

White Bread – on steroids

from 'CookingClassForDads.com'

INGREDIENTS

28.5 OZ	Bread Flour
2.25 Cups	Buttermilk (warmed)
2.25 Tsp	Salt
4.5 TBL	Sugar
3 Tsp	Yeast
2	Eggs (slightly beaten)
3 OZ	Butter (very very soft)

TOOLS

Stick Thermometer
2 – Loaf Pans
Digital Scale

TIPS-TECHNIQUES

Remember that any dough that you've made correctly will 'spring' in the oven and continue to rise quite rapidly at the beginning of the bake. So, if you let it rise beyond the top of the pan it will result in a very top-heavy loaf.

DIRECTIONS

ASSEMBLING THE DOUGH:

Put all of the dry ingredients into your tub and mix well. Add the Buttermilk, Butter, and Eggs. Mix well using the pincer technique. Cover container and let sit for ½ hour. Start mixing again. When the dough starts to look satiny (or until you can't easily pick up one edge) you are close to done. At this point you could knead it on a countertop, but it isn't really necessary. Let sit an additional ½ hour. Give the dough 10-12 good "turns". To do a "turn" lift one end and stretch it over the top to fold the dough in half. You can use the pincer technique each time. Then turn the dough a ¼ turn and repeat. 10-12 turns should be plenty for any type of loaf. Re-cover the dough and let it rise for 1-1/2 hours until it looks like it's doubled. Don't ask me how you'll know when it's 'doubled' – it's just bigger! This is a bread making term!

SHAPING THE DOUGH:

Butter the insides of 2 regular size loaf pans. Divide the dough into 2 equal size loaves. Flatten each ball to 'de-gas'. Roll them up so that they are about the length of a loaf pan. Set into the pan and spread it out so that you can't see the bottom (don't worry about the height). Let them rise for an additional 45 minutes – or until the dough is up to the top of the pan, or nearly so. Remember that any dough that you've made correctly will 'spring' in the oven and continue to rise quite rapidly at the beginning of the bake. So, if you let it rise beyond the top of the pan it will result in a very top-heavy loaf.

BAKING THE DOUGH:

Preheat oven to 350 degrees. Bake for 30-35 minutes until the tops are golden. Use your new stick thermometer to test the interior temperature of the loaves. For most types of bread this should be 190+ degrees, and this loaf is no exception. Remove from pans immediately a place onto a cooling rack and **LET THEM REST FOR 1 HOUR** (no cheating).

SCIENCE:

During the cooling process the natural sugars and starches inside the loaf will settle and stabilize. If you cut the loaf while it's still hot the result will be a gummy interior. C'mon, you didn't do all this work to wind up with a gummy bear bread – did you?