

Japanese Milk Bread

EQUIPMENT

Scales, 2 x Small Pots, Stand Mixer with Dough Hook Attachment, Mixing Bowls, Baking Paper, Loaf Tin, Rubber Spatula, Pastry Scraper, Pastry Brush

INGREDIENTS

25gm + 300gm Baking Flour, 6 Tablespoons Water, 7gm Instant Yeast, 2 Whole Eggs, 120gm Milk, 30gm Butter, 45gm Caster Sugar, Pinch of Kosher Salt

METHOD

Pour milk into a small saucepan and add the butter, place over low heat until the butter has melted.

In a second small pot place 25gm flour and 6 tablespoons of water and mix with a spatula until smooth, place this mix over low heat and cook until the mixture thickens and is elastic.

In the bowl of a stand mixer place remaining flour, yeast, sugar and salt.

Once the flour mix has thickened remove from the heat and set aside to cool for 5 minutes. Next add 1 whole egg to the mix and combine. Add this mixture to the stand mixer along with the warm butter and milk and mix on medium speed for 8 minutes.

Crack the other egg into a small mixing bowl and whisk, set aside.

Once the dough has mixed remove it from the bowl and knead briefly on a clean benchtop. Return the dough to the bowl and place into the oven steam only setting 35°C for 30 minutes to prove.

Once proved remove the dough from the bowl. Line a loaf tin with baking paper and set aside.

Portion the dough into 3 equal size pieces and roll each piece into a log shape. Place the three log shapes next to each other in the tin and return to the oven to prove again 35°C steam setting for 30 minutes.

Once the second prove is complete, remove the dough from the oven and change the oven settings to Combi Mode (50% Steam) 175°C, brush the surface of the dough with beaten egg and bake for 20-25 minutes until glossy and golden.

Once baked remove from the tin and place on a cooling rack to cool completely.

HINTS & TIPS

This bread is very fluffy and soft and is great sliced fresh for a Japanese Egg Salad Sandwich.

You can also use this bread for some decadent French toast or Bread and Butter Pudding.

As this preparation does not have any preservatives it will only remain fresh for 1-2 days but can be toasted after this time.