



# Superbly Soft Sandwich Bread with Milk & Honey)

Fat makes for a more tender bread, and so we like to add it to things like rolls or buns, whatever you want to call them. An "Enriched" or rich dough includes fat or sugar with ingredients like butter, honey, eggs, and milk (which includes fat). These things tenderize the bread, and I think you'll enjoy the texture a bit more than the basic loaf (especially if you like a sweeter flavor).

Recommended pan: 8.5 x 4.5" Loaf Pan

## Ingredients

- 400 g wheat berries, hard
- 40 g water, boiling
- 20 g flour, any
- 8 g sea salt
- 8 g yeast
- 8 g lemon, juice
- 20 g honey (optional)
- 25 g butter
- 50 g egg, whole (1 egg)

## Directions

1. Mill wheat berries into fine flour.
2. Make the Yudane: Quickly mix 20 grams of flour from step 1 with 40 grams boiling water until a paste forms.
3. Pour the COLD milk over the hot yudane and stir. This will immediately cool down the yudane so we don't kill our yeast.
4. Add the egg, lemon juice, honey (if using), and flour. Mix a few minutes.
5. Let the dough rest 10-15 minutes for the dough to hydrate.
6. Add yeast, salt, and softened butter.
7. Mix until the dough is smooth, elastic, and passed a windowpane test. It may feel stickier than the beginner loaf, and that's okay. Use wet hands to hold the dough so it's not so sticky.
8. Let the dough rise until almost doubled in size.
9. Gently fold the dough to even out the dough temperature.
10. Preheat oven to 420 F.
11. Shape into a loaf with a taut skin, and place in a greased or parchment lined 8.5 x 4.5" bread pan.
12. Let the dough rise until it springs back slowly when pressed with a wet fingertip.
13. Place pan in oven, lower the temperature to 375 F, and bake for 30 minutes.
14. Bake until the center of the loaf reaches a temp of 190 F. Tent with foil if the crust becomes too dark.
15. Typical bake time 30-45 minutes. Don't go by timelines, go by internal temp of your dough using an instant read thermometer.
16. Remove loaf from pan and cool completely on a rack (about 3 hours) before slicing.

## Notes

### Sugar:

I typically don't add sugar to my bread - even my cinnamon rolls bread dough, but if I do it's going to be date syrup. Why? It's a whole food - dates, cooked with water and blended. All the fiber, all the minerals - not just sugar.

My favorite: [Date Lady Date Syrup](#)

You'll notice this bread is much softer than the beginner loaf, and that's thanks to the sugar and fat added to the dough. It makes the bread more tender by weakening the gluten just a bit. That's why we add the fat after we mixed the dough a little.

I prefer to make this recipe without the sugar, and here is a video of me making it. The directions here may vary a bit - and that's okay. Both ways can work.

[Super Soft Sandwich Bread without the Sugar](#)