

Bread yeast blooming in water and honey

FOOD-002 / REV A / 2026.09.01

Blooming checks active dry yeast and helps distribute it in the dough. Use liquid and sweetener already included in the recipe. Use the amounts from the parent bread recipe; this record is a technique note, not an additional dough formula.

STATUS	Recovered/Partial
CLASSIFICATION	FOOD
MATERIAL	KITCHEN / RECIPE
DISPOSITION	PUBLIC / RECOVERED/PARTIAL
CATEGORY	Cooking
RECORD TYPE	recipe

TECHNICAL NOTES

Blooming checks active dry yeast and helps distribute it in the dough. Use liquid and sweetener already included in the recipe.

GOAL

Run the first test described in this guide and record the result for bread yeast blooming in water and honey.

A RECIPE TO MAKE / ADDED TO THIS RECORD

A complete companion formula from FOOD-001 supplies the measured dough for this technique or troubleshooting record.

Added 2026-09-15. Separate from the original notes; not a claim of a tested batch.

TWO-LOAF FRENCH-STYLE SANDWICH BREAD

Adapted from the existing FOOD-001 canonical formula without changing its dough quantities. Shaping, oil allowance and storage are newly written practical details; this is not a recovered transcript or a kitchen-tested new version.

YIELD	2 loaves in 9 x 5-inch pans
PREP / WAIT	25 minutes active; 75-105 minutes rising
COOK	28-34 minutes at 375°F; about 2 hours cooling

RECIPE INGREDIENTS

- 473 g water, warmed to 105-110°F
- 7 g active dry yeast
- 42 g honey
- 720-780 g all-purpose flour
- 57 g salted butter, very soft
- 12 g fine salt
- 2 tsp neutral oil, for the bowl and pans

RECIPE METHOD

1. Stir the water, honey and yeast in the mixing bowl; wait 5-10 minutes for signs of activity. Grease two 9 x 5-inch loaf pans with half the oil.
2. Add 720 g flour and the salt. Mix with a paddle on low for about 1 minute, until a shaggy dough forms. Mix in the very soft butter, then stop and install the dough hook.
3. Knead at the mixer manufacturer's recommended bread speed for 7-9 minutes, adding the remaining flour only as necessary to obtain a soft, elastic dough that is slightly tacky. Knead by hand if the batch exceeds the mixer's rated capacity.
4. Oil a large bowl with the remaining oil, add dough, cover, and let rise for 45-60 minutes or until approximately doubled.
5. Gently deflate and divide in half. Pat each half into a rectangle about 8 inches wide, roll into a tight log, pinch the seam, and place seam down in a pan.
6. Cover and proof 30-45 minutes, until visibly puffy and about 1 inch above the rim. Heat the oven to 375°F during the final proof. These pan loaves do not require scoring.
7. Bake on the center rack for 28-34 minutes, until golden and the center reads 190-195°F. If the surface colors early, loosely tent with foil and continue to the center-temperature target.
8. Cool 10 minutes in the pans, then turn out onto a rack. Cool completely, about 2 hours, before slicing or bagging.

RECIPE NOTES & STORAGE

- The 12 g salt is the amount already specified with salted butter in FOOD-001; do not subtract salt from it a second time.
- Store fully cooled loaves airtight at room temperature for up to 3 days, or slice and freeze for up to 2 months.

RECIPE BASIS & REFERENCES

FOOD-001 canonical bread formula

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

ORIGINAL RECORD / RETAINED NOTES

SOURCE STATE

New recipe or technique reference; not a recovered exact recipe

PREPARATION / NOTES

Use the amounts from the parent bread recipe; this record is a technique note, not an additional dough formula.

INGREDIENTS

- Exact quantities were not preserved in the manifest entry; add the recovered batch sheet when available.

METHOD / STEPS

1. Measure the recipe's water and warm it to the yeast package's rehydration range; about 100-110°F is a common active-dry starting range.
2. Stir in the specified honey, then sprinkle in the measured yeast.
3. Wait about 5-10 minutes for signs of activity, then add the mixture to the remaining ingredients.
4. If it remains inactive, check yeast age and water temperature before committing the flour. Instant yeast generally can be mixed into flour unless its directions specify otherwise.

THINGS TO WATCH FOR

Do not add extra water and honey on top of the recipe totals. Hot water can damage yeast. Lack of a dramatic foam cap is not by itself proof that every yeast type is dead.

FIRST TEST / WHAT TO RECORD

The dough begins rising under the recipe's normal proof conditions.

RESULT / WHERE THIS STANDS

The dough begins rising under the recipe's normal proof conditions.

TROUBLESHOOTING

- Do not add extra water and honey on top of the recipe totals. Hot water can damage yeast. Lack of a dramatic foam cap is not by itself proof that every yeast type is dead.

SAFETY / LIMITATIONS

- Treat this as a public recipe note, not a substitute for current food-safety guidance.

SPECIFICATION

TYPE	Kitchen / recipe
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SOURCE	Recovered notes and content manifest
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VALIDATION	Next test should record batch, temperature, time, and result
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FOCUS	Fermentation, proofing, bake, and cooling
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DEVELOPMENT HISTORY

2026.09.01 / Rev A

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

RELEASED MATERIAL / SOURCE LINKS

[food-002-public-summary.txt](#)

PUBLIC SUMMARY / RECOVERED NOTES

<https://u225x.com/downloads/manifest-records/food-002-public-summary.txt>

RETURN TO THE LIVING RECORD

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

<https://u225x.com/record/FOOD-002>