

HWL Bread Baking 203

Freshly Milled Pull-Apart Cardamom Bread (2 Loaves)

Soft Enriched Dough • Extract Butter • Bake One, Freeze One System

Yield

2 standard 9×5 loaves — Bake 1 now, Freeze 1 unbaked

Flour System (600g total)

420g Hard White Wheat (fresh milled)
120g Soft Wheat (Frederick or Sonora)
60g Bread Flour

Why this blend works: Hard wheat gives structure, soft wheat tenderizes the crumb, and 10% bread flour provides elasticity and reliable rise.

Milk + Milk Powder

Whole milk hydrates and softens the dough. Milk powder adds concentrated milk solids for better browning, deeper flavor, and a tender bakery-style crumb that holds even after cooling or freezing.

Dough Ingredients

320g whole milk (warm 100–105°F)
2 large eggs (100g)
70g sugar
45g milk powder
130g unsalted butter (softened)
12g salt
11g instant yeast

Method

1. Mix milk, eggs, sugar, yeast. Add flour and milk powder. Mix until shaggy.
2. Rest 20 minutes to hydrate flour fully.
3. Add butter and salt. Knead until smooth, elastic, slightly tacky. Achieve windowpane.
4. Bulk ferment 60–90 minutes until puffy and airy.

Filling

170g softened butter + 1–1½ tsp extract (vanilla or orange)
160g sugar + 2½–3 tsp ground cardamom

Shaping

Divide dough into 2 equal portions (~640g each). Roll each to ¼ inch thick rectangle.

Spread butter evenly to edges. Sprinkle sugar/cardamom evenly.

Cut strips width of pan, stack, cut into squares, place loosely in parchment-lined pan.

Freezer Method

Wrap shaped loaf tightly (plastic touching dough + foil). Freeze immediately. Thaw, rise until puffy, bake.

Bake

350°F for 30–35 minutes. Internal temp 190–195°F. Deep golden color.

Finish

Brush with melted butter. Optional light flaky salt.

Troubleshooting

Stiff dough: add milk.

Dense loaf: under-kneaded or under-proofed.

No layers: too tight or not enough butter.

Dry bread: overbaked.

Key Principles

Fresh milled flour needs rest. Enriched dough needs fat balance. Layering depends on butter and spacing. Milk hydrates, milk powder elevates.