

Dry yeast	. 1 ½ ts
Strong wheat flour	300g
Quinoa (finely ground)	50g
Butter	10g
Sugar	1 tsp
Salt	2 tsp
Corn starch	50g
Water	275ml

#### STEP

- 1 Ground the guinoa seeds until they are finely and evenly ground.
- 2 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients in the top-to-bottom order.
- 3 Place the bread pan back into the breadmaker, close the lid, select menu 1 and press start.
- 4 When your bread is done, take it out and let it cool down.



### **TURMERIC-CASHEW BREAD**

3 hrs 25 mins | Menu 3

#### INGREDIENTS

FOR THE DOUGH	
Dry yeast	. 1 tsp
Strong wheat flour	. 400g
Butter	. 10g
Sugar	³¼ tsp
Salt	. 1 ¾ tsp
Cumin	. 2g
Curcuma	1g
Mild curry powder	. 2g
Cashew nuts	. 150g
Water	. 280ml
FOR THE TOPPING	
Black sesame	1-2 tbsp

#### S.

- 1 Chop the cashew nuts into small pieces.
- 2 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients except for the nuts in the top-to-bottom order.
- 3 Place the bread pan back into the breadmaker, close the lid, select menu 3 and press start.
- 4 After around 20 to 25 mins. the breadmaker will start to beep. Now you can add the chopped nuts to the dough. Press start to restart.
- 5 When your bread is done, take it out and let it cool down.





### POLENTA BREAD WITH OLIVES AND SUNDRIED TOMATOES

3 hrs 25 mins | Menu 2

#### **INGREDIENTS**

#### FOR THE DOUGH

Dry yeast	1tsp
Strong wheat flour	300g
Rye flour type 1150	50g
Polenta gric	50g
Olive oil	1 tbsp
Sugar	1tsp
Salt	1 ½ tsp
Chilli flakes	1 tsp
Black olives (chopped)	50g
Green olives [chopped]	50g
Sundried tomatoes	70g
Water	280ml

Polenta gric \_\_\_\_\_\_ 1 tsp

#### STEPS

- 1 Chop the sundried tomatoes and olives into small pieces.
- 2 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients except for the sundried tomatoes and olives in the top-to-bottom order.
- 3 Place the bread pan back into the breadmaker, close the lid, select menu 2 and press start.
- 4 After around 20 to 25 mins, the breadmaker will start to beep. Now you can add the remaining ingredients to the dough. Press start to restart.
- 5 When your bread is done, take it out and let it cool down.



### CRUSTY ROASTED ONION BREAD

3 hrs 25 mins | Menu 1

#### INGREDIENTS

Dry yeast	1 tsp
Fresh sourdough	1 packa
Wholemeal wheat flour _	400g
Rapeseed oil	1 tbsp
Smoked salt	2 tsp
Pepper	1 pinch
Nutmeg	1 pinch
Roasted onions	5 tbsp
Water	260ml

#### ST

- 1 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients in the top-to-bottom order.
- 2 Place the bread pan back into the breadmaker, close the lid, select menu 1 and press start.
- **3** When your bread is done, take it out and let it cool down.







### HERB BREAD

6 hrs 5 mins | Menu 6

#### INGREDIENTS

Dry yeast	¾ tsp
Strong white bread flour _	300g
Salt	1 tsp
Mixed dried herbs	1 tbsp
Turmeric powder	1 tsp
Water	220ml

#### STEPS

- 1 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients in the top-to-bottom order.
- 2 Place the bread pan back into the breadmaker, close the lid, select menu 6 and press start.
- 3 When your bread is done, take it out and let it cool down.



### PEPPER AND CHILLI BREAD

3 hrs 25 mins | Menu 1

#### INGREDIENTS

Ory yeast	1 tsp
=lour type 550	400g
Rapeseed oil	1 tbsp
Smoked salt	2tsp
Sugar	1 tsp
Sweet paprika	1 tsp
Roasted onions	4 tbsp
Pickled peppers	80g
Pickled pepperoni	50g
Fresh red chilli	1
Water	260ml

#### STEF

- 1 Drain the peppers and pepperonis well and cut them into fine stripes. Wash chili, halve it lengthwise and remove the seeds. Then cut it into fine stripes.
- 2 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients in the top-to-bottom order.
- **3** Place the bread pan back into the breadmaker, close the lid, select menu 1 and press start.
- 4 When your bread is done, take it out and let it cool down.







