Pain de Mie / Pullman Bread

Ingredients			Baking %
Bread flour (high protein) 13.5 to 15% protein	5.00 lbs.	2267 grams	100%
Yeast (instant freeze dried)	0.08 lb.	36 grams	1.6%
Milk powder (non-fat)	0.17 lb.	77 grams	3.5%
Water	2.90 lbs.	1315 grams	58%
Butter / shortening	0.20 lb.	91 grams	4%
Eggs	0.22 lb.	100 grams	4.4%
Sugar / or liquid malt	0.25 lb.	113 grams	5%
Salt	0.09 lb.	40.8 grams	1.8%
Total	8.91 lbs.	4042 grams	

Method

- Using delayed salt method, place all ingredients except salt and butter in mixing bowl fitted with a dough hook. Mix on medium slow speed for 5 minutes. Add salt and continue mixing for 1 minute, add butter, continue mixing for an additional 4 to 6 minutes, depending on the mixer. Check for good gluten structure, continue mixing until it is achieved.

- Pull dough from bowl, round dough, and let rest covered, at room temperature for 45 minutes. Punch down and let rest for an additional 30 minutes. Knock down once more and let rest for a final 15 minutes.

- Divide dough into 1.10 lbs. (499 grams) pieces, for a one lb. "pain de mie" (in French), in English it is called a "Pullman Loaf". For a professional 2 lb. loaf pan with a lid, scale dough at 2.20 lbs.

- Roll dough pieces into a ball, cover and let rest for 20 minutes. De-gas, roll and shape dough, place in prepared loaf pans.

- Place loaf pans in proofer 75 to 80 degrees F (23.8 to 26 degree C) with 85% humidity for 45 minutes to 1½ hours or until fully proofed.

- Do not place lids on pans until the loaves are within ½ inch of the top of the pan, then place lid on pan or if a lid is not available place parchment paper on the top of the pan and place a **heavy** sheet pan on top and finish the proofing of the loaves.

- Bake in 375 degree F (190 degree C) oven until golden brown. (Make sure good air space is available around pans to give good side structure by baking evenly.) Internal temperature 195 degrees F.

- Remove from oven and immediately remove loaves from pans and place on cooling rack. Slice and wrap when loaves reach room temperature.