

Garbage Bread

September 3rd, 2021

This recipe serves: 8

Prep Time: 24:00

Cook Time: 00:30

Garbage Bread is the ultimate brunch food. Variations of this recipe can be found in Brooklyn Delis, called Proscuitto Bread. The yield for this recipe is 2 medium-sized loaves. They can be cut into 2 inch cubes and served with a charcuterie board or eaten as a snack.

Ingredients:

Bread Dough

- 4 Cups (17.5 Ounces/500 Grams) of Bread Flour
- 2 Teaspoons Salt
- 2 Teaspoons Sugar
- 3/4 Tablespoon Yeast (Active Dry)
- 2.5 Tablespoons Olive Oil or Garlic Confit Olive Oil
- 1.25 Cups (10 Ounces or 300 ml) Milk

Mix-Ins

- 8 Ounces of Cheese, cut into 1/4-inch cubes
- 4 ounces Deli Ham, cut into 1/2-inch cubes
- 4 ounces Pepperoni, cut into 1/2-inch cubes
- 4 ounces other Deli Meat, cut into 1/2-inch cubes
- 6 ounces Bacon, fried and crumbled

Optional Ingredients

- 1/2 Red Bell Pepper, finely chopped
- 3 Garlic Cloves, finely minced
- 1 Jalapeno Pepper, seeds removed and finely chopped
- 1 Roma Tomato, seeds and liquid removed, finely chopped
- 1 Teaspoon Aleppo Pepper Flakes or other Pepper Flakes
- 1 Teaspoon Rosemary Leaves, finely chopped

Directions:

In a mixer, mix the dry ingredients together until fully integrated.

Use the dough hook on low, and add the milk.

Stop the mixer, as needed, to scrape with a spatula.

Mix until the Dough forms a single ball and cleans the inside of the bowl.

Continue to run the mixer on medium-speed for 5 more minutes.

Reduce speed to low and add the Meat and Cheese. Continue to knead until combined, about 2 minutes longer.

Oil a large bowl and turn out the dough into the bowl.

Quick Rise

If you plan to eat the Meat Bread on the same day, cover the bowl and allow the dough to rise for 1 hour.

Long Rise

If you have a few days to build up a better flavor in the dough, cover with plastic wrap and slow ferment in the refrigerator for 24 hours to 5 days.

After the cold ferment process, remove from the Refrigerator and bring up to room temperature.

Prepare the Loaves

Separate the dough into 2 equal parts. Form into loaves and pan.

Cover with plastic wrap or Tea Towels and allow to rise for 2 hours (after reaching room temperature).

Cook the Bread

Preheat the oven to **450° F**. Set the rack in the middle position.

Bake for 30 minutes, until the internal temperature of each loaf reaches 205°.
Transfer loaves to wire rack and let cool completely. Serve.