### SOURDOUGH ONION BREAD WITH PUMPKIN

6 hrs 15 mins | Menu 7

#### INGREDIENTS

Spelt flour type 630	310g
Wholemeal spelt flour	90g
Onions	2
Olive oil	2 tbsp
Hokkaido pumpkin	60g
Sourdough starter	80g
Salt	8g
Yeast	1g

#### STEPS

- 1 Take the bread pan out of the breadmaker, add in 260ml water and the flour. Place the bread pan back into the machine, select menu 7 and press start. After around 1 hr the machine will beep and you can add in the additional ingredients.
- 2 Chop the onions finely and add them into a pan with olive oil. Fry them for 40 mins on low to medium heat untill they caramelize. Make sure to stir the onions once in a while. Once done, put the onions aside. Grate the pumpkin finely and also put it aside.
- **3** When the machine beeps, add the sourdough starter, salt, yeast and the veggies into the breadmaker and press start again to continue the program.
- 4 Once the bread is done, take it out carefully and let it cool down completely before cutting it.



### CHEESY GARLIC HARD-CRUST LOAF

approx. 4 hrs | Menu 1

#### INGREDIENTS

FOR THE DOUGH		FOR THE FILLING
Yeast	.1tsp	Parsley (choppe
Bread flour	400g	
Salt	. 1 ¼ tsp	Garlic clove to
Sugar	. 1 tsp	Salt and pepp
Butter	. 10g	Extra virgin o
Mixed Italian herbs	. 1 tbsp	Mozzarella _
Dried garlic powder	. ½ tbsp	Cheddar chee
Water	. 260ml	

Parsley [chopped]	1 small bunch
Garlic clove (chopped)	1
Salt and pepper	
Extra virgin olive oil	½ cup
Mozzarella	200g
Cheddar cheese	150g

#### STEPS

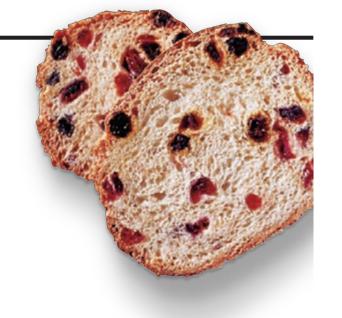
- ${\bf 1} \ \ {\sf Place} \ {\sf all} \ {\sf the} \ {\sf bread} \ {\sf ingredients} \ {\sf into} \ {\sf the} \ {\sf bread} \ {\sf pan} \ {\sf in} \ {\sf the} \ {\sf order} \ {\sf listed}.$
- 2 Select menu 1, (3 hrs 15 mins), this is a pre-set program with no size or crust options.
- 3 While the bread is cooking, add the extra virgin olive oil, garlic, parsley, salt and pepper and mix well together.
- 4 Once the bread has cooked, cut into chunky slices.
- **5** Spread the parsley and garlic sauce on the slice and sprinkle with cheese.
- 6 Repeat step 5 for each slice.
- 7 Put the loaf back together and wrap in tin foil.
- 8 Bake for 25-30 mins at 180°C





# **SWEET BREAD**

Bring out the sweet natural flavor of the ingredients. A special function indicates the best time to add ingredients for the ideal results every time.





### CRANBERRY & RAISIN BREAD

3 hrs 25 mins | Menu 2

#### INGREDIENTS

Dry yeast	1tsp
Strong white bread flour_	400g
Butter	10g
Sugar	¾ tsp
Salt	1 ¾ ts
Water	280m
Cranberry	100g
Raisins	50g

#### STE

- 1 Chop the cranberries and raisins into small pieces.
- 2 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients except for the cranberries and raisins in the top-to-bottom order.
- 3 Place the bread pan back into the breadmaker, close the lid, select menu 2 and press start.
- 4 After around 20-25 mins, the breadmaker will start to beep. Now you can add the remaining ingredients to the dough. Press start to restart.
- **5** When your bread is done, take it out and let it cool down.

