



Japanese Milk Bread Loaf

Sarah's servings: 12, Sarah's skill: Medium, Baking time: 30 mins

Ingredients

Tangzhong (water roux)

2 tbsp strong bread flour
100ml milk

Bread

350g strong bread flour
7g dried yeast
45g caster sugar
1 tsp salt
150ml tepid milk
1 large egg
45g unsalted butter, softened

1 egg (egg wash)
20g unsalted butter, melted (glaze)

Method

- Start by making the Tangzhong (water roux). Add the flour and milk to a small pan and cook until it starts to thicken to a smooth sauce texture. Set aside to cool.
- Using a stand mixer with the dough hook attachment add the flour, yeast, sugar, salt, milk, egg and cooled Tangzhong to the bowl.
- Mix until all the ingredients are combined, then add the butter a teaspoon at a time, don't add the next one until the butter is incorporated into the dough.
- Once all the butter is incorporated turn the speed up to medium and let it mix for 8 minutes. It may take longer but the dough should change from soft and sticky to smooth and the sides of the bowl should become clean. Be patient at this step and don't be tempted to add more flour.
- Transfer the dough to an oiled large bowl and cover with clingfilm.
- Leave to prove for approximately 2 hours or until it has doubled in size.
- Line a 2lb loaf tin with baking parchment.
- Remove the dough from the bowl and divide into 3 equal pieces. Roll out each piece to 15cm x 22cm. Fold the long sides over each other and roll up. Repeat with the other two pieces. Place the rolls inside the tin with the spirals facing to the long sides.
- Cover with clingfilm and leave to prove for an hour.
- Pre-heat the oven to 180°C (160°C fan).
- Brush with egg wash and bake for 30 minutes.
- When baked brush with melted butter and leave to cool completely before slicing.