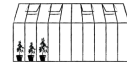


White Sandwich Bread



Jaz Mathisen

AWAKINO STATION

This homemade sandwich bread is rustic and comforting and perfect for slicing, slathering with butter, and serving for lunch.

Ingredients:

- 1.5 cups milk
- 3 tbsp honey
- 1.5 tbsp white vinegar
- 4 tsp active dried yeast
- 3 tbsp olive oil
- 1 egg
- 2 tsp salt
- 5 cups plain white flour

Method:

1. In a small saucepan, heat the milk and honey until the honey has dissolved and you can just comfortably keep your finger in the milk.
2. Pour the milk into your stand mixer bowl and sprinkle the yeast over. Stir and leave to sit for 5 minutes to allow the yeast to activate. Add the white vinegar and leave to sit for another 5 minutes.
3. Add the olive oil and egg and mix to combine.
4. Add the remaining dry ingredients and use your dough hook to knead for 10 minutes to form a soft dough.
5. Remove the dough, shape into a ball, and place back in the bowl. Cover and put somewhere warm until doubled in size (approximately 1 hour).
6. Once doubled in size, tip the dough onto the bench and cut in half to create two loaves. Flatten each half into a rectangle and roll up. Shape into a loaf and place seam down in a lightly greased loaf tin. Put somewhere warm to double in size again.
7. Preheat oven to 180°C. Once the dough has doubled, bake the bread for 30 minutes or until golden and when tapped sounds hollow.

If wanting to make by hand: Follow the above steps, but after adding the dry ingredients, mix with a wooden spoon to form a craggy dough. Tip onto a lightly floured bench and proceed to knead by hand, pushing the dough out with the heel of your hand and pulling back in with your fingers, until a soft dough has formed. Then shape the dough into a ball and allow to rise as instructed above.