

Two-loaf French-style sandwich bread

FOOD-001 / REV A / 2026.09.01

The canonical version makes two 9 × 5 inch loaves with warm water, active dry yeast, honey, flour, salted butter, and salt. The method moves from a short yeast rest to paddle mixing, dough-hook kneading, two rises, shaping, proofing, and a 375°F bake to a 190-195°F center.

STATUS	Canonical Current Standard
CLASSIFICATION	FOOD
MATERIAL	KITCHEN / RECIPE
DISPOSITION	PUBLIC / CANONICAL CURRENT STANDARD
CATEGORY	Cooking
RECORD TYPE	recipe

TECHNICAL NOTES

Complete two-loaf French-style sandwich bread formula and workflow.

GOAL

Make two soft sandwich loaves with a spreadable crumb and a fully baked center.

INGREDIENTS

- 473 g warm water at 105-110°F
- 7 g active dry yeast
- 42 g honey
- 720-780 g flour
- 57 g salted butter
- 12 g salt

METHOD / STEPS

1. Rest yeast with warm water and honey.
2. Mix with the paddle, then switch to the dough hook.
3. Knead 7-9 minutes.
4. Rise 45-60 minutes, shape, and proof 30-45 minutes.

5. Bake at 375°F for 28-34 minutes.
6. Confirm 190-195°F center and cool before bagging.

RESULT / WHERE THIS STANDS

Canonical current standard for a confirmation bake.

SAFETY / LIMITATIONS

- Use a thermometer and avoid bagging while the loaf is still warm enough to trap condensation.

SPECIFICATION

YIELD	2 loaves
PANS	9 × 5 inch
BAKE	375°F / 28-34 min
CENTER	190-195°F

DEVELOPMENT HISTORY

2026.09.01 / Rev A

Imported as an independent manifest record; public copy keeps uncertainty visible.

2026.10.10 / PROJECT UPDATE

Connected the newer project records: FOOD-BREAD-1000-001. Existing test limitations remain in place.

RELEASED MATERIAL / SOURCE LINKS

food-001-public-summary.txt

PUBLIC SUMMARY / RECOVERED NOTES

<https://u225x.com/downloads/manifest-records/food-001-public-summary.txt>

CONNECTED RECORDS

FOOD-BREAD-1000-001

<https://u225x.com/record/FOOD-BREAD-1000-001>

RETURN TO THE LIVING RECORD

Two-loaf French-style sandwich bread

This PDF preserves the public notes at this revision. Visit the record for updates and attached images.

<https://u225x.com/record/FOOD-001>