Bread mixing paddle-to-dough-hook workflow

FOOD-003 / REV A / 2026.09.01

Use the paddle only to bring a soft mixture together, then let the dough hook do the kneading within the mixer’s capacity. Flour quantity and kneading time come from the parent recipe and actual mixer capacity.

STATUS	Starting Point
CLASSIFICATION	FOOD
MATERIAL	KITCHEN / RECIPE
DISPOSITION	PUBLIC / STARTING POINT
CATEGORY	Cooking
RECORD TYPE	recipe

TECHNICAL NOTES

Use the paddle only to bring a soft mixture together, then let the dough hook do the kneading within the mixer’s capacity.

GOAL

Run the first test described in this guide and record the result for bread mixing paddle-to-dough-hook workflow.

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

Flour quantity and kneading time come from the parent recipe and actual mixer capacity.

INGREDIENTS

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

METHOD / STEPS

1. Combine liquids and part of the flour with the paddle on low until there are no dry pockets.
2. Stop and switch to the dough hook before the dough becomes too stiff for the paddle.
3. Add remaining flour gradually and knead at the mixer manufacturer’s recommended bread speed.
4. Stop periodically to check temperature and texture; the dough should become cohesive and elastic, with some tackiness rather than dry hardness.

THINGS TO WATCH FOR

Do not use high speed to force a heavy dough to knead faster. A mixer bowl can look sticky before the flour finishes hydrating. Overloading can overheat the motor.

FIRST TEST / WHAT TO RECORD

The dough stretches without immediately tearing and rises normally; record flour added rather than adding by feel without tracking.

RESULT / WHERE THIS STANDS

The dough stretches without immediately tearing and rises normally; record flour added rather than adding by feel without tracking.

TROUBLESHOOTING

- Do not use high speed to force a heavy dough to knead faster. A mixer bowl can look sticky before the flour finishes hydrating. Overloading can overheat the motor.

SAFETY / LIMITATIONS

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

SPECIFICATION

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

DEVELOPMENT HISTORY

2026.09.01 / Rev A

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

RELEASED MATERIAL / SOURCE LINKS

food-003-public-summary.txt

PUBLIC SUMMARY / RECOVERED NOTES

https://u225x.com/downloads/manifest-records/food-003-public-summary.txt

RETURN TO THE LIVING RECORD

Bread mixing paddle-to-dough-hook workflow

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

https://u225x.com/record/FOOD-003