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### WHITE BREAD

### WITH BANANA AND CHOCOLATE

3 hrs 25 mins | Menu 1

#### INGREDIENTS

Dry yeast	1 tsp
Rapeseed oil	1 tbsp
Salt	1 pind
Sugar	2 tsp
Banana chips	100g
Chocolate drops	80g
Water	260m
Flour type 550	400g

- 1 Chop banana chips coarsely.
- 2 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients in the top-to-bottom order.
- 3 Place the bread pan back into the breadmaker, close the lid, select menu 1 and press start.
- 4 When your bread is done, take it out and let ml it cool down.









### WHOLE WHEAT BREAD WITH PECAN NUTS AND DRIED FIGS

5 hrs 10 mins | Menu 5

#### **INGREDIENTS**

Dry yeast	1 tsp
Strong whole wheat bread flour	200g
Strong white bread flour_	200g
Butter	20g
Sugar	1 ½ ts
Salt	1 ¾ ts
Water	300ml
Pecan nuts	30g
Dried fig	70a

#### STEP9

- 1 Chop the dried figs and pecan nuts into small pieces.
- 2 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients except for the dried figs and nuts in the top-to-bottom order.
- 3 Place the bread pan back into the breadmaker, close the lid, select menu 5 and press start.
- 4 After around 1 hr 25 mins to 1 hr 55 mins the breadmaker will start to beep. Now you can add the chopped nuts and dried figs to the dough. Press start to restart.
- 5 When your bread is done, take it out and let it cool down.



### PANETTONE-STYLE BREAD

4 hrs 5 mins | Menu 10

#### **INGREDIENTS**

Milk	250ml
Dry yeast	7g
Egg	1
Yolks	2
Butter	100g
Smooth wheat flour	500g
Powdered sugar	100g
Untreated lemon	1/2
Salt	
Orange peel	100g
Lemon peel	100g
Raisins	100g
Almond cores	50g

#### STE

- 1 Heat the milk and butter slowly in a pan until the butter has melted. The milk should not boil, but be lukewarm. If the milk is too hot, allow it to cool slightly. Stir the egg yolk and the whole egg and put it into the milk.
- 2 Take the bread pan out of the bread maker and add flour, sugar, grated lemon zest, a pinch of salt, orange peel, lemon peel, raisins, almond cores and the lukewarm milk mixture.
- 3 Insert the bread pan into the bread maker, close the lid, select menu 10 and press start.
- 4 When the bread is done, take it out of the bread pan and let it cool down.





### **DOUBLE CACAO BREAD**

3 hrs 20 mins | Menu 1

#### **INGREDIENTS**

Dry yeast	1tsp
Cacao powder	1tsp
Strong white flour	400g
Butter	15g
Sugar	¾ tsp
Salt	1 ¾ ts
Cacao nibs	2 tbsp
Water	240ml

#### STEPS

- 1 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients in the top-to-bottom order.
- 2 Place the bread pan back into the breadmaker, close the lid, select menu 1 and press start.
- 3 When your bread is done, take it out and let it cool down.



### **BRIOCHE**

4 hrs | Menu 12

#### **INGREDIENTS**

Dry yeast	1tsp
Strong white bread flour_	320g
Butter (cut into 2-3 cm cubes)	50g
Sugar	3½ tbsp
Skimmed milk powder	1 ½ tbsp
Salt	1 ¼ tsp
Egg yolks	2
Egg	1
Water	110ml
Butter (cut and keep in fridge)	70g

#### ST

Stir the egg yolks and egg with water in a bowl. Then take the bread pan with the kneading blade out of the breadmaker and add all ingredients in the top-to-bottom order.

2 Select menu 12 and choose crust colour, then press start.

**3** After about 55 mins the breadmaker will beep. Add the additional butter (70g). Close the lid and press start again.

4 After 50 mins you will hear the beep sound again. Open the lid and take the bread and kneadning blade out of the bread pan. Grease the bread pan with butter and replace the bread into the pan. Close the lid and press start.

