

Sandwich Bread

Ingredients:

8.5" x 4.5" pan

- 1 cup (227g) scalded milk
- 2 tablespoons (28g) butter
- 2 teaspoons instant yeast or active dry yeast
- 2 tablespoons (25g) honey
- 1 1/4 teaspoons (8g) salt
- 3 cups (360g) flour

9" x 5" pan

- 1 1/4 (284g) cup scalded milk
- 3 (35g) Tablespoons butter
- 2 1/2 teaspoons instant yeast or active dry yeast
- 2 1/2 (31g) Tablespoons honey
- 1 1/2 (10g) teaspoons salt
- 3 3/4 cups (450g) flour

Instructions:

Grease your bread pan of choice.

Scald milk in the microwave by placing the milk in a microwave safe bowl and cooking it for 2 minutes or until little bubbles appear on the edges of the milk.

Cut your butter into chunks and put it into the bowl of your stand mixer fitted with the dough hook. Pour the hot milk over the top and mix well. Allow the mixture to cool to 110°F/43°C before going on.

When your milk/butter mixture is lukewarm, add your yeast and honey and mix well. Allow the yeast to wake up for 3-5 minutes (or until frothy).

Once the yeast is happily frothy, add in half the flour, then the salt and turn your mixer on low until incorporated. Add the remaining flour and once incorporated, turn your mixer to medium high and allow it to knead for 6-8 minutes or until your dough looks smooth and supple. It should not be sticky, if it is, add a bit more flour a teaspoon at a time.

Transfer the dough to a lightly greased bowl, cover, and allow it to rise until puffy, about 1 hour.

Tip the dough out onto a lightly oiled work surface, and shape it into a log that fits your greased bread pan. Place the log in your pan and loosely cover with a lightly greased piece of plastic wrap.

Allow your bread to rise for 1 hours or until the dough rebounds slowly when poked.

Towards the end of the final rising time, preheat the oven to 350°F/175°C.

Bake the bread for 30 to 35 minutes, until it's light golden brown. Test it by removing it from the pan and thumping it on the bottom (it should sound hollow), or by measuring its interior temperature with a digital thermometer (it should register 190°F/93°C at the center of the loaf).

Remove the loaf from the pan and allow it to cool completely before slicing.