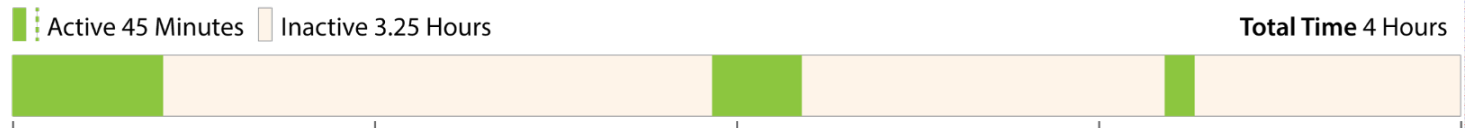# Country Wheat Sandwich Bread

This soft sandwich loaf is made with 18% whole wheat flour and enriched with a touch of butter and milk for delicious flavor.

Yield: One loaf.

Timing: Start this bread about 4 hours before serving.

Active 45 Minutes	Inactive 3.25 Hours	**Total Time** 4 Hours

Ingredients	Volume	Grams	Ounces	Baker's %
Unbleached bread flour*	3½ C	437	15.75	82%
Whole wheat flour	¾ C	94	3.5	18%
Instant yeast	1½ tsp	4	0.1	1%
Sugar	2 T	24	0.9	5%
Unsalted butter, softened	2 T	28	1	7%
Salt, fine	1½ tsp	9	0.21	1.5%
Water	1¼ C	296	10	71%
Whole milk	¼ C	61	2	14.5%

Measure by dipping the cup into a container of flour, then removing the excess with the flat side of a knife.

Equipment: Brød and Taylor Folding Proofer & Slow Cooker, bread pan 9 x 5″ / 23 x 13 cm.

Getting Ready. Set the Proofer to 84 °F / 29 °C and put the water tray in the middle of the warming plate. Pour ¼ C / 60 ml of water into the tray and place the rack on top of it.

Mixing and Kneading the Dough. In a large bowl, combine all the ingredients and mix until a rough dough forms. Turn the dough out onto a lightly floured surface and knead for 7-10 minutes by hand or 5-6 minutes using a stand mixer with a dough hook attachment, until the dough becomes smooth and elastic. Add as little flour as possible during kneading—the dough shall not become dry or tough.

Rising the Dough. Form the dough into a ball and transfer it to a lightly oiled bowl. Place the bowl in the Proofer at 84 °F / 29 °C for 1-1½ hours or until the dough has doubled in volume.

Shaping and Proofing the Loaf. Prepare an oiled loaf and set aside. Shape the loaf by turning the dough out onto a lightly floured counter and gently pressing it into rectangle. Roll the dough up into a tight log, starting from the short side. Place the loaf into the prepared pan with the seam side down. Place the pan into the Proofer (still set at 84 °F / 29 °C) and allow the dough to rise until the top of the dough domes over the rim of the pan by 1″/ 2 cm; this will take about 45-60 minutes.

Preheating the Oven and Baking the Loaf. About 45 minutes before baking, pre-heat the oven to 350 °F / 177 °C. Bake the loaf for about 35-45 minutes until it gets deep golden brown. It should sound hollow when tapped on the bottom or register an internal temperature of 200 °F / 93 °C. Let the loaf cool completely before slicing.

Recipe courtesy of Melissa Langenback, thebakersguide.com