

ANKARSRUM

User Manual

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Included with AKM 6230 Basic Package

1. BPA-free clear beater bowl
2. Drive shaft for beater bowl
3. Lid for both bowls (*also called a dust cover*)
4. Stainless steel bowl
5. Roller
6. Scraper (*also called a dough knife*)
7. Hand spatula
8. Dough hook
9. Mixer motor base
10. Standard double beater whisks
11. Whisk drive housing with gear
12. Cake beater whisks

Safety Instructions & Warnings

- Read all instructions.
- To protect against risk of electrical shock, don't put the base in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use, before assembly or removal of parts and before cleaning.
- Avoid contact with moving parts.
- Remove all accessories from the mixer before washing.
- Don't operate the appliance with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. Contact your retailer to find the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
- The use of attachments not recommended or sold by Ankarsrum may cause fire, electrical shock or injury.
- Don't use outdoors.
- Don't let cord hang over the edge of a table or counter, or come in contact with a hot surface.
- When using attachments, refer to the attachment instructions for specific operating safeguards.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities.
- This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.
- This appliance can be used by children aged from 8 years and above if they have been given supervision or instruction concerning use of the appliance in a safe way if they understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised. Keep the appliance and its cord out of reach of children aged less than 8 years.

Warning: Never leave appliance unattended while it's running. Moving parts can cause personal injury.

Getting to Know Your Ankarsrum

You've likely heard that the Ankarsrum mixer is an outstanding mixer but that it has a learning curve. The Ankarsrum Original stand mixer does have a noticeable, but very manageable learning curve compared to more familiar planetary-style mixers like the KitchenAid, and it's one that can be made brief by following the tips in this guide. The Ankarsrum's unique design, with its rotating bowl and stationary roller/scrapper (or optional dough hook) that mimics gentle hand kneading feels very different from the spinning attachments most bakers know. This leads to different visual cues during mixing.

What Might Be Tricky At First?

Dough appearance in the Ankarsrum can be deceptive to the new user, often looking shaggy, sticky, or "porridge-like" for much longer (10–20+ minutes of mixing) before it suddenly comes together and develops strong gluten. **Don't expect it to "clean the bowl" or look smooth early-on like in a planetary mixer. Mixing may take a little longer but the Ankarsrum mixes more gently.**

Liquids are added first before flour is gradually added (which is the *opposite* of most recipes written for KitchenAid-style mixers).

Adjusting the roller/scrapper is a new concept with the Ankarsrum mixer but it takes just a little practice to get it down pat (learn how in the "Positioning the Arm" section, below). Adjusting the arm correctly prevents issues like dough climbing the bowl, thumping, or uneven mixing.

Common beginner's issues include overloading whisks, starting too fast (causing splatter), or not adjusting the arm properly, which frustrates some new users—especially those transitioning from planetary mixers, like the KitchenAid.

How Steep Is It Really?

User experiences vary: Many describe it as mild, saying "just watch a couple videos" or it's "no big deal" after 1–3 batches, especially if you're new to stand mixers or come from hand-kneading. Others call it moderate to steep initially (a few weeks), like learning a manual transmission car—awkward at first, but soon it's easy and fun. Experienced bakers frequently say the curve flattens quickly with practice, and they never go back, praising how it handles large/high-hydration doughs better longterm. Ankarsrum mixers have a large, dedicated and fast-growing user community for great reasons!

