

Soft Sandwich Bread with freshly milled flour.

-This recipe is written for bread machines with customizable bread cycles.

-This recipe will have occasional updates as new people test it out.

(last updated - 1/23/25 reduced first rise timing)

- 440 g wheat berries, hard white. or a combination of hard wheat.
 - 280 g water, milk, buttermilk, leftover whey from cheese or yogurt making, or a combination of those, warmed to around 100 degrees
 - 1 egg, beaten
 - 30 g butter, softened
 - 45 g honey (agave syrup works too)
 - 8 g sunflower lecithin powder (optional dough conditioner to help the final texture of the loaf)
 - 8 g instant or active dry yeast
 - 8 g salt
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- 1 egg yolk, 1 tbsp water for egg wash. Optional. Brush the loaf with the egg wash partway through the final rise.

Warm liquid, around 100 degrees. Add egg, butter, and honey.

Put this mixture into the bread pan.

Mix sunflower lecithin with the flour

Add flour on top of the liquid. **(Do not add yeast or salt yet)**

Run a 10-minute knead-only cycle.

After the kneading cycle completes, add the yeast and salt on top of the dough in separate piles.

Program/start your bread course.

The settings I use for my Zojirushi Virtuoso:

Rest: 20 min (this autolyze/rest will help with passive gluten development. This will help achieve a soft & fluffy loaf) Do not use this rest period if you are not using the 10 min knead-only cycle above.

Knead: 20 min

Shape: Off

Rise: 1 35-45 min (15-20 summer/25-30 winter)

Rise: 2 15-20 min (15 summer/20 winter)

Bake: 55 min

If your loaf rises too high during the second/final rise and falls once it's baked, reduce your rise #2 time by 5 min the next time.

Your rise times may change based on the heat/humidity. I live in a moderately humid environment. Summers are hot and winters are cold.

Below are pictures of what the dough looks like throughout the process for me. -Krista

Mixing the ingredients (minus the yeast and salt)



The dough will be very sticky and stretchy after the 10-minute mix.



Partway through the autolyze.



Start of the knead cycle after adding the salt and yeast.



After the kneading cycle. The dough is still sticky but much more cohesive and smooth.



First rise



After the first rise the machine will punch down the dough to prepare it for the 2nd rise.



Start of the 2nd rise.



Apply the eggwash partway through the second rise. Be gentle with the egg wash!



10 min into the bake. The crust has started to set.





Finished!