



## Kefir Bread

### Ingredients

- 1 Tbsp. yeast
- ¼ c warm water
- ½ tsp sugar
- ¼ stick soft butter
- 2 Tbsp neutral oil (I use avocado or grapeseed oil)
- 2 Tbsp honey
- 1 ½ tsp sea salt
- 1 c buttermilk or kefir, room temp (after shaking the carton, I heated it in a microwave-safe cup for 45 seconds)
- 1 egg beaten, room temp (USE ONLY HALF FOR THE BREAD and add ¼ tsp sugar to the other half of the beaten egg for the top)
- 3-4 c bread flour

### Instructions

In a bowl, proof yeast with the warm water and sugar. Add liquids, then flour a bit at a time. Let rise for 70 minutes, punch the dough down, kneading it 20 times or so. Let it relax and sit for 10 minutes, then knead a bit more and form into rolls or loaves and let rise for 45 minutes.

At this point, begin preheating the oven to 325 degrees. After the oven is preheated, brush the tops of the rolls or bread with the egg wash. I usually score a design into the dough with my lame, then bake the two loaves on a parchment paper lined cookie sheet at 325 for 25 min until the center registers 190 degrees. Cool on a rack for at least a half hour before slicing.