Tips to Flatten the Curve

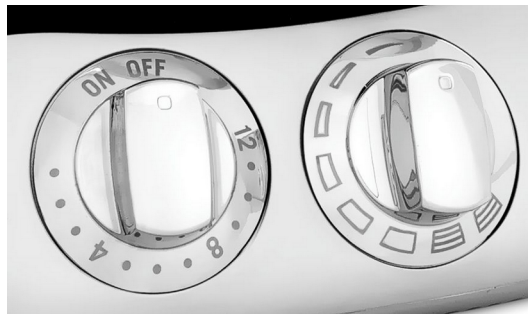
- The mixer performs best and feels most intuitive with large batches. Start with at least 800 grams of flour.
- Follow this manual when troubleshooting, and be patient with yourself! Most who stick with it (even if they had initial doubts) report that it becomes second nature and superior for bread.
- Watch official tutorials. Ankarsrum's YouTube channel has excellent intro videos with step-by-step demos: <https://www.youtube.com/@ankarsrumusa>

Basic Operation

1. Insert plug into the back of the motor base, then plug into a wall socket.
2. The left knob is the On/Off/Timer knob. Turn the knob to the “On” position for continuous use, or set to the desired mixing time by setting the timer from 1 to 12 minutes. To stop the machine at any point simply turn the knob to the “Off” position.
3. The right knob is for adjusting the bowl speed. For suitable speed settings, refer to specific recipes or attachment use recommendations. The general terminology used for speeds in this manual is that of a clock. The lowest speed is at the 12 o'clock position, the fastest is at 8 o'clock. **For most bread dough, you'll want to knead between the 2 and 3 o'clock positions.** If your dough is particularly stiff, knead at a lower speed (around 2 o'clock). Any speed from 40 to 180 RPM can be selected, and an electronic speed sensor automatically adjusts motor torque to the load.

Speed Control Conversion

Speed	Knob Position
Low	12 to 1 o'clock
Medium-Low	2 to 3 o'clock
Medium	3 to 4 o'clock
Medium-High	5 to 6 o'clock
High	7 to 8 o'clock

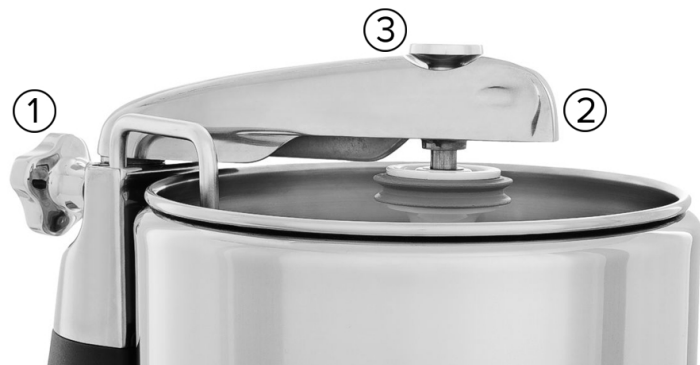


Assembling the Stainless Bowl & Bowl Tools

Place the stainless bowl on the motor base and turn until the bowl drops down onto the drive socket.

Place the **scraper** into the smaller hole located near the tension knob (1).

To attach the **roller**, loosen the tension knob, allowing the arm (2) to swing over the top of the bowl, pull up on the pin (3), position the roller under the arm and push the pin down into the center of the roller. Gently allow the arm/roller to return to the side of the bowl. When kneading dough, lock the arm and roller away from the rim of the bowl by pulling the arm towards the middle of the bowl and tighten in place using the tension knob.





When setting up your mixer for the first time, check the larger hole (1) located beside the tension knob for the spring that allows you to adjust the height of the dough hook. If you don't see a spring in the hole, check the box—it may have come out during transit.

To attach the **dough hook**, place the dough hook into the larger hole (1). Loosen the tension knob, allowing the arm (2) to swing over the top of the bowl. Pull up on the pin (3), position the dough hook under the pin and gently press the pin into the slot on the side of the dough hook. **Tighten the tension knob so the dough hook is locked in at the center of the bowl.**

The distance between the bottom of the bowl and the hook should be 4-5 mm. If necessary, adjust the height by adjusting the screw on the arm with a screwdriver.

The included lid can be placed on the large stainless steel mixing bowl when proofing bread dough. It also fits the double beater bowl and can be used during mixing to prevent splatters.

Some Ankarsrum owners choose to use the stainless steel bowl exclusively, preferring it over the beater bowl and whisks for all tasks. It's worth experimenting to discover what works best for you.

