- Prep time: 30 minutes
- Rise time: 1 hour 45 minutes (total)
- Bake time: 28–32 minutes
- Total time: Approximately 2 hours 45 minutes
- Yield: 1 loaf (10–12 slices)
- Difficulty: Easy–Intermediate
- Intensity level: Moderate (light kneading, mostly hands-off rising)

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Step-by-Step Instructions

Step 1: Activate the Yeast — 5 minutes | Intensity: Low

Warm the milk to 110°F (43°C) — it should feel like a warm bath, not hot. Pour it into the bowl of a stand mixer (or a large mixing bowl if kneading by hand). Sprinkle in the instant yeast and a pinch of the sugar. Stir gently and let it sit for 5 minutes until foamy. If it doesn't foam, your yeast may be expired — start fresh.

Step 2: Mix the Dough — 5 minutes | Intensity: Low

Add the condensed milk, egg, remaining sugar, and salt to the yeast mixture. Stir to combine. Add the flour one cup at a time, mixing on low speed (or with a wooden spoon) until a shaggy dough forms. Scrape down the sides of the bowl.

Step 3: Knead — 8–10 minutes | Intensity: Medium

Switch to the dough hook and knead on medium-low speed for 8–10 minutes, or turn the dough out onto a lightly floured surface and knead by hand for 10–12 minutes. Add the softened butter one tablespoon at a time, letting each piece incorporate before adding the next. The dough will look greasy at first — keep going. You're done when the dough is smooth, elastic, and pulls away from the bowl cleanly. It should pass the "windowpane test": stretch a small piece thin enough to see light through it without tearing.

Step 4: First Rise — 60–75 minutes | Intensity: Low (hands-off)

Shape the dough into a ball and place it in a lightly greased bowl. Cover with a damp towel or plastic wrap and let it rise in a warm, draft-free spot for 60–75 minutes, or until doubled in size. Tip: If your kitchen is cool, place the bowl in an oven with the light on — but keep the

oven off.

Step 5: Shape the Loaf — 10 minutes | Intensity: Medium

Punch down the dough gently to release excess air. Turn it out onto a lightly floured surface and knead for 30 seconds. Shape into a smooth log and place it into a greased 9×5-inch loaf pan, seam side down. Tuck the ends under for a neat finish.

Step 6: Second Rise — 30–45 minutes | Intensity: Low (hands-off)

Cover the pan loosely with a damp towel and let the dough rise again for 30–45 minutes, until it crowns about 1 inch above the rim of the pan. Near the end of this rise, preheat your oven to 350°F (175°C).

Step 7: Bake — 28–32 minutes | Intensity: Medium

Bake on the center rack for 28–32 minutes. Check at the 20-minute mark: if the crust is browning too quickly, tent it loosely with foil. The loaf is done when it’s deep golden brown and sounds hollow when tapped on the bottom (internal temperature should reach about 190°F/88°C). Every oven runs differently — trust your nose and eyes over the clock.

Step 8: Glaze and Cool — 15 minutes | Intensity: Low

Whisk together the condensed milk and whole milk. While the loaf is still hot in the pan, brush the glaze generously over the top — it will soak in slightly and leave a beautiful sheen. If you prefer a buttery crust, brush with melted butter instead. Let the loaf cool in the pan for 10 minutes, then turn it out onto a wire rack to cool for at least 15 minutes more before slicing.

Serving and Storage

Slice thick and serve warm with butter, jam, or a drizzle of honey. This bread makes exceptional French toast and grilled cheese. Store in an airtight container at room temperature for up to 3 days, or freeze sliced portions for up to 2 months — reheat in a toaster for a fresh-from-the-oven feel.

Nutrition (Per Slice, Based on 12 Slices)

Nutrient	Amount
Calories	~215 kcal
Total Fat	6.5 g
Saturated Fat	3.8 g
Cholesterol	32 mg
Sodium	190 mg
Total Carbohydrates	33 g
Sugars	10 g
Protein	5 g