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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Bread – So Much a Part of Life

By Arleen M. Kaptur

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In the olden days, bread baking was a daily routine. Many times a loaf of warm, fresh from the oven bread, with a topping of fresh-churned butter was a meal – in times of hardship, in times of scarcity. Today, the food industry provides a mind-boggling array of bread products – your choice, to mix and match to your heart's content. They did, however, with all the magic of science, leave out "just a little". That little is the aroma or scent of fresh-baking bread, a hint of spice, and the texture of kneaded dough that provided not only sustenance but a form of "therapy" for the baker. It wouldn't take much to take a step back in time and give your family and friends that old-fashioned, yet timely, welcoming aroma that just brings them to the kitchen, awakens even the most sluggish appetite, and the smiles – well, that is the true "icing" on the bread.

The convenience of electric mixers with dough hooks and even bread machiens, frozen loaves of bread that just need to have that "finishing touch" – there is really no excuse not to bake bread, not because you have to – but because you want to.

Fall and all the upcoming holidays are an inspiration for your own creativity with spices, fruits, and other delights that give your loaf your "perfect touch". Bread baking – memory making – they just go together.

Try it – and the rewards will just bring you back to the kitchen to bake "one more loaf".

ENJOY!

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Arleen M. Kaptur – author of books and articles on living a simple/rustic lifestyle.

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Bread machines and bread makers for every Kitchen!

By Curtis Miller

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Bread – So Much a Part of Life

Bread machines or bread makers are fast becoming a small appliance used almost as much as the microwave oven. And why not? The smell and taste of freshly baked bread is hard to resist, let alone very nutritious for you. These machines can be considered another of the few miracle kitchen appliances to make our cooking and baking lives more enjoyable. Finding bread machines online has never been more easier, except maybe which one to choose for your families needs. Here are some basic tips in finding the right one for you.

Most store bought bread these days comes in one and a half to two pound loafs, so the first tip is look for a bread machine with a two pound capacity. There really isn't a good reason to make bread size less than a two pound loaf. Also it is nice to have a bread maker with at least 8 different settings. Some of your best choices for settings are: Basic, Whole Wheat, French, Sweet and Express bake.

Bread machines with a view window allows one to monitor the bread baking without raising the lid, saving energy and time. Make sure the loaf pan is non–stick coated for easy cleaning. Most bread makers today come with non–stick loaf pans but there are a few that still don't. Another great feature to have is the additional ingredients beeper, which comes in handy for adding fruit and more thru out the bread cycle.

Whether for once a week bread making to everyday use the bread machine has become a part of the modern kitchen. Make sure you compare different models online to find the perfect one for your family.

Curtis Miller is a successful author and publisher of www.kitchens-4u.com Your source for quality items for your kitchen.



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