

French-Style Bread / The 1,000 g Flour Batch

FOOD-BREAD-1000-001 / REV A / 2026.10.10

The September 27 recipe recap used 1,000 g flour and 620 g water, followed by questions about making stromboli and baking a shaped loaf on a cookie sheet. This is a distinct batch from the smaller French-style sandwich-bread formula already in the archive. The quantities and pan method below preserve that later recap. The free-standing bake was advised in the conversation; a finished result was not recorded. The stromboli notes describe a variation to develop, not a tested filling recipe.

STATUS	RECOVERED FORMULA / VARIATIONS OPEN
CLASSIFICATION	FOOD
MATERIAL	AP FLOUR / HONEY / SALTED BUTTER
DISPOSITION	PUBLIC RECIPE / LATER BATCH REVISION
CATEGORY	Food & Recipes
RECORD TYPE	recipe

TECHNICAL NOTES

A later two-loaf formula built around a full kilogram of all-purpose flour, with separate notes for pan bread, a free-standing loaf, and stromboli.

GOAL

Keep the later large-batch formula usable without confusing pan-loaf instructions with free-standing bread or filled dough.

EQUIPMENT

- Kitchen scale
- Mixer rated for a 1,000 g flour batch, or a large bowl for hand kneading
- Two loaf pans
- Instant-read thermometer
- Cooling rack

INGREDIENTS

- 1,000 g all-purpose flour
- 620 g warm water, about 100-105°F
- 14 g instant yeast
- 30 g honey
- 19 g salt
- 50 g softened salted butter
- A little extra butter for greasing the pans and brushing the finished loaves

METHOD / STEPS

1. Stir the water, honey, and yeast together. The source method rests this mixture for 5-10 minutes before adding flour.
2. Mix in the flour on low until a cohesive shaggy dough forms, then cover and rest for 15 minutes.
3. Add the salt and knead for 4-5 minutes. Gradually work in the softened butter, then knead until smooth and elastic, approximately 5-8 more minutes. Follow the mixer's dough-speed and batch-capacity limits; knead by hand if necessary.
4. Cover in a lightly greased bowl and let rise until approximately doubled, usually 45-60 minutes. Dough condition matters more than the clock.
5. Divide into two equal portions, approximately 865-870 g each. Press out large air pockets, shape into snug logs, pinch the seams, and place seam down in greased pans.
6. Cover and proof until puffy, roughly 35-50 minutes. The source target is about 3/4-1 inch above the pan rim. Heat the oven to 375°F.
7. Make one shallow lengthwise score just before baking. Bake for approximately 30-35 minutes, checking near the end for a fully baked center; the source target is 195-200°F. Tent loosely with foil if the crust browns before the middle is ready.
8. Brush the tops lightly with butter. After about 5 minutes, remove the loaves from their pans and cool on a rack. Wait at least 45-60 minutes to slice and until completely room temperature before bagging; this may take around 2 hours.

BUILD STORY

One dough led to three different shaping questions. Keeping their bake instructions separate is the useful part of this record.

The pan-loaf recap uses a kilogram of AP flour, instant yeast, honey, and softened salted butter. It yields roughly 1.73 kg of dough, so a half batch is closer to 867 g than an exact 865 g. The source's portion weights were approximate.

The later free-standing loaf was shaped on a cookie sheet instead of going into a pan. Advice changed to 400°F, three or four diagonal scores, and roughly 25-32 minutes for a half-batch loaf, beginning checks after 23-25 minutes. Those timings belong to that proposed shape, not every loaf size.

For stromboli, the conversation proposed using the dough after its first rise, rolling a half batch into approximately a 12 × 16-inch rectangle, leaving a bare border, sealing seam and ends, and giving it only a short final rest. Cheese and cured meats were suggested, with sauce on the side to reduce sogginess. Exact filling quantities and a finished result were never recorded, so this remains a variation note rather than a complete tested stromboli recipe.

The earlier FOOD-001 formula remains useful as a separate smaller batch. This later recipe changes more than pan shape: flour, water, yeast, honey, butter, and salt quantities all differ. Mixing the ingredient list from one version with the method assumptions of another would lose the point of keeping the revisions.

RESULT / WHERE THIS STANDS

The later measured formula is now preserved. An earlier exchange reported bread leaving the oven, but that does not verify every later shape, filling, or exact formula. The September 27 free-standing and stromboli outcomes remain undocumented.

NEXT TO ADD

- Finished photos and crumb cross-section from the 1,000 g flour batch.
- Actual proof and bake times for the cookie-sheet loaf, with its dough weight.
- A measured stromboli filling recipe and completed bake result before calling that variation tested.

SAFETY / LIMITATIONS

- The 19 g salt is already the amount in the salted-butter recipe recap; do not subtract a second allowance for the butter.
- Bread temperature and bake time are guides to doneness, not a way to validate a meat-filled stromboli. Use fully cooked fillings and a separate complete filling recipe.
- The recorded proof and bake times are starting estimates. Do not bag warm bread where steam can collect.

SPECIFICATION

YIELD	2 loaves / about 1,733 g dough before handling losses
PANS	Two 9.2 × 5.1-inch pans in the source recap
HYDRATION	62% water relative to flour weight
PREP	About 25 minutes active, a 15-minute rest, and two rises
BAKE	Pan loaves: 375°F for approximately 30-35 minutes

SOURCE CENTER TARGET	195-200°F / time varies with loaf shape and oven
COOKIE-SHEET VARIATION	400°F; begin checking an approximately half-batch loaf after 23-25 minutes
EVIDENCE	Recipe recap and shaping discussion; no September 27 finished-loaf photos

DEVELOPMENT HISTORY

2026.09.27 / RECIPE

Recorded the 1,000 g AP-flour formula and separate stromboli and free-standing-loaf discussions.

2026.10.10 / A

Published this later formula as its own record, retaining the earlier sandwich-loaf recipe for comparison.

RELEASED MATERIAL / SOURCE LINKS

FOOD-BREAD-1000-001-project-notes.txt

PROJECT NOTES / CURRENT RECORD + NEXT EVIDENCE

<https://u225x.com/downloads/project-notes/FOOD-BREAD-1000-001-project-notes.txt>

FOOD-BREAD-1000-001-report.pdf

PRINTABLE RECORD / PROJECT NOTES

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

CONNECTED RECORDS

FOOD-001

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

FOOD-005

<https://u225x.com/record/FOOD-005>

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-BREAD-1000-001>