Using the Roller & Scraper

The roller and scraper are best used for smaller batches of bread, enriched doughs, and gluten-free baking. (Use of the dough hook, for larger batches, is covered further down this page.) This setup mimics traditional hand-kneading with a fold-and-knead motion.



Roller



Scraper

Bread Dough

Use the roller and scraper for high hydration yeast doughs. Start the machine on the lowest speed with the roller resting against the rim of the bowl. Begin with liquid ingredients and slowly add flour and other dry ingredients; this helps the ingredients to mix without dry spots, and it's easier to incrementally add dry to wet than the other way around.

As the dough thickens, adjust the roller away from the side of the bowl and lock in place using the tension knob. **The ideal distance to set the roller from the rim of the bowl depends on the amount of dough you're mixing.** You'll want the roller to apply gentle pressure to the dough as it passes between the roller and the side of the bowl, but don't position the roller so close that it pushes the dough up and out of the bowl. If the amount of dough in the bowl begins moving the arm/roller back and forth with much force, reduce the speed and adjust the arm/roller a little farther from the side of the bowl. Follow specific recipes for the kneading speed and time. **When locking the arm/roller in place the arm is still able to move toward the center of the bowl, but it's locked from moving towards the side of the bowl.**

Creaming Butter or Margarine

Place room temperature (65–70°F / 18–21°C) butter or margarine and sugar in the bowl. The roller should be resting against the rim of the bowl. Start machine on low and slowly increase speed to high/medium. If the ingredients collect in the center of the bowl, gently swing the arm/roller into the center a couple of times to ensure thorough mixing. Run for about five minutes for best results. Butter or margarine will stick to the roller at first but will work itself off and cream beautifully.

Cookies

Follow directions above for creaming butter with sugar. Once creamed, reduce speed to low and add remaining cookie ingredients. Again, if ingredients collect in the center of the bowl, gently swing the arm/roller back and forth to ensure proper mixing. If mixing a large batch of cookies, adjust arm/roller slightly away from the rim of the bowl and lock in place by tightening the tension knob.

Cakes

With roller resting against the rim of the bowl, combine ingredients and mix on medium/high speed for about five minutes or until mixture is well mixed. Remember to gently swing the arm/roller into the center of the bowl as needed, to ensure all ingredients are incorporated.

Whipping Cream (2 to 4-1/2 cups)

Pour whipping cream into stainless bowl. With the roller resting against the rim of the bowl, turn machine on at the lowest speed. Slowly increase speed to medium/high and whip until desired thickness is reached. For best results, chill the bowl in the refrigerator or freezer before adding the cream.

Meringue (2 to 20 egg whites)

Combine egg whites and sugar in the stainless bowl. With the roller resting against the rim of the bowl, turn machine on to the lowest speed. Slowly increase speed to medium/high and whip until the desired stiffness is reached. For best results, the egg whites and bowl should be at room temperature.

Mashed Potatoes (1 to 5 lbs.)

Place cooked potatoes in the stainless bowl with the roller resting against the rim of the bowl. Turn machine on at the lowest speed. Add remaining ingredients and gently press the top of the arm/roller to force potatoes to mash. Over-mixing will cause potatoes to become gummy.

Mincemeat, Sausage Meat, Pâté (1 to 6-1/2 lbs.)

Mix ground meat at medium speed. If you're mixing large quantities, adjust and lock the arm/roller about two inches from the side of the bowl.

Using Dough Hook

The dough hook is ideal for larger batches and multiple loaves. It kneads by pulling and stretching the dough for efficient mixing.

The Ankarsrum Original dough hook operates quite differently from those on mixers like the KitchenAid or Bosch. While other mixers have the hook spinning around a stationary bowl, the Ankarsrum's dough hook stays stationary as the bowl itself rotates, creating a gentler folding and stretching action.

