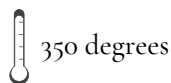
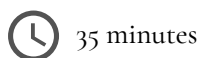
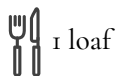




Sandwich Bread with Fresh Milled Flour



INGREDIENTS

400g hard white wheat
40g kamut
15g vital wheat gluten (optional but improves the texture)
264g warm water
32g honey (or 12g sugar)
1 egg
5g white vinegar
60g (4Tbsp) soft butter
8g yeast
9g salt

Tips: Allowing enough time for the second rise is key to beautifully smooth surfaces on your loaves and an even crumb. I don't see a lot of oven spring with these loaves so allow them to get as high as you want the finished loaf to be, which should be about 2 inches above the pan.

DIRECTIONS

1. Mill the hard white wheat and kamut on the finest setting. Mix the vital wheat gluten in with the flour.
2. In a separate bowl whisk together the water, sugar, egg and vinegar.
3. Pour the wet ingredients into the flour and mix until the flour is moistened and a wet dough forms.
4. Cover and rest for 30 minutes to allow the flour to absorb the water.
5. Add in your softened butter, yeast and salt. Mix until incorporated.
6. Knead until you can form a window pane and the dough is smooth and elastic. Let rise for 45 minutes to an hour or until doubled.
7. Turn out the dough onto a clean surface. There is no need to flour the surface. Stretch the dough into an 18 inch square. Fold the left third in and the right third over top. Starting from the short edge of the folded dough, roll like a jelly roll, making sure to roll tightly. Pinch the edges and tuck under the log. Using the surface of the table, pull the log, longways, toward you allowing the surface to create tension and lengthen the log until it is about 8" and the surface is taut. Place into a 9" greased and parchment lined loaf pan. Place a second loaf pan upside-down on top and let rise until 2-3 inches over the pan. This will take anywhere from 1-3 hours. Brush with cream or egg wash.
8. Bake at 350 for 35 minutes or until the internal temperature reads 200. Immediately remove from the pan and parchment. Cool completely before slicing.