

Buttermilk Bread

This is the classic buttermilk bread of our grandparents. I developed this recipe as a sandwich loaf but it would work well as a freeform loaf also. Sometimes the loaf looks a bit under-risen going into the oven but it springs up nicely during baking.

Two Loaves	Ingredient	One Loaf
7 cups, 980 g	All-purpose flour, 100%	3 ½ cups, 490 g
1 ½ Tbsp, 14 g	Yeast, 1.4%	1 ½ Tbsp, 7 g
1 Tbsp, 14 g	Kosher salt, 1.4%	½ Tbsp, 7 g
2 Tbsp, 25 g	Sugar, 2.6%	1 Tbsp, 13 g
¼ cup, 55 g	Oil, 6%	2 Tbsp, 28 g
1 cup, 245 g	Buttermilk, 25%	½ cup, 123 g
2 cups, 454 g	Water, 46%	1 cup, 227 g

In a large bowl, mix together the flour, yeast, salt and sugar. Form a well in the middle of the flour and add the oil. In a microwaveable bowl, mix together the buttermilk and water then heat to 105-115 degrees. Stir the buttermilk mixture into the flour until well mixed then stir vigorously another 15-30 seconds. Cover and allow to rise at room temperature for about 2 hours then refrigerate dough until ready to use.

When ready to bake, spray the inside of a 4 ½" by 8 ½" bread pan with nonstick spray, then dust with whole wheat flour or cornmeal. On a floured surface, divide the dough in half then fold each half a few times and form into a loaf. Place the formed loave(s) into the pan(s) then cover loosely with plastic wrap and allow to rise at room temperature for about 1 hour.

Preheat the oven to 450 degrees, then place the loaves in the oven and turn the oven down to 400 degrees. Bake for about 45 minutes, then remove from the oven and cool on a wire rack.