

13X4X4 Pullman Sandwich Loaf

Yield: Approx. 1 loaf

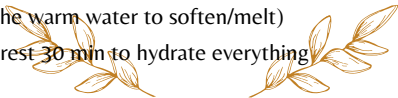
Ingredients

- 450g (3 $\frac{3}{4}$ C) hard wheat flour (red or white, for gluten structure)
- 210g (1 $\frac{3}{4}$ C) soft wheat flour (for tenderness and balance)
 - or 660 (5 $\frac{1}{2}$ C) bread flour
- 1 $\frac{1}{2}$ C (360ml) warm milk (<110 degrees)(or part water)
- 1 lg egg
- 2T (24g) honey or sugar
- 2tsp (10g) sea salt
- 2 $\frac{1}{4}$ tsp (7g) instant yeast
- 4T (56g) unsalted butter, softened or melted

Directions



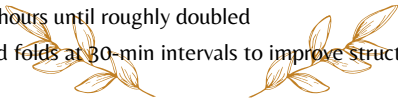
- Autolyse (Flour + Liquid Rest)
 - In a large bowl or mixer, combine:
 - 660g fresh flour (If grinding fresh, let rest after grinding about 30 min to cool down and absorb some water back in)
 - 360ml warm milk or water (I use dried milk and warm water, if using fresh milled flour, start with about 300ml liquid and add more if needed. Fresh milled flour does not need as much liquid)
 - 1 egg
 - 24g honey
 - 56g Melted butter (I place the butter into the warm water to soften/melt)
 - Mix until a shaggy dough forms, cover and rest 30 min to hydrate everything



Directions

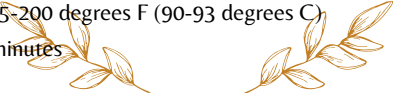


- Add Yeast + Salt
 - Sprinkle in:
 - 7g instant yeast
 - 10g salt
 - Knead by hand for 10-15 minutes, or in a stand mixer for 7-10 minutes.
 - Dough should become smoother and more elastic but remain slightly tacky
 - If dry, add more liquid 1T at a time until the consistency is correct
- Bulk Fermentation
 - Transfer dough to a greased bowl
 - Cover and let rise in a warm place for 1 ½ to 2 hours until roughly doubled
 - Optional (but recommended) do 1-2 stretch and folds at 30-min intervals to improve structure



Directions



- Shape & Final Proof
 - Grease your 13x4x4" Pullman pan
 - Punch down the dough, shape into a tight log, and place seam-side down in pan
 - Let rise 45-60 minutes, until dough is about 1/2-3/4" from the top
 - If using the lid (make sure to grease the lid too! Made that mistake a couple of times!) dough should be just touching the underside
 - Bake
 - Preheat oven to 375 degrees F or (190 degrees C)
 - Bake with lid on (for square shape) or uncovered (for domed top) for 40 minutes
 - Check for doneness: internal temp should be 195-200 degrees F (90-93 degrees C)
 - If browning too fast, tent with foil after 25-30 minutes
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Directions



- Cool
 - Remove from pan immediately. Cool on a wire rack for at least 1 hour before slicing.
- Storage Tips
 - Wrap cooled loaf in beeswax, foil, or bread bag
 - Freezes beautifully-slice first, then freeze with parchment between slices