We recommend the dough hook for both high-hydration doughs (over 70%) and low-hydration doughs (under 60%). That said, you can experiment with the roller/scrapper setup too—many bakers find it performs even better for some recipes.



Dough Hook

Yeast Dough

Use the dough hook and scraper together for high hydration yeast doughs like ciabatta and baguettes.

Low hydration yeast doughs like bagels, pretzels, croissants, and challah can also be kneaded with the dough hook, but the scraper is unnecessary for stiff dough. Add ingredients to the stainless bowl with the arm/hook locked about two inches from the side of the bowl, and begin mixing on low speed.

Add the flour incrementally. As dough thickens adjust and lock arm/hook to center of bowl. **For large batches, add just half the flour, mix well, then add remaining flour.** Follow recipe for specific mixing speed and kneading time. You may also want to try low hydration dough with the roller and scraper and see what works best for your recipe.

Mincemeat (1 to 5-1/2 lbs.)

Lock the arm/hook in at the center of the bowl and mix at medium speed.

Positioning the Arm

Position the arm/roller close enough to the side of the bowl that the roller is applying gentle pressure to the dough as it passes between the roller and the side of the bowl. Position it far enough away from the side of the bowl that it's not pushing the dough up and out of the bowl. The dough should not move the arm/roller back and forth with a lot of force; a small amount of gentle movement is okay as the arm/roller is designed to mimic hand kneading with the scraper folding the dough and then the roller kneading it against the side of the bowl. If the arm/roller is set too close to the side of the bowl you might be tempted to tighten the tension knob even more, but this can strip the threads of the tension knob.

Arm/Roller Positioning			
Recipe/Technique	Arm/Roller Distance from Bowl	Knob Tension	Starting Speed
Kneading bread dough (1-3 c. flour)*	1"	Tight	Low
Kneading bread dough (3-5 c. flour)*	2"	Tight	Low
Kneading bread dough (5-9 c. flour)*	3"	Tight	Low
Kneading bread dough (9-15 c. flour)*	4"	Tight	Low
Kneading bread dough (15-21 c. flour)*	As far as possible	Tight	Low
Combining wet and dry ingredients	None	Loose	Low
Creaming butter and sugar	None	Loose	Low
Aerating ingredients (egg whites, whipped cream, etc.)	None	Loose	Low
<p>*Arm/Roller positions for bread dough are simply guidelines and may need adjustment depending on the stiffness of the dough. The roller should be close enough to the bowl to apply gentle pressure to the dough as it passes between the roller and the bowl. However, make sure the roller is far enough away from the bowl as not to push the dough up and out of the bowl or to force the roller to move forcefully towards the center of the bowl.</p>			

Assembling the Beater Bowl & Bowl Tools



Place the drive shaft into the motor base by lining up the notches in the shaft with the small bar in the motor base socket. Set the beater bowl over the drive shaft, turning until the bowl drops into place. The spout should be facing the mixer arm.

To attach the whisks to the whisk drive, set the gear in the whisk drive housing, then slide the whisks onto the prongs of the whisk drive, making sure to line up the teeth on the whisks with the teeth on the gear, then gently press the whisks until you hear them snap into place. To remove the whisks from the whisk drive, place the whisk drive on a hard surface with the whisks pointing up and gently pull on the whisks until they pop off.

Capacity note about the beater bowl: The manufacturer states a capacity of 4 qt. (3.7L) for the beater bowl, but the volume as measured to the rim of the bowl, which is the common industry standard of measure, is actually 6 qts (5.6L); we've found that practical usable capacity is 4.5 qts. In terms of ingredient measurements the beater bowl can handle 2-20 egg whites, or 3-27 ounces of cream.

Using the Beater Bowl

Bowl Tools



Standard whisks
in whisk drive



Cake beater whisks

Double Beater Whisks (for airy mixtures) should be used for light mixtures only. Whipping cream, egg whites, light icings (glazes), meringues and marshmallows are all acceptable. The whisks are best for recipes that require whipping air into the food.

