



Super Soft Sandwich Bread for the Zojirushi Bread Machine

This is an adaptation of Lovely Bell Bakes Super soft sandwich bread, swapping vital wheat gluten for my easy, no wait yudane method.

Ingredients

- 440 g wheat berries, hard
- 35 g water, boiling
- 299 g water, cold
- 31 g olive oil
- 47 g honey
- 8 g lecithin, powder
- 8 g yeast
- 8 g sea salt

Directions

1. Boil some water.
2. Mill the flour.
3. Mix 17g of flour with 35g of boiling water to make a paste (known as yudane) and set it to the side.
4. Place your zojirushi bread pan on your scale and zero it out.
5. Add the yudane to your bread pan, and zero out the scale.
6. Add all the other ingredients to your pan EXCEPT the flour, salt and yeast, and zero out the scale between measuring each of the ingredients.
7. Add your flour, and level it out on top.
8. Knead your dough in the Zojirushi bread machine for 10 minutes. I program one of my homemade settings to ONLY KNEAD, with all other settings off.
9. Level out the dough, sprinkle the salt and yeast on top, and start your homemade bread cycle.
10. After the bread cycle ends, remove the bread from the pan and let cool on a wire rack before slicing.
11. Homemade Cycle Settings:
12. Rest: 30 minutes
13. Knead 20 minutes
14. Shape: OFF
15. Rise 1: 45 minutes
16. Rise 2: 23 minutes
17. Rise 3: OFF
18. Bake: 55 minutes
19. Keep Warm: OFF (unless you won't be home when it's done)

Notes