

High Protein Cottage Cheese Sourdough Sandwich Bread

Ingredients:

- 185 g cottage cheese ($\frac{3}{4}$ cup)
- 185 g egg whites ($\frac{3}{4}$ cup)
- 150 g sourdough starter ($\frac{2}{3}$ cup)
- 30 g neutral oil (3 *tbsp*)
- 325 g bread flour (2 $\frac{2}{3}$ cups)
- 10 g salt (1 $\frac{1}{2}$ *tsp*)

For baking:

- 1 egg or egg yolk (*for washing*)
- Boiling water

Directions:

1) **Make the dough:**

- Blend cottage cheese with the egg whites in a blender.
- Transfer to a mixing bowl. Add sourdough starter and neutral oil. Mix well.
- Add bread flour and salt. Mix everything to form a shaggy dough. Cover.

2) **Strengthen the dough:**

- Rest 30 minutes after mixing.
- Knead 2-3 minutes, using wet hands to prevent things from becoming too messy.
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- Rest 30 minutes.
- Stretch and fold #1: 6-8 folds.
- Rest 30 minutes.
- Stretch and fold #2: 4-6 folds.
- Rest 30 minutes.
- OPTIONAL - Stretch and fold #3: 4 folds.
- OPTIONAL - Rest 30 minutes.

3) **Shape the dough:**

- Flour a working surface (fairly heavy, but not obnoxiously).
- Turn the dough out. It will still be sticky.
- Flour the top of the dough and pat into a rectangle.
- Fold the left and right sides of the dough into the center. Then, roll up the dough into a log. Pinch the seams closed.
- Transfer to a greased 9 X 5 inch (1.25 lb) loaf pan, seam side down.

4) **Rest and rise:**

- Cover the dough and allow it to rest and rise until it completely fills up the loaf pan and is level with, or slightly above, the edge. (About 8-9 hours, or up to 12 hours in a cooler environment.)

5) **Wash and bake:**

- Preheat an oven to 350 F (175 C).
- Boil some water in a tea kettle or over the stovetop.
- Make an egg wash by whisking one whole egg or one egg yolk (if you have some leftover from separating eggs) until smooth.
- Remove the cover from your dough and brush the egg wash all over the risen loaf. Don't be afraid to pop any large air bubbles.
- Pour the boiling water into a water-safe, oven-safe pan placed next to the bread in the oven. Bake for 45-50 minutes, or until the internal temperature reaches 190 F (88 C).

6) **Cool and enjoy!**

- Cool 5-10 minutes in the loaf pan before transferring to a wire rack to cool completely.
- Wait at least 30 minutes before slicing.
- Enjoy!

7) **How to store:** Store in a Ziploc bag on the counter for up to seven days, or slice and store in the freezer.

To reheat: From room temperature, toast for about two minutes. From frozen, toast for about four minutes. I do this in my air fryer at 400 F.

Notes:

- You can use freshly separated whites or pasteurized, liquid egg whites that come in the carton for this recipe.
- An optional substitution for the egg whites is whole eggs. Use 185 g of whole eggs, which is about three large (50 g) eggs plus one egg white (save the yolk for the wash). The flavor is not quite the same (and not my preference), but it still makes a good, high protein bread that is light and fluffy.