



Brioche

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



18 kcal

Ingredients

- 1 medium eggs free-range
- 1.5 teaspoons yeast instant (0.18 ounce/5g)
- 2 tablespoons milk
- 6 tablespoons milk
- 2 teaspoons salt fine (0.35 ounce/10g)
- 2 tablespoons caster sugar (1 ounce/28g)

Equipment

- bowl
- baking sheet

- oven
- wire rack
- stand mixer
- ziploc bags

Directions

- Mix together all the dough ingredients in a large bowl to form a dough. Knead for about 10 minutes, until smooth and shiny.
- Or, to use a stand mixer: Fit the dough hook and add all the dough ingredients to the mixer bowl.
- Mix on low speed until combined and mix for about 10 minutes, until smooth and shiny.
- Shape the dough into a round, place in a bowl, and cover tightly. Leave in the fridge overnight.
- The next day, divide the dough into 2 pieces and form into the shape of your choice. Lightly flour the loaves, lay them on a wooden board or linen cloth, and cover with a plastic bag. Leave them somewhere nice and warm to proof until almost doubled in size; this could take 3 or 4 hours, as the dough is cold.
- Preheat the oven to 400°F. For the glaze, beat the egg and milk together.
- Transfer the risen loaves to a baking sheet and brush all over with the glaze.
- Bake for about 10 minutes, then lower the oven setting to 350°F and bake for a further 30 minutes, or until golden brown.
- Let cool on a wire rack.
- Taste
- Book, using the USDA Nutrition Database
- The River Cottage Bread Handbook by Daniel Stevens. As well as baking fresh bread every day in the River Cottage headquarter kitchens, Daniel Stevens leads the ever-popular Build and Bake courses, which equip students with the skills to build their own outdoor wood-fired oven. Daniel has been cooking and baking in professional kitchens for several years, both in Hertfordshire, where he grew up, and more recently in Dorset, where he now lives. He has been part of the River Cottage headquarters kitchen team since 2006.

Nutrition Facts



■ PROTEIN 22.25% ■ FAT 28.3% ■ CARBS 49.45%

Properties

Glycemic Index:9.13, Glycemic Load:1.18, Inflammation Score:-1, Nutrition Score:1.6243478538387%

Nutrients (% of daily need)

Calories: 17.86kcal (0.89%), Fat: 0.59g (0.91%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.02g (0.74%), Sugar: 1.87g (2.08%), Cholesterol: 11.13mg (3.71%), Sodium: 298.03mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.09%), Vitamin B1: 0.13mg (8.6%), Folate: 27.62µg (6.9%), Vitamin B2: 0.07mg (4.01%), Vitamin B3: 0.46mg (2.31%), Vitamin B5: 0.22mg (2.22%), Phosphorus: 20.19mg (2.02%), Selenium: 1.09µg (1.55%), Vitamin B6: 0.03mg (1.31%), Fiber: 0.3g (1.21%), Calcium: 11.3mg (1.13%), Vitamin B12: 0.07µg (1.1%), Zinc: 0.16mg (1.04%)