5 When your bread is done, take it out and let it cool down.





### SOFT RAISIN BREAD

4 hrs / 2 hrs | Menu 10 / 11

#### **INGREDIENTS**

FOR SOFT RAISIN BREAD		FOR SOFT RAISIN RAPID BREAD	
Dry yeast	¾ tsp	Dry yeast	1 tsp
Strong white bread flour _	400g	Strong white bread flour $\_$	400g
Butter	15g	Butter	15g
Sugar	1 tsp	Sugar	1 tsp
Salt	1 tsp	Salt ———	1 tsp
Water	280ml	Water	280m
Raisins (approx. 1cm cubes)	120g	Raisins (approx. 1cm cubes)	120g

#### STEF

- 1 Open the lid, remove the bread pan and set the kneading blade into the kneading mounting shaft.
- 2 Prepare the ingredients with exact measurement according to the recipe.
- 3 Place measured ingredients into the bread pan in the top-to-bottom order.
- 4 Wipe off any moisture and flour around the bread pan, and return it into the main unit.
- 5 For the soft raisin bread select menu 10, and menu 11 for the soft raisin rapid bread, then press start.
- **6** When you hear beep sounds, add raisins manually, then press button to restart.
- 7 When the bread is ready, press stop and unplug.
- **8** Remove the bread immediately by using dry oven gloves and place it on a wire rack.



# **GLUTEN-FREE**

Even people with a wheat allergy can enjoy a wide range of soft, fluffy and delicious gluten-free recipes for breads and cakes.

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### GLUTEN-FREE PROTEIN BREAD

### WITH GOJI BERRIES

1 hr 55 mins | Menu 1 / 13

#### **INGREDIENTS**

FOR THE TOPPING

#### FOR THE DOUGH

FOR THE DOOGH	
Low-fat curd or quark	450g
Eggs	7
Seed and kernel mixture	75g
Ground flaxseeds	150g
Goji berries (soaked)	75g
Ground almonds	150g
Oat bran	75g
Corn flour	45g
Salt	2tsp
Baking powder	21g

Seed and kernel mixture \_\_\_\_ 20g

#### STFPS :

- 1 Soak the goji berries in water for around 5 mins and then drain them well.
- 2 Take the bread pan with the kneading blade out of the breadmaker and add in all the ingredients except for the topping.
- **3** Place the bread pan back into the breadmaker, close the lid, select menu 1 and press start.
- 4 After around 10-15 mins of mixing, press stop and add the topping.
- **5** Select menu 13, press start and bake the bread for around 1 hr 30 mins.







### GLUTEN-FREE BROWN RICE BREAD

2 hrs | Menu 14

#### **INGREDIENTS**

Milk	310ml
Eggs	2
Cider vinegar	1 tbsp
Oil	2 tbsp
Honey	60g
Salt	1 ¼ ts
Brown rice flour	150g
Potato starch	300g
Xanthan gum	2 tsp

Dry yeast \_\_\_\_\_\_ 2 ½ tsp

#### STEPS

- 1 Take the bread pan with the kneading blade out of the breadmaker and add all ingredients in the top-to-bottom order.
- 2 Place the bread pan back into the breadmaker, close the lid, select menu 14 and press start.
- 3 When your bread is done, take it out and let it cool down.



### GLUTEN-FREE BREAD WITH NUTS AND SEEDS

2 hrs 30 mins | Menu 14

#### INGREDIENTS

Linseeds	.1 tbsp
Pumpkin seeds	1 tbsp
Sesame seeds	1 tbsp
Millet seeds	.1 tbsp
Walnuts (chopped)	1 tbsp
Water	350ml
Cider vinegar	1tsp
Vegetable oil	4 tsp
Eggs	. 2
Salt	.1tsp
Honey	.1tsp
Bread flour (gluten-fee)	.450g
Yeast	.1 ½ tsp

#### STEF

- 1 Before making the bread, roast the nuts and seeds to enhance their nutty flavour. Sprinkle with a little salt and leave to cool. We suggest you buy a packet of each of the seeds and nuts, cook them all together and when cooled store in an air tight containers as they are great for baking or stirring through salads to give texture and flavour.
- 2 Place water, vinegar, oil, eggs, salt and sugar into the bread pan, and then add the flour, seeds and yeast.
- 3 Place the bread pan back into the breadmaker, close the lid, select menu 14 and the dark crust, and press start.



UTEN-FREE =



# GLUTEN-FREE CHOCOLATE CAKE

1 hr 50 mins | Menu 15

#### INGREDIENTS

Butter (cut into 1 cm cubes)	150
Sugar	150
Eggs	3
Melted dark chocolate	120
White rice flour	120
Cacao powder	30g
Baking powder	10g

- 1 Take the bread pan with the kneading blade out of the breadmaker and add all ingredients.
- 2 Place the bread pan back into the breadmaker, close the lid, select menu 15 and press start.
- 3 When your cake is done, take it out and let it cool down.