Cake Beater Whisks (for soft cookie batters) should be used for soft batters including cakes, cookies, pancakes, muffins and brownies. A basic chocolate chip cookie dough would be considered a soft cookie dough. A thick cookie dough often calls for rolled oats, nuts, seeds, chocolate chunks and fruit. Thick batters should be mixed in the stainless bowl with the roller and scraper.

Note: The beater bowl is heat resistant and it's safe to pour boiling water into.

General Mixing Instructions

Butter, margarine, and cream cheese should always be room temperature (65–70°F / 18–21°C) before using the beater bowl and wire whisks, unless the recipe requires cold butter, such as for biscuits, scones or pie dough. When cold butter is required always shave or grate it before mixing it into the dough.

Never incorporate chunks of cold butter as it will cause the beaters to break. Always begin mixing on the lowest speed and slowly increase the speed to the desired level.

Soft Cookie Dough

Place room temperature butter or margarine and sugar in the beater bowl. Attach the cake beater whisks to the whisk drive and place the whisk drive on the drive shaft. Start machine on low and slowly increase to medium/high. Once butter and sugar are creamed, set mixer to low speed and add remaining ingredients. Mix just long enough to incorporate dry ingredients, then turn mixer off. Over-mixing can cause cookie dough to become stiff; the stiffer the dough is, the greater the risk of breaking the whisks and whisk drive gear.

General Bread Tips

Sourdough recipes work just as well in the Ankarsrum mixer as breads made with commercial yeast.

Mixing techniques are determined by dough hydration rather than the type of yeast used. Below are a few tips for making bread, whether it's made with wild or commercial yeast.

Autolyse

Many bread bakers begin by mixing only the water and flour on low speed for 3–5 minutes, then allowing the mixture to rest for 20–30 minutes before continuing with the recipe. This step, known as an autolyse, allows the flour to absorb the water and begin developing gluten naturally.

No salt is added during the autolyse, as salt can inhibit gluten development, and no yeast is included because fermentation would begin strengthening the dough—which is not the goal at this stage. After the autolyse is complete, the remaining ingredients can be added and mixed in.

Using this simple technique introduces less oxygen into the dough and minimizes mechanical mixing, resulting in improved flavor, nutrition, color, and texture in the finished bread. Autolyse can be used with virtually any bread dough recipe.

Stretch and Folds

Bread recipes often call for stretch-and-folds after the dough has been mixed, kneaded, and rested. When dough is developed in the Ankarsrum mixer, these steps are typically unnecessary, as the mixer builds a very strong gluten structure during kneading. That said, some bakers still choose to perform a few stretch-and-folds simply to handle the dough and better understand how it will behave.

Hand Spatula

The included hand spatula is useful for cleaning dough off the dough hook, roller, and scraper, and using the curved side of the spatula you can easily scrape out the beater bowl or stainless mixing bowl.

Cleaning

All bowls and bowl tools are dishwasher safe, although hand washing is recommended for the clear beater bowl. Beaters should be placed in the top rack of the dishwasher and plastic beater bowl should be placed in the lower rack, but not directly over the drying element as it may melt the plastic. To wash by hand, use warm soapy water and wash with a sponge or cloth.

We recommend soaking the bowls in warm water as soon as you empty them, to make them easier to wash them out later. To clean any stubborn dough marks off the stainless bowl, a stainless steel cleaner like Bar Keeper's Friend works beautifully! Do not use abrasive cleaners on the stainless bowls.

Which Bowl & Bowl Tools to Use

The chart on the next page offers recommendations on which bowl and mixing attachment to use for specific recipes. When deciding whether to use the roller and scraper or the dough hook in the stainless bowl, we encourage you to try both to see which works best for your recipe. If you'd like more assistance please contact us at info@4phg.com, we'll be happy to help you with your questions.

