

- Prep Time: 25 minutes
- Proofing Time: 1 hour 45 minutes (total across two rises)
- Bake Time: 30–35 minutes
- Total Time: Approximately 2 hours 45 minutes
- Yield: 1 Large Square Loaf (approx. 10–12 slices)
- Recipe Difficulty & Intensity: Medium
 - *Dough Kneading*: Medium-High intensity (requires active kneading for 8–10 minutes by hand or 6 minutes in a stand mixer to develop strong gluten).
 - *Vegetable Filling*: Low-Medium intensity (quick sauté to remove excess moisture).
 - *Assembly & Shaping*: Medium intensity (rolling, layering, and tight rolling).

Table of Contents



- [Equipment Needed](#)
- [Ingredients](#)
 - [For the Soft Square Bread Dough:](#)
 - [For the Cheesy Vegetable Filling:](#)

- [For the Egg Wash & Topping:](#)
- [Step-by-Step Instructions](#)
 - [Step 1: Prepare the Dough \(Intensity: Medium-High\)](#)
 - [Step 2: Prepare the Sautéed Vegetable Filling \(Intensity: Low\)](#)
 - [Step 3: Assemble & Shape the Square Loaf \(Intensity: Medium\)](#)
 - [Step 4: Second Proof & Baking \(Intensity: Low\)](#)
 - [Step 5: Finish & Cool](#)
- [Storage, Reheating & Freezing](#)
- [Nutritional Information](#)

Equipment Needed

- Square Loaf Pan: 8×8-inch square baking dish or a 9x4x4-inch Pullman loaf pan (without lid for a rounded square top, or with lid for a perfect cube)
- Mixing Bowl or Stand Mixer
- Rolling Pin
- Large Skillet
- Spatula
- Wire Cooling Rack

Ingredients

For the Soft Square Bread Dough:

- 3 cups (360g) All-purpose flour or bread flour (bread flour yields a slightly chewier crust)
- 1 tbsp (9g) Instant yeast (or active dry yeast)
- 1 tbsp (12g) Granulated sugar (to feed yeast and assist with browning)
- 1 tsp (6g) Fine sea salt
- 1 cup (240ml) Warm milk (around 105°F–110°F / 40°C–43°C)
- 1 large Egg (at room temperature)
- 3 tbsp (42g) Unsalted butter (softened to room temperature)

For the Cheesy Vegetable Filling:

- 1 tbsp (15ml) Olive oil or butter
- 1 medium Red bell pepper, finely diced

- 1 medium Green bell pepper, finely diced
- 1 small Yellow onion, finely chopped
- 1/2 cup (75g) Sweet corn kernels (canned or thawed frozen)
- 1/2 cup (50g) Broccoli florets, chopped into tiny bite-sized pieces
- 2 cloves Garlic, minced
- 1 tsp Dried oregano or Italian seasoning
- 1/2 tsp Red chili flakes (adjust to taste)
- 1/2 tsp Black pepper, freshly cracked
- 1/2 tsp Salt (or to taste)
- 1.5 cups (150g) Shredded Low-Moisture Mozzarella Cheese (for the signature stretch)
- 1/2 cup (50g) Shredded Sharp Cheddar Cheese (for deep, savory flavor)

For the Egg Wash & Topping:

- 1 large Egg mixed with 1 tbsp milk
- 1 tbsp Sesame seeds or Everything Bagel seasoning (optional)
- 1 tbsp Melted butter mixed with finely chopped parsley (for brushing post-bake)

Step-by-Step Instructions

Step 1: Prepare the Dough (Intensity: Medium-High)

1. In a large bowl or the bowl of a stand mixer, whisk together the flour, instant yeast, sugar, and salt. Make sure the salt doesn't sit directly on top of the yeast.
2. Pour in the warm milk and egg. Using a dough hook attachment (or a sturdy wooden spoon), mix on low speed for 2 minutes until a shaggy dough forms.
3. Add the softened butter one tablespoon at a time while continuing to knead.
4. Kneading Phase: Knead the dough for 8-10 minutes by hand on a lightly floured surface (or 6-7 minutes in a stand mixer on medium speed). The dough is ready when it is smooth, elastic, slightly tacky but not sticky, and passes the windowpane test (stretches thin without breaking immediately).
5. Shape the dough into a smooth ball, place it into a lightly oiled bowl, and cover with a

damp towel or plastic wrap.

