

Bread. It's Just Bread.

May 17th, 2020

This recipe serves: 3

Prep Time: 24:00

Cook Time: 00:00

Sometimes, you just want to make a basic loaf of bread. This bread is a great companion to serve with Stew or to make a Grilled Cheese Sandwich.

Ingredients:

15.5 oz Bread Flour

7.5 oz 2% Milk (heated to 100-115° Fahrenheit)

2 Tablespoons Sugar

1 packet (1/4 oz) Active Dry Yeast (NOT Rapid Rise Yeast)

1 Teaspoon Salt

1 Tablespoon Olive Oil

Directions:

In a small bowl, mix the Milk and the Sugar

Sprinkle the Yeast on top and wait about 5 or 10 minutes until you get a good bloom.

After the Yeast has been activated, Add the milk mixture to the Flour. Knead (or use a mixer) until everything is incorporated. The dough should be smooth but not overly sticky.

Form the dough into a ball and place into a medium-sized bowl. Cover loosely with plastic wrap and sit in a warm place to let rise for about an hour.

Punch the dough down, recover with the plastic wrap and rest the dough in the refrigerator for at least 24 hours and up to 3 days. Remember, time equals flavor.

After the dough has rested, remove it from the refrigerator and let it sit, covered, in a warm place until the dough warms up to room temperature.

Clean a surface to work the dough. Sprinkle 1 Teaspoon of Sea Salt across the work surface.

Pour about 1/2 Teaspoon Olive Oil on the surface. Knead the dough, making sure to pick up all the salt and all the oil. Add the other 1/2 Teaspoon Olive Oil to the surface and work it into the dough.

Shape the dough into a loaf and place in a Bread Pan.

Place in a preheated oven at 400° Fahrenheit until each loaf registers an internal temperature of 190 degrees.