# **CAKE**

No special techniques or utensils such as whisks or baking molds are required. Bake delicious cakes, quick and easy from the first, to every time.



### BANANA BREAD

1 hr 15 mins | Menu 13

#### INGREDIENTS

Butter	100g
Caster sugar	175g
Eggs	2
Self-raising flour(sifted)	200g
Baking powder	½ tsp
Ripe bananas ————	200g
Natural yoghurt	85g
Nutmeg	½ tsp
Sultanas	125g
Walnuts	100g
Poppy seeds	50g

- 1 In a bowl, cream together the butter and the sugar until it is light and fluffy, add the beaten eggs, then the flour and baking powder a little at a time until it is all incorporated.
- 2 Mash the bananas until smooth and stir into the mixture with the yogurt. Add the nutmeg, sultanas, and the roasted nuts and poppy seeds and mix until smooth.
- 3 Spoon the mixture into the lined bread pan and select menu 13 for 1 hr. Test the bread after about 45 mins by pressing the top gently, if it springs back it is cooked. If not then it will need longer.



### **CRANBERRY & PUMPKIN CAKE**

1 hr 50 mins | Menu 13

#### INGREDIENTS

Plain flour	250g
Bicarbonate of soda	10ml
Baking powder	10ml
Pumpkin pie spice	4 tsp
Dark brown sugar	100g
Vegetable oil	150ml
Eggs	3
Pumpkin (cooked soft)	300g
Cranberries (fresh or dried)	75g

- 1 Sieve the flour, bicarbonate of soda and baking powder into a bowl with the pumpkin pie spice. Mix in the brown sugar and make a well in the centre.
- 2 Add the oil and beaten eggs. Beat well until all the ingredients are combined. Stir in the cooked pumpkin and cranberries
- 3 Remove the kneading blade from the bread pan and line the bottom and sides with baking parchment.
- 4 Place the mixture in the bread pan, and select menu 13 and enter 55 mins on the timer.

- 5 Test the bread with a skewer to see if the cake is cooked. If the cake does require extra time, select menu 13 again and enter a further 3-5 mins on the timer.
- 6 Take the bread pan out of the bread maker. Leave to stand for 5-10 mins before removing from the bread pan and allowing to cool.
- 7 Decorate the top of the cake with a layer of cream, cheese topping and walnuts.







### SPICE CAKE WITH ICING AND PISTACHIOS

90 mins | Menu 18

#### **INGREDIENTS**

Soft butter	120g
Brown sugar	200g
Eggs	3
Sour cream	230g
Orange zest (freshly grated)	2 tsp
Plain flour ————	200g
Baking powder	1 tsp
Ground cardamom	
Ground cinnamon	1 tsp
Salt ———	½ tsp
Flaked almonds	2 tbsp
Freshly squeezed lemon juice —	
Chopped pistachios	3 tbsr

- 1 Beat butter and sugar with a whisk or food processor until fluffy. Gradually stir in 2 eggs. Then stir in the sour cream and orange zest.
- 2 In a separate bowl, mix together the flour, baking powder, cardamom, cinnamon, salt and almonds. Add the flour mixture to the batter and stir.
- 3 Line the bread pan with parchment paper. Add the batter to the bread pan and place in the breadmaker. Select menu 18 and set to bake for 60 mins. Close the lid and start the baking process by pressing start.
- 4 As soon as the machine beeps eight times, open the lid and remove the bread pan. Remove the cake with the parchment paper and leave to cool.
- 5 In the meantime, separate the egg for the icing. Stir the egg white with the icing sugar and lemon juice until smooth. Carefully remove the parchment paper from the cake and place the cake on a plate. Decorate the cake with the icing using a spoon and garnish with pistachios.



# DOUGH

Even breads with a lot of butter or oil are easily fermented. Expand your repertoire of recipes by freely choosing ingredients and bread shapes.



