

Marie Saba

from my kitchen to yours

Sandwich Bread Loaf

Makes 1 loaf

Ingredients:

- 3 cups (420 g) bread flour
- 1 1/2 teaspoon (6 g) Kosher salt
- 1 Tablespoon (12 g) sugar
- 2 1/4 teaspoon (8 g) rapid-rise yeast
- 1 cup (236 ml) warm water + 2 Tablespoons (30 ml) more
- 2 Tablespoons (30 ml) olive oil

*Rapid rise yeast with dough enhancer or active dry yeast can also be used.



Instructions:

1. Place flour sugar and salt in a medium bowl. Stir to combine. Add yeast and stir again.
2. Measure out 1 cup warm water (110-115 F or 43-46 C). Add olive oil to water. Pour liquids into bowl with dry ingredients and stir to combine. Add 2 Tablespoons more warm water if dough seems dry. Use your hands to bring dough into a ball. Knead a few times in the bowl. Dough will be sticky. Drizzle with olive oil to make it easier to work with.
3. Place the ball of dough in the bowl of a stand mixer with the bread hook attachment. Knead at level 2 for about 3 minutes. Stop the mixer and pull the dough off the dough hook. Lightly dust with flour if the dough is sticking to the sides of the bowl. Continue kneading at level 2 for 3 minutes more until you have a smooth ball of dough.
4. Drizzle olive oil in a large bowl. Transfer dough to bowl and turn to coat. Cover with plastic wrap, and let rise in a warm spot until doubled in size, about 60 to 90 minutes.
5. Remove plastic wrap. Punch down the dough. Gently move the dough from the bowl to the counter and stretch it into a 13x10" rectangle. Lightly oil a loaf pan. Fold dough into thirds (like a letter). Tuck edges under and use your fingers to seal any seams. Cover with a clean dish towel and let rise 30 to 60 minutes, or until dough has risen to about 1-inch above the edge of the pan.
6. Preheat oven to 375 F (190 C). Bake bread until golden brown, 35-40 minutes. Let bread cool in pan 5 minutes. Remove from pan and let cool on wire rack. Slice and enjoy!

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