

Homestead Wife Life

Practical things, done beautifully

BREAD BAKING SERIES - 108

MILK-ENRICHED MASTER DOUGH

**Bread Baking 108 • Milk-Enriched Master Dough
Single Loaf • Bulk Batch • Burger Buns • Freezer System**

WHAT THIS DOUGH IS

This is a soft, enriched, everyday dough designed to become infrastructure in your kitchen — not a special-occasion project.

From one dough you can make:

- a beautiful sandwich loaf
- burger buns for dinner
- freezer bread for the future

The goal is simple: **bake once, think ahead, eat well all week.**

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BASE DOUGH FORMULA - (1 LOAF OR 8 BUNS)

Liquids

Milk: 1 cup / 240 g (lukewarm)

Egg: 1 large / 50 g

Fats & Sweeteners

Butter (softened): 3 Tbsp / 45 g

Sugar: 2 Tbsp / 30 g

Honey (optional, recommended): 1 Tbsp / 18 g

Dry Ingredients

Bread flour: 4 cups / 480 g

Fine sea salt: 1½ tsp / 9 g

Instant yeast: 2¼ tsp / 7 g

- Egg wash -
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BAKER'S PERCENTAGES (REFERENCE)

Flour 100% · Milk 50% · Egg 10% · Butter 9% · Sugar 6% · Honey 4% · Salt 1.8% · Yeast 1.5%

METHOD – BASE DOUGH (SAME FOR ALL USES)

1. Mix

In a large bowl or mixer:

- Add milk, egg, sugar, honey, and yeast
- Stir to dissolve
- Add flour and salt
- Mix until shaggy
- Add butter last, in pieces

- The dough should come together soft and slightly tacky, not wet.

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2. Knead

Knead until the dough is:

- smooth
- elastic
- silky to the touch
- stretching without tearing

Time:

- 8–10 minutes by hand
- 6–7 minutes in a mixer

The surface should look satiny, not rough.

3. Bulk Fermentation

Place dough in a lightly greased bowl. Cover.

Rise 1½–2 hours at room temperature (about 75°F) until:

- doubled in size
- puffy
- relaxed
- holds a soft finger dent

Do not rush this step. Soft bread needs slow development.

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OPTION A: SINGLE LOAF (3-PIECE PAN METHOD)

Divide dough into **3 equal pieces**.

Roll each into a log the length of your pan.

Place side-by-side in a greased 9×5 loaf pan.

Gently press seams together.

OPTION B: BURGER BUNS

Divide dough into **8 buns (about 100 g each)**.

Roll into tight balls.

Rest 10 minutes.

Tighten again.

Flatten slightly.

Place on a lined tray.

FINAL RISE (LOAF OR BUNS)

Rise 45–75 minutes until:

- loaf crests the pan
 - buns are puffy and light
 - finger dent springs back slowly
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- Optional egg wash:

- Whisk 1 egg with 1 Tbsp water or milk and a small pinch of salt. Brush gently before baking for color and shine.

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BAKE

Loaf

350°F / 175°C · 35–40 minutes

Internal temp ~195°F

Buns

375°F / 190°C · 15–18 minutes

Optional: brush with milk or butter

Cool completely before slicing.

BULK BATCH FORMULAS

3-Loaf Batch (Recommended)

Flour 1,440 g · Milk 720 g · Eggs 3

Butter 135 g · Sugar 90 g · Honey 54 g

Salt 27 g · Yeast 21 g

4-Loaf Batch (Freezer Mode)

Flour 1,920 g · Milk 960 g · Eggs 4

Butter 180 g · Sugar 120 g · Honey 72 g

Salt 36 g · Yeast 28 g

BULK METHOD

Mix, knead, and ferment exactly as base dough.

After bulk rise, divide by **purpose**:

- loaf for today
- loaf for freezer

- buns for the week
- dough for later

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FREEZER SYSTEM

Freeze Shaped Loaves

Shape → pan → freeze solid → wrap → thaw overnight → rise → bake

Freeze Shaped Buns

Shape → freeze on tray → bag → thaw 1–2 hrs → bake

Freeze Baked Bread

Cool → slice → freeze flat → toast from frozen

FINAL NOTE

This dough is meant to be made again and again.

When bread becomes part of your system, not your schedule, everything gets easier.

I hope these recipes and methods help you create joy,

Tamatha