

Simple Whole Wheat Sandwich Loaf

Ingredients (makes 1 loaf)

3 cups (360g) King Arthur 1 Unbleached All-Purpose Flour
2 tablespoons (25g) granulated sugar
1 1/4 teaspoons (8g) table salt
1 packet active dry yeast dissolved in 1 tablespoon warm water OR 2 teaspoons instant yeast
1/2 cup (113g) milk, (skim, 1%, 2% or whole, your choice)*(see note below)
1/2 to 2/3 cup (113g to 152g) warm water, enough to make a soft, smooth dough*
4 tablespoons (57g) melted butter OR 1/4 cup (50g) vegetable oil

**Mix cold milk with hot tap water to make a lukewarm liquid before adding to the remainder of the ingredients.

1 - Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess.

2 - In a large bowl, combine all of the ingredients. Mix and knead everything together — by hand or a mixer until you've made a smooth dough. If you're kneading in a stand mixer, it should take 5 to 7 minutes at medium-low speed, and the dough should barely clean the sides of the bowl, perhaps sticking a bit at the bottom.

3 - Transfer the dough to a lightly greased bowl, cover the bowl, and allow the dough to rise until puffy though not necessarily doubled in bulk, about 1 to 2 hours, depending on the warmth of your kitchen.

4 - Transfer the dough to a lightly oiled work surface. Shape the dough into an 8" log.

5 - Place the log in a lightly greased 8 1/2" x 4 1/2" loaf pan, cover the pan loosely with lightly greased plastic wrap, and allow the bread to rise for about 60 minutes, until it's domed about 1" above the edge of the pan. A finger pressed into the dough should leave a mark that rebounds slowly. Toward the end of the rise, preheat your oven to 350°F.

6 - Bake the bread for 30 to 35 minutes, until it's light golden brown. Test it for doneness by removing it from the pan and thumping it on the bottom (it should sound hollow), or by measuring its interior temperature with a digital thermometer (it should register 190°F at the center of the loaf).

7 - Remove the bread from the oven, and cool it on a rack before slicing. Store the bread in a plastic bag at room temperature.