

Tangzhong Sandwich bread [aka meredith's sassy sandwich loaf]

Ingredients [1.5x] [2x]:

360g flour ~12% protein (I blend all purpose with King Arthur Bread Flour) [540g] [720g]

271g [407g] [542g] whole milk, separated (113g/158g) [169.5g/237g] [226g/316g]

28g butter, either softened or cut into slices [42g] [56g]

2tsp yeast (instant or active dry - see below) [3tsp] [4tsp]

25g sugar [38g] [50g]

8g salt [12g] [16g]

1. First, measure out your flour by weight in the bowl of a stand mixer.
2. Make the tangzhong: Whisk 113g of the milk and 3tbsp of the flour from the bowl in a large measuring cup and microwave in 20-second increments, whisking between, until you have a flour/water paste that “plops” out of the whisk. It'll be thick.
3. Next, add the butter to the tangzhong and whisk until the butter is melted. Then, whisk the remaining milk into this mixture until it's mostly smooth. Adding the other liquids directly to the tangzhong will help bring down the temperature while also creating a nice consistent mixture to add to the dry ingredients. You want this mixture to be between 95-104°F. If it's too hot, ya gotta let it cool down a bit. But not too cool or it'll be at the jazz club all night.
 - ★ *If you're using active dry yeast, you'll want to add it to the liquid, whisk until dissolved, and let it sit for 5ish minutes before proceeding.*
4. Add the salt, sugar, and yeast to the mixing bowl. Give that a stir and then add the wet ingredients slowly with the mixer on low for about 2 minutes until there is no dry stuff left. Everybody's gonna get to know each other in the bowl.
5. Increase the speed to medium for 6-8 minutes until the mixture is smooth and pulls away from the sides of the bowl. It'll probably still be stuck to the bottom but that's ok.
6. Scrape dough onto a lightly floured counter and knead by hand for 30-45 seconds until you have a smooth ball. You want it to be smooth on the top like a soft buttcheek. Set the cheek seam-side-down in a lightly greased bowl or container. Cover tightly for about an hour.
7. Once the dough has doubled (ish) in size into a big boi, turn it onto the counter and shape into a rectangle-ish situation. Depending on the size of your pan, this should probably be close to a 4inch by 8in rectangle with the short side towards the edge of the counter.
 - ★ *If you want to add some additional flavor to the loaf, this is where you can do so. Sprinkle cheese on the rectangle, or cinnamon sugar, or anything else that might seem interesting. I recommend spritzing water before and after adding the stuff. Results may vary, tastiness almost guaranteed.*
8. Starting at one of the short ends, begin rolling the dough tightly, like one long chipotle burrito, tucking in the sides as you go. The dough should have a good amount of stretch to it, but be careful - you don't want it to tear. Pinch it closed once you finish rolling and

set seam-side-down in a greased loaf pan. Give it a lil gentle press into the corners of the pan.



9. Let it proof for an hour(ish) until it's peeking over the lip of the pan. Gently press your lil knuckle into it and if it leaves an indent that doesn't bounce back, you're golden, babygirl. You'll probably want to turn on the oven to 350 mid-way through this process depending on how quickly your oven heats up and also how forgetful you are. Better to be ready than end up overproofed.
10. Bake the loaf on the lower-middle rack of the oven for 30-35 minutes, turning it half way through. Give it a spritz of water on it's way into the oven and at the half way mark. You want the middle of the loaf to reach an internal temperature of 190°.
11. Let that bitch cool in the pan for 10-15 minutes, then turn onto a wire rack. The baby must rest for a couple of hours or you may end up with a cadbury cream bread situation.