Bowl & Bowl Tool Recommendations	
Bowl & Attachment	Recommended Uses
Stainless Steel Bowl + Roller/Scraper	Creaming butter, Cookie doughs (with chocolate chunks, fruit, nuts, rolled oats), Gingersnaps, Sugar cookies, Cake batter, Cheesecake, Buttercream frosting, Whipped Cream, Meringue, Mashed Potatoes, Mincemeat, Pâte à Choux/cream puff dough
Stainless Steel Bowl + Dough Hook	High hydration yeast dough (like ciabatta, baguettes), Low hydration yeast dough (like bagels, pretzels, croissants, challah), Mincemeat
Beater Bowl + Standard Whisks	Whipped cream, Meringue, Light icing / glazes, Marshmallows
Beater Bowl + Cake Beater Whisks	Soft cookie dough (like chocolate chip, spritz, Danish shortbread), Cheese straws, Cake batter, Pancakes, Brownies, Biscuits, Scones, Dutch Babies, Popovers, Pie dough, Pasta dough*
*For pasta dough, use any whisk setup on low speed <u>just until combined</u> . Over-mixing may break whisks.	

Troubleshooting

Dough Climbing to Top of Bowl

If dough is climbing up to the top of your bowl, you probably have the dough roller positioned incorrectly. When you begin, don't lock the arm (and therefore the roller) immediately. Instead, allow it to rest against the bowl while the first ingredients are being mixed. Run the mixer at a low speed during this stage. As the dough becomes firmer and begins to climb the roller, pull the arm slightly toward the center and lock it so the roller sits 2–4 cm from the edge of the bowl by turning the base knob. You can then increase the speed to medium.

Dough Thumps Against Bowl

This usually occurs when the dough is too firm or when too much flour has been added. Reduce the speed and adjust the base knob as needed. When making dough in the Ankarsrum, you typically need slightly less flour than a recipe specifies, so add the flour gradually. Keep in mind that the dough will continue to firm up after the mixer has kneaded it for a few minutes. If using the roller and scraper, try switching to the dough hook locked into the center of the bowl to see if that works better for your recipe.

Dough Sticks to Side of Bowl

Your dough likely just needs more kneading time. It should eventually pull away from the sides of the bowl, but this can take 8–12 minutes, so patience is key. The bowl scraper (sometimes called a “dough knife”) is not intended to keep the bowl completely clean. Its primary purpose is to guide the dough back toward the roller or dough hook. While it does help clear the sides of the bowl, it isn’t designed to scrape the bowl spotless.

Ingredients Won't Mix

Occasionally, you may need to assist by pulling the arm slightly toward the center to incorporate any dry ingredients. Do not lock the arm until the ingredients have begun to combine and the dough starts to climb the sides of the bowl. Only at that point should the arm be locked. The dough hook should be centered and locked, while the dough roller should be locked 2–4 cm from the edge of the bowl.

Oil on Mixer Upon Arrival

Some customers notice oil on their mixer when it arrives. This is food-grade oil applied by the manufacturer in Sweden before shipping. It helps protect the mixer and its components from corrosion caused by sea-salt air during the long ocean transit to the United States. The oil can be easily removed by washing the parts and mixer base with warm, soapy water.

Round Marks on Bottom of Stainless Bowl

These are heat marks from spot welds and they're normal, not a reason for concern.

Arm Has No Resistance

Check the larger hole located beside the tension knob for the spring that allows you to adjust the height of the dough hook. If you don't see a spring in the hole, check the box—it may have come out during transit. If you no longer have the box, call Ankarsrum customer service to request a replacement spring.

Spring in Mixer Box

If you found a small spring in your mixer box, read the section just above (called “Arm Has No Resistance”) to learn where to put it.

Butter Sticks to Grooves in Roller

Speed is key! Turn the speed up when creaming butter and sugar so the butter will fly off the roller.

Butter Stays at Bottom of Beater Bowl

If your butter sticks to the bottom of the beater bowl when mixing, try adding your ingredients in a different order (try sugars first, then eggs, and then the butter). You may also want to try your recipe in the stainless bowl with the roller/scrapper.

