



Super Soft Daily Bread Recipe

This is an enriched bread dough with low enough sugar content to be considered a daily bread.

Recommended pan: 8 × 4" Loaf Pan

Ingredients

- 420 g wheat berries, hard

DR. MEL'S QUICK NO WAIT YUDANE

- 60 g water, boiling
- 30 g flour, any (from milled flour)

REMAINING DOUGH INGREDIENTS

- 225 g milk, whole (coconut or soy milk or water can work)
- 50 g egg, whole (I used duck egg, but any will work here)
- 35 g olive oil (I use Kasandrinos Organic EVOO)
- 10 g syrup, date (optional)
- 10 g lemon, juice (or 1/8 tsp vitamin c powder)
- 11 g yeast
- 8 g sea salt

Directions

1. Mill the flour.
2. Mix yudane flour and boiling water into a paste with a spatula. Add to your mixing bowl.
3. Add all other ingredients to the mixing bowl EXCEPT the salt and the yeast.
4. Mix with the whisk (wire whips) for 1-3 minutes on high speed, or well combined.
5. Let the mixture rest for at least 15 minutes up to an hour, covered.
6. Add salt and yeast to the mixing bowl, and mix with the dough hook for another few minutes. Check for windowpane, or signs of it, by looking for a smooth, silky dough.
7. Let the dough rise, covered, until doubled. This length of time will vary greatly depending up on your environment. If you have a proofing box, I'd estimate 30 minutes. When you press a finger into the dough to the first knuckle, it should remain depressed or slowly start filling back in.
8. Preheat your oven to 350 F.
9. Shape your dough into a loaf by forming a rectangle, folding it up, and then rolling it so the outside skin is nice and taut.
10. Place into a greased or lined bread pan 8.5" x 4.5" , and let rise while your oven preheats.
11. When the dough has risen, and the dough stays depressed or slowly fills back in when pressed with your finger, it's ready for baking.
12. Optional: wash the top of the bread with egg wash (1 egg and 1 tbsp water, mixed) for a golden, shiny crust. For a more rustic looking crust, skip this step.
13. Bake the bread until it's 190 F in the middle of the loaf. Top the pan with another pan that's upside down to get a crunchy crust, similar to using a dutch oven. For a softer crust, do not cover the bread with another pan.
14. Use an instant read thermometer to tell when the bread is ready. I estimate about 30-45 minutes, depending upon your oven AND your environment. Remove from the oven once it's done.
15. Let the bread cool, removed from it's pan, on a bread rack before slicing.

Notes