

GOURMET FISHING

Season III - Episode IX



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Abacos' Homemade Sandwich Bread



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Grocery List

White Sandwich Bread

- Water
- Whole Milk
- Dry Activated Yeast
- Honey
- Unsalted Butter
- Salt
- Flour



Imperial Crab Ingredients

Abacos' White Sandwich Bread



Serves 3-4

1 cup water, 110°-115° F

1/4 cup Whole Milk, 110° -115° F

2 1/4 tsp Dry Activated Yeast

2 Tbs Honey

4 Tbs, unsalted butter at room temperature

1 1/2 tsp salt, I use Pink Himalayan Sea Salt

3 cup All-Purpose or Bread Flour
(1/2 cup of flour in reserve if needed. Add a couple of TBS at a time until the dough consistency has been reached)

2 Tbs melted butter

Dough Prep:

In your mixer's mixing bowl, add the water, milk, yeast, and honey. Whisk together and let the yeast activate itself for about 5 minutes. It should begin to come alive. If not, this could mean that the yeast is dead, and you need to try again with another batch of yeast. Sometimes this happens.



Yeast on the rise

Add the butter, 1 cup of flour, and salt. Fit the mixer with a dough hook and turn on the mixer for about 30-45 seconds at low speed. Next, add another cup of flour and mix for an additional 30 seconds. Finally, add the remaining cup of flour and mix for 2 or so minutes on medium or until the dough pulls away from the sides of the bowl and begins to form a ball.

Knead the dough for an additional 2 minutes in the mixer or turn the dough onto a lightly floured surface and knead by hand (My personal favorite). The dough will bounce back when you make a thumb or finger depression in the dough.

Rise One:

Lightly oil a bowl; I use a glass bowl but not necessary, with olive, or canola or vegetable oil, or non-stick spray. Just enough to coat the bowl and prevent the dough from sticking. Place the dough in the bowl and roll and coat the bowl and dough. Next, cover the bowl with plastic wrap or foil or a dishtowel.

Abacos' White Sandwich Bread



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Let the dough double in size by rising. Keep the dough in a warm place. This can take 1 hour and sometimes up to 2 hours. I have a bread proof option on my oven, and I will use this to proof my dough. It takes about 45 minutes for me.

Bread Shaping:

After the dough has risen and doubled in size, remove the cover and "Punch Down" the dough. Pop it with your fist or fingers to deflate. Turn the punched-down dough onto a lightly floured surface. Spread the dough out into a roughly 8" x 16" rectangle. . Take the long side s and fold them back onto the main dough and create a round tube. Then take the ends of the dough and fold those back into the dough loaf.



double in size rise

Butter a standard 9" loaf pan and then coat it with flour. Next, place the dough loaf in the pan with the folded ends and seam down into the pan, so they are hidden.



fold the long side onto itself

Rise Two:

Cover the loaf pan with a dish towel and let the dough rise again. Let it rise about 1" or so above the top of the loaf pan. This will take about 1 hour. (When I use the bread proof setting on my oven, it about a 30-minute wait.)



fold the ends onto itself

Bread Bake:

Preheat your oven to 350°F

Remove the dishtowel from the risen loaf and very lightly brush the top of the loaf with the melted butter. Try not to use a lot of brush force. This could cause the loaf to be knocked down or deflate. We do not want that.

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Move the oven rack toward the bottom of the oven and bake for 28 to 34 minutes. Check on the baking process around the halfway mark. If the top of the bread is too brown, you may want to make a foil boat or loose cover and place it over the bread for the remainder of the cooking process. The bread should have a hollow sound when you tap the top of the loaf with your finger. The internal temperature should be 165F if you want to use a thermometer to test.

Remove the bread from the loaf pan and let it cool on a rack.

Slice and enjoy...



Gourmet Fishing



We catch fish, and then, We cook our catch...



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