# TWISTED BREAD

2 hrs 50 mins | Menu 16

#### INGREDIENTS

Spelt flour type 630	_ 500g
Wholemeal wheet flour	_ 100g
Salt	_ 15g
Maple syrup	1 tbs

- 1 Add the ingredients for the dough together with 360ml of lukewarm water to the bread pan. Select menu 16 and press start.
- 2 Remove dough from the bread maker and halve it on a well-floured work surface. Form each half longitu dinally and then twist several times. Place on a baking sheet lined with baking paper and let it rise for 20 mins.
- 3 Place a fireproof tray with 500 ml water on the bottom of the oven and preheat the oven to 240°C circulating air.
- 4 Bake the twisted breads for 15 mins, then reduce the temperature to 190°C and bake for another 10 mins.





### SPELT PIZZA

### WITH HOMEMADE SAUCE AND TOPPINGS

1 hr 15 mins | Menu 28

#### INGREDIENTS

#### FOR THE DOUGH

Spelt flour	
Water	. 240m
Olive oil	4 tbs
L Salt	2 tsp
Yeast	.1tsp
FOR THE SAUCE	
Tomato cubes	1 can

Torriato cubes	I Call
Onion (finely chopped)	1
Garlic clove (finely chopped)	1
Oregano	2 tsp
A dash of balsamic vineger	
Olive oil (for cooking)	
Salt and pepper	

#### FOR THE TOPPING

Kohlrabi	1 larg
Young 35+ cheese	150g
Soft goat's cheese	200g
Pistachio nuts (unroasted)	50g
Smoked bacon ————	100g
Corn salad ————	50g
Olive oil	

#### STFPS

- 1 Place ingredients A, in the bread pan. Place the yeast in the container in the lid. Select menu 28 and press start.
- 2 Put olive oil in a frying pan and fry the onion until transparent. Add garlic, tomato cubes and oregano. Simmer for 5-10 mins on medium heat. Once it has thickened, add a dash of balsamic vinegar and salt and pepper. Simmer for another 5 mins. Place in a food processor and blend until smooth. Set aside to cool.
- **3** Cut the kohlrabi into thin 3mm slices with a mandolin, or by hand.
- 4 Once the bread maker is finished, divide the dough into four. Dust your working surface with flour and shape the pizza base, into a shape preferred.
- 5 Cut a piece of parchment paper to the size of your panacrunch pan and place the pizza base on it. Heat the panacrunch pan in the microwave for a maximum of 3 mins.
- g small base, then sprinkle on a handful of grated cheese, a couple of slices of kohlrabi, a handful of pistachio nuts, bacon and a some cubes of goat's cheese.
  - 7 Place pizza on the panacrunch pan and place in oven. Select grill setting 1 and microwave mode 440w. Bake 7 mins in the centre, then move the pizza to the top of the oven and bake it for another 2 mins for a crispy crust.



### PITA BREAD

Menu 17

#### INGREDIENTS

Yeast	1⁄2 ts
Strong wholemeal flour _	250
Sugar	1/2 ts
Salt	1/2 ts

#### STEPS

- 1 Place the ingredients into the bread pan and select menu 17.
- 2 Once complete divide the dough into 4 balls. Roll out into oval shapes approx 25cm x 13cm (10x5"). Place onto a baking tray.
- 3 Prove for 8mins. Bake at 240°C / Gas 9 for 6-9 mins.
- 4 Wrap in a clean damp tea towel to keep them soft and pliable.



# **JAM**

Prepare your own homemade jam at the touch of a button. Enjoy the delicious taste of seasonal ingredients throughout the year.

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### **APRICOT ROSE JAM**

2 hrs 10 mins | Menu 18

#### **INGREDIENTS**

INGILEDIENTO	
FOR THE JAM	
Pitted apricots	1kg
Organic maple syrup	180
Lemon juice	10 m
Salt	4g
Vanilla extract	1 ts
FOR THE ROSE INFUSION	
Boiling water	30n
Dried Damask roses	6-8
AS AN ALTERNATIVE TO THE INCLISIO	) NI

Vanilla extracts \_\_\_\_\_ 2 tsp

#### STEP9

- 1 Prepare the Damask rose infusion and close the lid to avoid releasing the aroma. Leave the infusion to rest for 10-15 mins.
- 2 Wash and dry the apricots. Remove the stone and cut them into medium-sized pieces.
- 3 Combine the apricots, maple syrup, lemon juice and vanilla. Remove the roses and pour in the Damask rose infusion.
- 4 Stir gently with a wooden spoon.
- 5 Select menu 18. It will take around 2 hrs.
- 6 Transfer the jam to appropriate sterilised jars, filling them almost up to the brim, knock out the air by tapping the jars on the work surface, close and leave to cool inside the jar.



