



American Style White Sandwich Bread Recipe (No Stand Mixer Method)

Make soft & fluffy American Style White Sandwich Bread at home without a stand mixer! Tastes better than store bought ones without dough conditioners and preservatives. For best results, [watch this accompanying video](#) demonstrating the steps below.

▶ accompanying video link ▶ bit.ly/whitebreadrecipe

Equipment Required:

- 9 x 5 inch loaf pan (23 x 13 cm)
- oven
- digital scale in grams*

**Recommended for accuracy. If you don't have this, you can use amounts converted to ounces or measuring cups & spoons below.*

INGREDIENTS		grams (g)	ounces (oz)	measuring cups & spoons
Bread Flour	[100%]	350 g	12.35 oz	2 cups plus 1/3 cup
Instant Yeast	[1.1%]	4 g	0.14 oz	1 teaspoon
Sugar	[5.7 %]	20 g	0.71 oz	1.5 tablespoon
Salt	[0.9%]	3 g	0.11 oz	1/4 teaspoon plus 1/8 teaspoon
One Large Egg	[14%]	48 - 50 g	1.69 - 1.76 oz	1 large egg
Water	[60%]	210 g	7.41 oz	1 cup minus 1 tablespoon
Softened Butter (or margarine)	[4.3%]	15 g	0.53 oz	1.5 tablespoon



INSTRUCTIONS:

1. Add flour, instant yeast, and sugar into a bowl. Mix well.
2. Add salt. Mix. We add salt after so that it doesn't have direct contact with the yeast.
3. Add water into the center of the dry ingredients.
4. Add egg.
5. Using a spoon or silicone spatula, starting in the center. Mix the ingredients into a cream. As the cream thickens, it will turn into a paste. Keep mixing - the goal of this step is to hydrate every bit of flour until it becomes a lumpy & sticky dough with no dry spots.
6. At some point, it will feel like there is not enough water, but resist the temptation to add more water. Instead, use the spoon to press every bit of dry flour into the dough until every bit of flour is hydrated.
7. Transfer the lumpy sticky dough onto the bench.
8. Cover the dough with a bowl. Rest 30 minutes.
9. Uncover the dough, using slightly wet hands, pick up the dough and "Slap & Fold" the lumpy dough for no more than 10 times.
How to Slap & Fold: Pick up the dough, slap the dough on to the bench. Fold the dough into half. Turn the dough 90 degrees. And repeat. This method enables the lumpy dough to tighten and become less sticky.
10. Fold over the seam of the dough, and pull the dough towards you into a ball.
11. Turn the dough ball smooth side down.



12. Knead by hand for 5 minutes by using the "Fold, Press & Turn" kneading method described below.

"Fold, Press & Turn" Kneading Method: Gently stretch the top 1/3 of the dough, fold and press it into the dough two-thirds of the way down. Turn 90 degrees, gently stretch, fold & press. Repeat.

If the dough is too sticky to knead by hand, "Slap & Fold" the dough a few times until it is easier to handle.

By the end of this 5 minutes, the dough will be slightly sticky to touch but not wet.

13. Pull the dough towards you into a dough ball.

14. Cover the dough with a bowl. Rest 30 minutes.

15. Uncover the dough, using slightly wet hands, turn the dough smooth side down.

16. Gently stretch the dough into a thin layer, rectangular in shape. without tearing the dough.

17. Using hands, break apart the softened butter and spread it over the dough layer.

18. Fold the top 1/3 of the dough two-thirds of the way down (butter spread inside).

19. Then fold the remaining bottom 1/3 of the dough over the first fold.

20. Roll the dough from one short end to the other into a ball.

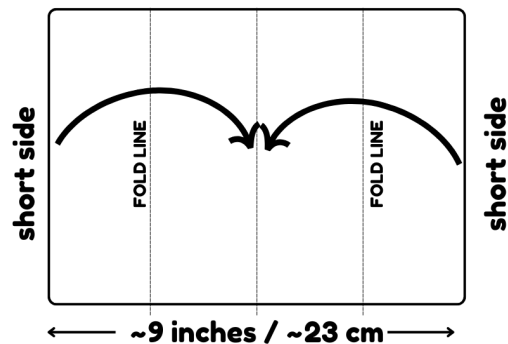
21. Knead by hand for 5 minutes, using the same "Fold, Press & Turn" Kneading Method described in Step 12 above.

It is normal to feel the butter oozing through the dough after a few minutes of kneading. The dough will also feel slightly greasy and it may start to tear easily. This is normal. Keep kneading, trusting that the greasiness will subside, and the dough will come together when the butter is completely absorbed into the dough. ([Watch video for explanation](#)).

