

# Freshly Milled Sandwich Bread

## *One Dough - Two Breads*

### Flour Blend

Ingredient	Grams	Volume	Bakers %
Bread Flour	360 g	3 cups	40%
Hard White Wheat (fresh milled)	360 g	approx 3 cups	40%
Sonora Wheat (fresh milled)	180 g	approx 1.5 cups	20%

Total Flour: 900 g

If Sonora wheat is unavailable, replace it with additional Hard White Wheat.

### Dough Ingredients

Ingredient	Grams	Volume	Bakers %
Milk (warm)	630 g	2 2/3 cups	70%
Honey	75 g	3 Tbsp	8%
Unsalted Butter (softened)	85 g	6 Tbsp	9%
Egg	50 g	1 large	5.5%
Salt	16 g	2 1/2 tsp	1.8%
Instant Yeast	9 g	2 3/4 tsp	1%

### Cinnamon Brown Sugar Filling (for one loaf)

Ingredient	Grams	Volume
Unsalted Butter (very soft)	56 g	4 Tbsp (1/4 cup)
Brown Sugar	120 g	1/2 cup plus 1 Tbsp
Ground Cinnamon	10-12 g	1 1/2 Tbsp
Salt	pinch	pinch

## Method

1. Mill the Grain: Mill 360 g Hard White Wheat and 180 g Sonora Wheat on a fine bread setting. Use the flour immediately after milling.
2. Autolyse: Combine freshly milled flour, bread flour, and warm milk. Mix until no dry flour remains. Cover and rest for 25 minutes.
3. Build the Dough: Add honey, egg, yeast, salt, and butter. Mix until a dough forms.
4. Knead: Knead 8 to 10 minutes until smooth, elastic, and slightly tacky. The dough should pass a windowpane test.
5. Bulk Fermentation: Place dough in a lightly oiled bowl. Cover and rise 60 to 90 minutes until doubled.
6. Divide the Dough: Turn onto the counter and divide into two equal pieces (about 850 g each). Let rest 10 minutes.
7. Sandwich Loaf: Shape one piece into a tight loaf and place seam side down in a buttered cast iron loaf pan.
8. Cinnamon Swirl Loaf: Roll dough into a rectangle about 9 x 16 inches. Spread softened butter, then sprinkle brown sugar, cinnamon, and salt mixture evenly. Press lightly into the dough. Roll tightly and place seam side down in pan.
9. Final Proof: Cover and rise 45 to 60 minutes until the dough crowns about 1 inch above the pan.
10. Bake: Bake at 350 F (175 C) for 32 to 36 minutes until internal temperature reaches 195 to 200 F.
11. Finish: Brush tops with melted butter and cool completely before slicing.