6. First Proof: Let it rise in a warm, draft-free spot for 60 minutes, or until doubled in size.

Step 2: Prepare the Sautéed Vegetable Filling (Intensity: Low)

Crucial Tip: Sautéing the vegetables removes excess water. Skipping this step will make your dough soggy inside.

1. Heat olive oil in a large skillet over medium heat.
2. Add the minced garlic and chopped onion. Cook for 2 minutes until translucent and fragrant.
3. Add the diced red bell pepper, green bell pepper, chopped broccoli, and sweet corn.
4. Season with salt, black pepper, Italian seasoning, and red chili flakes.
5. Sauté over medium-high heat for 4–5 minutes until the vegetables are tender-crisp and all excess liquid has evaporated.
6. Remove from heat and let the filling cool completely to room temperature before assembling. Hot filling will melt the cheese prematurely and kill the yeast in the dough.

Step 3: Assemble & Shape the Square Loaf (Intensity: Medium)

1. Grease your square loaf pan lightly with butter or non-stick spray, or line it with parchment paper leaving an overhang for easy removal.
2. Punch down the fully risen dough to release excess air bubbles. Turn it out onto a lightly floured work surface.
3. Using a rolling pin, roll the dough into a rectangle approximately 12×16 inches.
4. Evenly scatter the shredded Mozzarella and Cheddar cheeses over the dough, leaving a 1-inch border along the edges.
5. Spread the cooled vegetable mixture evenly over the cheese layer.
6. Starting from the short side, tightly roll the dough up into a log (like a cinnamon roll). Pinch the seam and edges firmly to seal the cheese and vegetables inside.
7. Place the roll seam-side down into your prepared square pan. If using an 8×8 square dish, you can coil the roll into a square shape or tuck the ends under nicely to fit the pan symmetry.

Step 4: Second Proof & Baking (Intensity: Low)

1. Cover the pan loosely with a clean kitchen towel and let it proof for 45 minutes in a warm area until puffy and filling out the square pan.

2. Pre-heat your oven to 350°F (175°C) during the last 15 minutes of proofing.
3. Brush the top of the puffed loaf gently with the egg wash using a pastry brush. Sprinkle with sesame seeds or Everything Bagel seasoning if desired.
4. Bake on the center rack for 30 to 35 minutes. The crust should turn deep golden brown, and the loaf should sound hollow when tapped on top. *If the top browns too quickly after 20 minutes, tent it loosely with aluminum foil.*

Step 5: Finish & Cool

1. Immediately upon removing the loaf from the oven, brush the hot top crust with melted garlic butter and fresh parsley.
2. Allow the bread to sit in the pan for 10 minutes, then carefully transfer it onto a wire cooling rack.
3. Let it cool for at least 15–20 minutes before slicing so the cheese sets slightly and the bread maintains its structure.

Storage, Reheating & Freezing

- To Store: Store leftover slices in an airtight container or zip-top bag in the refrigerator for up to 4 days.
- To Reheat: Warm individual slices in an air fryer at 320°F (160°C) for 3–4 minutes or in

a toaster oven until the crust is crisp and the cheese melts again. Avoid microwaving to prevent a rubbery texture.

- To Freeze: Wrap cooled slices individually in plastic wrap and foil. Freeze for up to 2 months. Reheat directly from frozen in a 350°F (175°C) oven for 8-10 minutes.

Nutritional Information

Servings per loaf: 10 slices | Values estimated per slice:

Nutrient	Amount per Slice
Calories	265 kcal
Total Fat	11g
<i>Saturated Fat</i>	<i>5.5g</i>
<i>Trans Fat</i>	<i>0g</i>
Cholesterol	45mg
Sodium	380mg
Total Carbohydrate	31g
<i>Dietary Fiber</i>	<i>2g</i>
<i>Sugars</i>	<i>3.5g</i>
Protein	10.5g
Calcium	160mg
Iron	1.8mg