



Japanese Milk Bread



DIFFICULTY: INTERMEDIATE



PREPARATION TIME: 30
MINUTES AND 1 HOUR AND
15 MINUTES DOUGH
PROVING TIME



COOKING TIME: 30 MINUTES



SERVES: 5

Ingredients

Starter

3 tbsp milk

3 tbsp water

2 tbsp strong bread flour

Dough

2 1/2 cups strong bread flour

1/4 cup white sugar

1 tsp cooking salt

1 tbsp instant yeast

1/2 cup full fat milk

1 large egg, beaten

50g unsalted butter, melted and cooled

Method

Make the starter by adding the starter ingredients into a small saucepan, whisk to combine and remove all lumps. Heat the saucepan over low heat (include Induction level?) and whisk until thickened, approximately 3-4 minutes. Transfer the starter into a small bowl, cover and allow to cool.

Combine all of the dough ingredients in the bowl of a stand mixer and combine with a dough hook attachment for approximately 10 minutes on a low setting or until smooth and elastic. Transfer the dough into a greased mixing bowl and cover with a tea towel then place into the oven.

Set the oven to Dough proving function at 30°C for 30 minutes.

Grease and line a 26x13cm loaf.

Portion the dough into 4 equal sized pieces and then roll into logs to fit across the 13cm side of the loaf pan. Line the dough up next to each other within the loaf pan then lightly grease the tops with canola oil spray and cover with plastic.

Place the loaf tin back into the oven on dough proving function 30°C for 45 minutes or until doubled in size.

Remove the loaf pan from the oven as well as the cling film and preheat the oven to 170°C CircoTherm® and activate the Steam Jet function to on. Once preheated activate the Steam Jet function by pressing the steam button, then place in your loaf pan on shelf level 2 and cook for 30 minutes or until golden brown. Remove from the oven and transfer to a wire rack to cool.

Notes

This beautiful light, fluffy bread is something that carb heaven is made up of. Perfect on its own on the day or as toast the next to spread your smashed avocado on.