### **STRAWBERRY JAM**

1 hr 45 mins | Menu 18

#### INGREDIENTS

Strawberries (finely chopped)	600g
Sugar	400g
Pectin	13 a

#### STE

- 1 Place half of the fruit into the bread pan then add half of the sugar. Repeat with the remaining fruit and sugar.
- 2 Sprinkle the pectin onto the ingredients in the bread pan.
- 3 Select menu 18 and enter 1 hr 40 mins on the timer.







### REDCURRANT AND CHILLI JAM

1 hr 50 mins | Menu 18

#### **INGREDIENTS**

Roughly mashed redcurrant	300g
Chillies (finely chopped)	2
Root ginger (finely grated)	4cm
Oranges (juice and finely grated zest)	2
Sugar	150g
Powdered pectin	3g

#### STEPS

- 1 Place all the ingredients except the sugar and pectin into the bread pan.
- 2 Add the sugar and sprinkle the pectin onto the ingredients in the bread pan.
- 3 Select menu 18 and enter 1 hr 40 mins on the timer.



### PUMPKIN APRICOT CHUTNEY

2 hrs 10 mins | Menu 18

#### **INGREDIENTS**

Hokkaido pumpkin	400g
Onion	1
Dried apricot	100g
Grated ginger	2 tsp
Grated garlic cloves	2
Mustard seeds	1tsp
Coriander seeds	1 tsp
Black pepper	½ tsp
Piment seeds	1/4 tsp
Cane sugar	150g
Salt	1tsp
Apple vinegar	140ml
Water	60ml
Black seeds	1tsp

#### STE

- 1 Chop the Hokkaido Pumpkin in 1 cm squares and the onion in fine slices. Chop the dried apricots coarsely.
- 2 Put all ingredients into Croustina, select menu 18 for 2 hrs. After roughly 1 hr 30 mins check if there is enough liquid inside the bread pan. If not put 2-3 tbsp water inside.
- **3** After 2 hrs put the Chutney in sterile glasses, close the lid and let it cool down. You can store it for 4 weeks in your fridge.





# **OTHER**

The Panasonic SD-ZP2000 Bread Maker can be used to prepare a wide range of foods in addition to bread. And it's great for cooking popular dishes such as polenta and pasta.





### MUSHROOM POLENTA

FOR THE MUSHROOM SAUCE

Vegetable stock \_\_\_\_\_

Salt

1 hr 10 mins | Menu 18

#### INGREDIENTS

FOR THE POLENTA	
Water (lukewarm or warm)	11
Cornflour	200g
Colt	2~

# Mixed mushrooms \_\_\_\_\_\_ 300g Clove of garlic [without peet] \_\_\_\_ 1 Spring onion \_\_\_\_\_\_ 15g Extra virgin olive oil \_\_\_\_\_ 30g Fresh sage leaves \_\_\_\_\_\_ 6-8 Chopped rosemary \_\_\_\_\_ 2g Bay leaf \_\_\_\_\_\_ 1 Kudzu or arrowroot \_\_\_\_\_ 2g Almond milk \_\_\_\_\_\_ 30ml Tamari \_\_\_\_\_ 1 tsp

#### STEPS

- 1 Pour lukewarm or warm water, Polenta flour and salt into the bread pan. Select menu 18.
- 2 Cut the mushrooms into slices or cubes, and cut the spring onion into julienne strips.
- 3 In a non-stick pan, heat the oil, garlic, spring onion and bay leaf. then, add the mushrooms and salt and cook for 8-10 mins. Add sage, salt and the sauté in the pan and continue cooking for another minute.
- 4 In a separate bowl, mix the arrowroot or kudzu, the vegetable milk and tamari, ensuring that no lumps are formed.
- **5** Pour into the pan with the mushrooms and let it simmer for 1-2 mins. Reduce until the desired consistency is obtained, and add the stock, if necessary.
- 6 During the last 2 mins of cooking, add the chopped rosemary
- 7 Remove the garlic and bay leaf, pour the hot polenta on a wooden cutting board and serve with the mushroom sauce.





