



the root

soft sandwich bread

a soft everyday sandwich bread made with milk, honey, eggs, and a little whole wheat + flax for a simple homemade staple.

yield

2 loaves: 1 large pullman + 1 small loaf

prep time

3–4 hours

cook time

30–35 min

ingredients

- 415 ml warm milk
- 10 g active dry yeast
- 60 g honey
- 2 eggs
- 60 g melted butter, cooled slightly
- 700 g bread flour
- 100 g whole wheat flour
- 15 g ground flaxseed
- 10 g salt
- 10–30 ml extra milk, only if needed



instructions

1. stir warm milk, yeast, and honey together. rest 5–10 minutes until foamy.
2. mix in eggs and melted butter.
3. add bread flour, whole wheat flour, flaxseed, and salt.
4. mix until a shaggy dough forms.
5. knead 8–10 minutes, adding extra milk only if the dough feels dry.
6. cover and rise until doubled, about 1–2 hours.
7. divide, shape, and place into greased loaf pans.
8. cover and rise until puffy and near the top of the pans.
9. bake at 350°F for 30–35 minutes, until golden and 195–200°F inside.
10. cool completely before slicing.

storage

store airtight at room temperature for 3–4 days. for longer storage, slice and freeze in a freezer bag for up to 3 months.

use it for

sandwiches, toast, grilled cheese, french toast, freezer lunches, garlic bread, and homemade breadcrumbs.

notes

the dough should feel soft and slightly tacky, not stiff. if it feels dry or tears while kneading, add a small splash of milk before the first rise.