

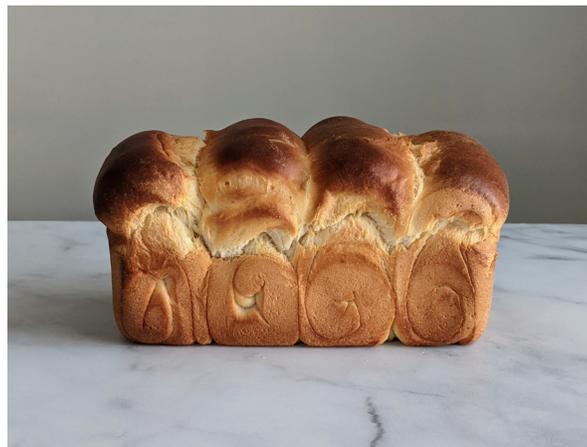
Japanese Milk Bread



From the kitchen of:

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You'll need:

43 grams water
165 grams whole milk, divided
312 grams bread flour, divided
1/2 stick butter
50 grams sugar
14 grams nonfat milk powder
1 egg
1 teaspoon salt
1 tablespoon instant yeast

How it's done:

In a small saucepan, combine 43 g water, 43 g whole milk, and 14 g bread flour. Whisk these together over medium heat until it starts to thicken. (You'll see the whisk leaving lines in the bottom of the pan.)

Transfer the mixture to the bowl of a stand mixer. Using the same saucepan, melt 1/2 stick of butter and pour it into the bowl with your mixture.

Next add 298 g bread flour, 50 g sugar, 1/2 cup whole milk, 14 g nonfat milk powder, 1 egg, 1 tsp salt, and 1 tbsp instant yeast. Mix everything together on low speed with the mixer's paddle attachment.

Once the mixture has come together, increase the speed. When it starts to form a ball, stop the mixer and switch to the dough hook and continue mixing. You'll know your dough ball is ready once it gets smooth.

Now, grease a medium-sized bowl and place the dough in it. Cover it with plastic wrap and let it rise for an hour, until it's puffy.

Slightly grease the countertop you're going to work on so the dough doesn't stick. Separate the dough into 4 equally-sized pieces. One at a time, press each chunk of dough into a rectangle that is approximately 5" x 8". Then fold the short edges in (as if you were folding a letter to put into an envelope). Press the dough out into a slightly smaller rectangle. Then starting at one end, roll it towards the other end. Place the rolled dough into a greased loaf pan. Repeat with the other 3 pieces of dough. Cover with plastic wrap and let rise for 45 minutes.

Brush the top of the dough with whole milk and then bake at 350 degrees F for about 35 minutes.

