



## Milk Sandwich Loaf Recipe

### Milk Sandwich Loaf (makes 2 loaves)

#### Ingredients

##### Stage 1: Combine the following:

- 720g Organic Strong White Flour
- 300g fresh activated starter
- 240ml Filtered water
- 240ml organic cow's milk
- \* you can use oat milk for vegan version
- \* brown rice flour for dusting

##### Stage 2: Allow to rest or 'autolyse' for 30 mins

(cover the bowl with plastic shower cap or tea-towel)

##### Stage 3: Oil & Salt

1. Add 15g of pink Himalayan salt. Mix well.
2. Remove dough & place in a fresh clean oiled bowl (1-2Tbsp of olive oil)
3. Allow to rest for 30 mins (covered with a plastic shower cap or tea-towel)

##### Stage 4: The Letter Folding Stage!

4 Rounds in Total - 30 mins apart

##### Method:

1. Dust the counter with brown rice flour
2. Place your dough on the counter & spread out as much as possible in a rectangular shape with your hands
3. On the upper top side, pull the dough up & out in a stretching motion. Fold it back on to itself & into the middle. Now do the same on the opposite long edge. Then fold the short edge into the centre & then do the same on the opposite short edge. You should end up with a smaller folded 'letter'.
4. Flip it over & do the same on the other side
4. Place back in the oiled bowl, covered with a plastic shower cap or tea



towel, for 30 mins.

5. Repeat this process 3 more times.

### **Stage 5: Forming, Shaping & Proving**

1. Dust the counter with brown rice flour

2. Place your dough on the counter & using a dough cutter, cut the dough in half. You can use your digital scales to measure each dough ball. Each one should be ca. 750g. Place one ½ aside & start working on the other half.

#### **3. The Clock:**

Form it into a round shape, then pick up an outside edge & fold it into the middle of the dough, repeat this in a clockwise motion until you end up with a smooth finish underneath. This is known as 'the clock' pulling the dough up & out with your right hand at 12-o'clock at the same time turning it with your left hand to 3-o'clock and pulling the dough up & out. Repeat in the same way all the way around the clock – 12-o'clock, 3-o'clock, 6-o'clock, 9-o'clock

#### **4. Sewing: to build tension**

Flip your dough over to reveal the smooth finish. Then flatten it out a little with your hands. Pinch the dough on the top two corners like ears & pull out - crossing over each other repeat in the middle & at the bottom so that create a seam like 'stitch' down the middle.

Then take the top part and roll it half way into the middle & then roll the rest over to the bottom. This will form a neat dough ball. The whole point of these steps is to build tension in the dough so that you get a really good oven spring & rise.

#### **5. Final shaping**

Cup your hands around the dough & on a clean bit of counter top (no flour) pull the dough towards you so that you feel the underside dragging off the counter. This action tightens the outer 'skin' of the dough which will result in a crunchy crust when cooked. Lift it and place back at the starting point.

Repeat this action multiple times to get a perfectly smooth outer skin & to build further tension in the dough. Put into the proving basket, seam side up, (usually the other way around but for the loaves this is the best way to do it as we will be inverting these again to get into the tins)

Repeat the process with the other half.



## **6. Proving:**

1. Double Prove: 4+hours counter prove at ambient temperature, followed by an overnight fridge prove.

The counter prove will cause the dough to increase in size. Be careful when the weather is warm as your dough can very quickly overprove...

2. Once the dough has doubled in size after 4-6 hours (depending on temperature) now its time to get your dough into the bread tins before it goes into the fridge for its second prove.

## **7. Getting your Dough into the Bread Tins**

**a.** Get your containers ready: a paper bread tin liner + standard size bread tin. Flatten out the paper liner a little.

**b.** Now work on re-shaping your dough. It is currently round and we want to make it more oblong. You do this by lifting the dough on the outer edge of one side & pulling into the middle all along one outer edge in small increments like you are sewing the dough into a central seam. Repeat on the other side. This is known as knitting. You will end up with a more oblong shape.

**c.** Now flour your right hand (or whichever is your preferred dominant hand) and invert the basket with the dough onto your hand & place on the flattened paper bread tin liner. ( you will have a smooth top facing you instead of the seam thanks to the way you put the dough in to the basket before)

Now lift the liner into the bread tin. Cover with a plastic shower cap & place in the fridge over night for its second prove (min 6-8 hours).

## **Stage 8: Getting Ready To Bake & Baking**

1. Preheat your oven to 270C

2. Remove the dough from the fridge

3. Using the tip of a sharp knife or a baker's lame, make 1 long vertical cut in the dough.

4. Once you have done this & the oven is up to temperature, then place your dough in the oven for 35 mins. I find a fan/convection oven best for even distribution of heat. After 35 mins, the bread has risen & is deep golden in colour.

5. Remove from the oven once you are happy with the colour & take out of the tins & place on a wire cooling rack. Allow to cool for min 30 mins before slicing. This makes a perfect sandwich bread that is softer & has a tighter



crumb texture.