



Easy Stand Mixer Dough Recipes: Bagels, Rolls, and Sweet Treats (Your Daily Homemade Bread Book 2)

Mary Ellen Ward

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This second book of the "Daily Bread" stand mixer bread series has a lot to offer, going above and beyond the much-loved basic bread recipes of Volume I to a much expanded repertoire as simple as the recipes of the first book. Packed with more than 40 recipes for sweet treats and breakfast doughs, it also offer plenty of options to help you put good morning fare in your household's path. Every bit as easy as the KitchenAid (R) and stand mixer recipes offered in Volume I's "Best Basics", these recipes, too, offer the fastest, easiest way to make real yeast doughs for rolls, buns, bagels, sweet yeast breads, English muffins, and yeast donuts (click 'Look Inside' to view a complete list of recipes in the Table of Contents).

Instant yeast (readily available in stores as bread machine yeast or name brands like "Rapid Rise (R)") cuts literally hours out of the process, while the stand mixer does all the heavy labor. Most recipes are ready for the oven in little more than an hour, making it possible to regularly enjoy these wholesome foods and take back your daily bread. No longer do you need to suffer with inferior bread products, or cringe at the list of chemical conditioners and preservatives in your breads and doughs - simple ingredient lists that you can tailor to the products you know and trust will make you feel good about bread again!

While a few of the recipes in this book may be once-in-a-while treats, many of them are things that we would do well to incorporate into the rotation for good living and good eating every day. Made ahead, a number of these recipes can help us overcome the expense of eating well, healthfully, and feeling good about what we are putting in our bodies and the bodies of those we care about most.

A good stand mixer bread recipe is a thing of beauty because it allows us to get back to the basics of good, wholesome foods like our mothers, grandmothers, and theirs before them made. It delivers to us the answer to the question of how to keep those traditions alive, eat the traditional foods we crave and need, and put fresh baked goods on the table while knowing exactly what has gone into them. We can choose the right staples and ingredients for our own diets and beliefs and forgo the chemicals and conditioners that we don't really need, and that, in fact, are likely doing us more harm than good. We can get back to using real ingredients of our choosing in our foods, not the machine-made, hydrogenated ingredients invented in chemist's labs.

With such a recipe, we are given the ability to fit yesterday's good foods into the crazy, harried, time-crunched busy lives of today. The best of today's KitchenAid® and stand mixer bread recipes give us the best of all worlds – real foods in short time, capable of being made while we multitask around the kitchen.

This book, the second of the "Daily Bread" series, stands alone as an excellent resource and makes an even better resource when paired with other books of this series for a full complement of easy stand mixer bread recipes.

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