USA Warranty Policy

Ankarsrum model AKM6230 comes with a 7 year manufacturer's warranty on the motor base assembly, and a 1 year limited warranty on all attachments and accessories. Warranty does not cover commercial use, user negligence or abuse, or use with non-Ankarsrum brand attachments. The warranty is only valid when using the mixer as directed in this manual. For more warranty information, visit <https://www.ankarsrum.com/us/>.

For warranty service, contact Ankarsrum's customer service by calling 770-516-0577 or emailing info-us@ankarsrum.com. If your warranty issue is within 30 days of your purchase Ankarsrum USA will replace or repair the unit at their discretion, covering all shipping, handling, parts and labor. After 30 days, you'll be responsible for shipping and handling to their facility in Canton, GA. Once the unit arrives they'll inspect the machine to determine if the problem is covered by warranty. Parts, labor, shipping and handling back to you will be covered per your warranty. If the service required is due to misuse, Ankarsrum USA will contact you before repairing the machine to discuss options. If you have questions please email Ankarsrum USA at <https://www.ankarsrum.com/us/>.

Note: We recommend that you keep the box and packaging materials your mixer came in, just in case your mixer needs to be shipped back for any reason.

Customer Support

For more information about learning how to use your new mixer see our Ankarsrum mixer guide at <https://pleasanthillgrain.com/how-to-use-the-ankarsrum-mixer>.

For step-by-step recipes and instructions on using the Ankarsrum Assistent and its many attachments, visit Ankarsrum USA at <https://www.ankarsrum.com/us/knowledge-bank/>.

Conclusion

The short-to-moderate learning investment pays off hugely in dough quality, capacity, and durability. Many call it "worth it" after the first few successful loaves! **Mastering the Ankarsrum unlocks culinary dreams through consistently better bread and baked goods, making it an inspiring resource for anyone serious about elevating their home baking.**

Remember that when your dough looks shaggy, sticky, or porridge-like for 10-20+ minutes, that's normal, not a failure! This manual should give you the know-how to set yourself up for success and troubleshoot issues that may arise (like dough climbing, thumping, splatter, or overloading). **If you have questions not answered here or would just like to discuss your particular needs, our knowledgeable customer service representatives would love to talk with you.**

The Ankarsrum's gentle, hand-mimicking design truly excels at superior gluten development, large batches (up to 7 loaves), high-hydration/rye doughs, and quiet, stable performance—often yielding "smooth, silky, elastic" results that outperform conventional mixers once mastered.

The Ankarsrum is a premium tool for serious bakers, and despite a short learning curve (roller adjustments, unconventional cues), it delivers superior dough texture, quiet reliability, and versatility—rewarding patience with exceptional bread results and amazing longevity. The Ankarsrum mixer is ideal for those prioritizing quality over familiarity with planetary mixers! Success, and baking joy, is achievable and reliable with the Swedish-made Ankarsrum mixer!

Basic 100% Whole Wheat Bread Recipes for the Ankarsrum

Basic Bread Recipe: Ingredients for Five Batch Sizes										
Loaves*	Hot Tap Water 115° F	Step A portion of flour**	Oil	Honey	Gluten	Dough Enhancer	SAF Yeast	Step B Portion of flour	Sea Salt (heaping)	Max. total whole wheat flour req'd
8	8-1/2 c.	12 c.	1 c.	1/2 c.	1/2 c.	3 T.	4 T.	6 c.	3 T.	20 to 24 c.
5	6-1/3 c.	9 c.	3/4 c.	1/3 c.	1/3 c.	2 T.	3 T.	4 c.	2 T.	14 to 17 c.
4	4-1/2 c.	6 c.	1/2 c.	1/4 c.	1/4 c.	1-1/2 T.	2 T.	2-2/3 c.	1-1/2 T.	10 to 13 c.
2	2 c.	3 c.	1/4 c.	2 T.	2 T.	2 tsp.	1 T.	1-1/3 c.	2 tsp.	5 to 6 c.
1	1 c.	1-1/2 c.	2 T.	1 T.	1 T.	1 tsp.	2 tsp.	2/3 c.	1 tsp.	2-1/2 to 3 c.

