

# Soft Milk Bread

## Ingredients

- Bread flour 320–340g | 2 1/2–2 3/4 cups (start with 320g, add more as needed)
- Milk 160g | 2/3 cup (room temperature or slightly warm)
- Egg 1 egg | 1 large egg
- Instant yeast 5g | 1 1/2 tsp
- Salt 5g | 3/4 tsp
- Sugar 5–25g | 1 tsp–2 tbsp (5g for neutral flavor, 25g for sweeter bread)
- Unsalted butter 30g | 2 tbsp (softened)
- Optional egg wash 1 egg yolk + 1 tbsp milk

## Instructions

1. Combine bread flour, sugar, salt, and instant yeast in a stand mixer bowl and mix briefly.
2. Add the milk and egg and mix on low speed until a rough dough forms.
3. Add softened butter and knead 10–15 minutes until smooth, stretchy, and slightly tacky, adding flour only if needed.
4. Shape into a ball, place in a greased bowl, cover, and rise for about 1 hour or until doubled.
5. Divide the dough into 3 equal pieces, shape into loose balls, and rest 10–15 minutes.
6. Roll each piece into an oval, roll up from the short end like a jelly roll, pinch seams, and place seam-side down in a greased loaf pan.
7. Cover and rise again for about 1 hour or until puffy and nearly doubled.
8. Preheat the oven to 340°F (170°C), mix egg yolk and milk, and brush the dough lightly.
9. Bake 25–30 minutes until golden and the loaf sounds hollow when tapped.
10. Cool in the pan for 5 minutes, then transfer to a wire rack to cool completely before slicing.

## Note & Storage

- Store in an airtight container at room temperature for up to 3 days.
- Avoid refrigerating because it dries out the bread.
- Freeze tightly wrapped slices or the whole loaf for up to 1 month.
- Refresh by toasting or warming briefly in the oven.
- Start with 320g flour and add only as needed for a soft dough.
- Whole milk gives the best texture, but low-fat or plant milk works.
- Use room-temperature butter for easier kneading.
- Use egg wash for a shiny crust or milk for a softer matte finish.