



# SANDWICH BREAD

## *Ingredients*

### Bread Dough

- 900 g (1 lb 15.7 oz) Cake Wheat Flour\*
- 350 g (12.3 oz) Water
- 250 g (8.8 oz) Milk
- 60 g (2.1 oz) Unsalted Butter
- 160 g (5.64 oz) Sourdough Starter
- 16 g (3 tsp / 0.56 oz) Salt

### Greasing / Frying

- 20 g (0.7 oz) Unsalted Butter
- 20 g (1.5 Tbsp / 0.7 oz) Vegetable Oil

### BLT FILLING

- 200 g (7 oz) Bacon
- x2 (14 g / 0.49 oz) Lettuce Leaves
- x2 (200 g / 7 oz) Tomatoes
- x1 (160 g / 5.64 oz) Avocado\*\*
- (To Taste) Salt
- (To Taste) Black Pepper

MAKES 1 LARGE LOAF | 2 BLT SANDWICHES

## *Directions*

### Prepare Your Sourdough Starter - The Night Before

1. In your container, mix in 30 g (1 oz) of *Mature Starter*, 80 g (2.8 oz) of *Cake Wheat Flour\** and 80 g (2.8 oz) of *Water*.

### Initial Bread Dough Mix

1. In a *large bowl*, mix in your *Bread Dough's Cake Wheat Flour\**, *Water & Milk*. Gently mix those ingredients together for *3 - 5 minutes*.
2. Cover your bowl with a damp cloth & let it rest for *30 minutes* to perform an *Autolyse*.

## Second Bread Dough Mix

1. Add in all of your of *Sourdough Starter & Salt*, then add your **Dough's Unsalted Butter, 10 g (0.35 oz)** at a time. Mix that until fully incorporated.
2. Cover your bowl & let it rest for *15 minutes*.

## Stretch & Folds

1. Begin **stretching & pulling all sides** of the dough over itself until you reach *1 full rotation* - Cover your bowl & let it rest again for *15 minutes*.
2. Repeat this process *twice more* for a total of **3 stretch & folds**. After the second, increase the rest period from *15 to 30 minutes*.
3. After the third stretch & fold is complete, let your dough proof while covered for *1.5 hours* at *room temperature*.
4. Grease a large bowl with **10 g (0.35 oz) of Unsalted Butter** and then transfer your dough over.
5. Cover your bowl one final time & then move your dough to your fridge to rest **overnight**.

## Shape Your Loaf

1. Flour your work area, then your bread dough & rolling pin.
2. Flatten your dough out into a rectangular shape until it reaches **1 cm (0.4 in)** in thickness.
3. Roll your dough into a large & even tube, ensuring the *seam sits at the bottom*.

## Second Day Proof

1. Take out a bread pan (**30 x 14 x 10 cm / 11.8 x 5.5 x 3.9 in / L x W x H**) and grease it with **10 g (0.35 oz) of Unsalted Butter**.
2. Transfer your dough into your bread pan, cover it with a damp cloth or inverted bread pan.
3. Move into your oven to proof at **26°C (78.8°F)** for *2 hours*. - To reach this temperature, simply turn your cold oven's light on.

## Bake Your Sourdough Sandwich Bread

1. When the 2 hour proof is complete, remove your loaf from the oven before preheating it to **220°C (428°F)**.

2. Once preheated, remove your pan's cover & place it in a medium rack in your oven to bake for *35 minutes*.
3. When that timer is done, rotate your pan & drop the heat to **190°C (374°F)** to bake for *10 - 15 additional minutes*.
4. Let your loaf cool off for *20 minutes* on a metal rack.

### **Cook Your Bacon**

1. Place a large pan on your stove top at high heat before pouring in your *Vegetable Oil*.
2. Cook your *Bacon* for *3 minutes* on one side - Flip it over and finish frying for *1.5 minutes*.

### **Assemble Your BLT Sandwich**

1. Cut *2 slices* from your cooled Sandwich Bread & *toast them*.
2. Mash your *Avocado into Guacamole* using a fork, then add *Salt & Pepper to taste*.
3. Spread a layer of *Guacamole\** on your toasted slice(s), add half of your *Bacon*, a *Leaf of Lettuce & Tomato Slices*. Add *Salt & Pepper to taste* and then cover with a second slice.



# ENJOY!