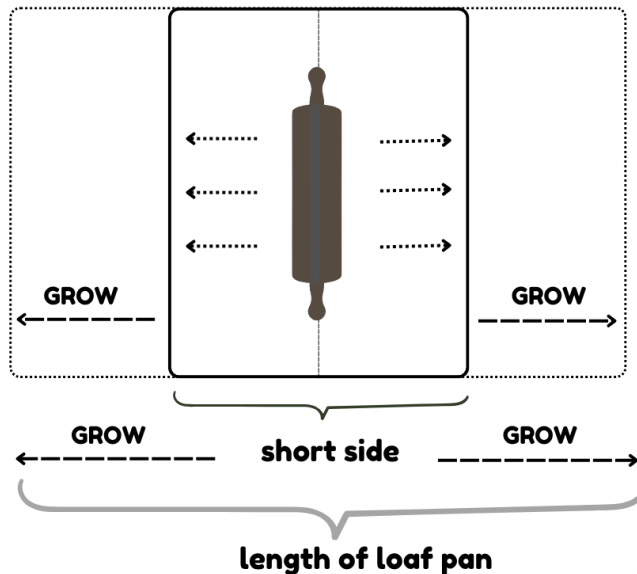
- *If the dough gets too sticky to knead by hand, "Slap & Fold" the dough a few times until it is easier to handle.*

22. Pull the dough towards you into a dough ball.

23. Cover the dough with a bowl. Rest 30 minutes.
24. After 30 minutes, flip the dough smooth side down, knead for 1 - 2 minutes and turn it into a smooth tight dough ball.
25. Lightly grease a large mixing bowl with a drop of oil.
26. Transfer dough ball into mixing bowl, smooth side up. Cover with cling wrap.
27. Let dough rise in a warm place until it doubles in size, approximately 75 minutes.
Time is a guideline - move to the next step when the dough doubles in size.
28. Grease loaf pan with oil. Line loaf pan with parchment paper. This prevents bread from getting stuck to the pan while baking.
29. Transfer the risen dough onto the bench, smooth side down.
30. Deflate the dough by pressing it down with your knuckles or palms, careful not to tear the dough.
31. Stretch the dough and shape it into a large rectangle, with its length matching the length of the loaf pan - 9 inches.
32. Flatten the dough with your hands, to deflate as many air bubbles as possible.
33. Fold the two short edges of the rectangular dough inward as shown in the diagram below.



34. Lightly dust a marble or plastic rolling pin, and the dough, to flatten the dough until its new short ends grow to the length of the loaf pan. See diagram below, or [watch the video](#).



Rolling pin material matters. If you don't have a marble or plastic rolling pin. See alternatives below:

- Bamboo / Wooden Rolling Pin: Place a large sheet of parchment paper over the dough, and use the rolling pin as per normal.
- Clean & dry sturdy glass jar with no stickers on it. Use it like a marble rolling pin. [See video](#) for demonstration.



There are 2 goals to achieve in this step:

- Goal #1: Roll out the new short side until it grows to the length of the loaf pan, which is 9 inches.
- Goal #2: Using the rolling pin to press out as many air pockets as possible.
Reason: This type of bread has a fine and even crumb texture, so we have to roll out and deflate all the air bubbles as best as we can.

35. Once the short sides of the dough have reached the length of the loaf pan, roll the dough tightly from one side to the other into a log.

36. Seal the seam.

37. Press down the log-shaped dough to press out any air bubbles.

38. Transfer the log-shaped dough into the parchment-lined loaf pan, seam-side down.

39. Loosely cover with cling wrap. Let it go on its final rise until the dough has risen to the height of the loaf pan, approximately 75 minutes.

Time is a guideline - proceed to Step 41 when your dough has reached the height of the loaf pan.

40. Preheat the oven to 375°F / 190°C. No fan-forced; do not turn on the convection setting.

41. Once the dough has risen to the height of the loaf pan, remove cling wrap.

42. Place the loaf in the center of the oven. Bake for 30 mins at 375°F / 190°C.



43. Check the bread after 10 - 15 minutes. Once the top of the bread has turned light brown, place an aluminium foil over the bread, to prevent its top from getting charred.
44. Remove baked bread from the oven.
45. Carefully transfer bread to a cooling rack, without the parchment paper.
46. Let bread cool for 2 hours before slicing. Do not slice hot bread, as slicing hot bread results in gummy slices. Its reasoning can be found in [the video](#).
47. After 1 hour of cooling, or when the bread is not hot to touch, loosely place cling wrap over the bread, to keep the crust soft.
48. After 2 hours, bread is ready to be sliced. Slicing tips can be found in [the video](#).

STORAGE:

- As there are no preservatives in this bread, set aside what you will consume within 24 hours in a zip lock bag or cling wrap.

FREEZING:

- Individually freeze each slice in cling wrap ([see video](#)). This prevents freezer burns and prolongs its lifespan in the freezer.

HOW TO DEFROST:

- Option 1: Leave frozen wrapped bread slices at room temperature for a few hours (or overnight) - and ready to eat.
- Option 2: Unwrap frozen slices, and place it in the toaster or oven at the lowest temperature setting.



HOW TO MAKE 2 LOAVES OF THIS BREAD AT THE SAME TIME?

- Double the ingredient amounts except the instant yeast.
The reason for not doubling the yeast amount is because a little leaven leavens the whole lump.
4g instant yeast is enough to leaven the doubled dough and adding too much yeast may result in a yeasty smelling bread.
- Please note that times for kneading may be slightly longer - use your judgement based on your experience making one loaf - go at your own pace.
- After Step 29 and before Step 30 on this recipe, weigh the dough and split it into two equal portions.
- Apply Step 30 and onward to each dough to produce 2 loaves.