*Batch size given in number of loaves is based on use of 3" x 4-1/2" x 8" loaf pans, and a loaf weight of about 1-1/2 lbs. The 8-loaf batch will weigh about 13 lbs.

**If you use flour from the fridge or freezer, let it warm to room temperature before using. If using freshly milled flour, let it cool to room temperature before using.

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1. With the roller and scraper installed in the mixer bowl, pour hot water into bowl. Add the “Step A” quantity of freshly ground whole wheat flour, then the oil, honey, gluten, dough enhancer and yeast. Turn mixer onto a low speed to incorporate ingredients.

2. Stop and add the “Step B” quantity of flour & add salt on top. Turn on to a medium speed and within about 1 minute, gradually sprinkle in more flour until the sides of the bowl come mostly clean and the dough forms a “donut” around the roller. This final amount of flour required depends on the humidity of the air and the protein content of the wheat. (Don’t take too long to sprinkle in this final flour, because mixing too long at this stage will cause gluten breakdown which produces very sticky dough, and dense bread).

As the dough thickens, adjust the roller away from the side of the bowl and lock in place using the tension knob. The distance of the roller from the rim of the bowl is determined by the amount of dough you’re mixing. You’ll want the roller to apply gentle pressure to the dough as it passes between the roller and the side of the bowl, but don’t position the roller so close that it pushes the dough up and out of the bowl. If the amount of dough in the bowl begins moving the arm/roller back and forth with much force, reduce the speed and adjust the arm/roller a little farther from the side of the bowl. (When locking the arm/roller in place the arm is still able to move toward the center of the bowl, but it’s locked from moving towards the side of the bowl.)

3. After bowl sides come clean, knead on a medium high speed until gluten is developed, generally 12-16 minutes. (If using white flour, kneading time for gluten development may be shorter).

4. Gluten development is checked by pulling off a golf-ball sized piece of dough with oiled hands and slowly stretching 2-3 inches between fingers. Gluten is fully developed when you can stretch dough to translucent thinness without tearing. If it tears very easily, knead longer. Gluten will develop faster if your wheat has exceptionally good protein content. Finished dough will have a soft sheen. If over-kneaded, it becomes stringy and bread texture will suffer.

When gluten is developed, pour dough out on a greased surface. Shape dough into a circle and divide, by cross-cutting, into equal pieces (a dough divider is perfect for this). Two loaves' worth makes a 9" x 13" pan of cinnamon rolls. Loaf pans 8" x 4-1/2" give a nice rounded top.

5. Shape the loaves by hand or by rolling out. To roll out, use a greased pin on a greased surface and roll to 8" x 16". Then, starting at the far end, roll up tightly in a spiral like you would cinnamon rolls. Tuck each end under, and SLAM dough down (really hard!) on the counter a few times to eliminate air bubbles between layers of dough. Put in greased pans. Cover and let rise in warm, draft-free place until volume doubles (about 20 minutes).

6. Bake in preheated oven at 350°F. After 25-30 minutes (depending on your oven), test by inserting probe of an instant-read thermometer into center of loaf. Remove when temperature at center of loaf reads a full 200°F. If temperature is lower, return to oven a few minutes until 200°F at center.

7. Cool on racks. Store in plastic bags or bread box when fully cooled. Freeze extra loaves in bags.

USEFUL FACTS ABOUT GRAIN AND FLOUR YIELD

- 1 cup of whole wheat grain makes about 1.5 cups of flour.
- 1 pound of wheat grain makes 1 pound of whole wheat flour.
- 1 pound of wheat makes 1 typical bread loaf in an 8" loaf pan.
- A 45 lb. bucket of wheat contains about 95-98 cups of wheat (density naturally varies a little.)
- Wheat grain is also known as "wheat berries."