



Savory Brioche

READY IN



45 min.

SERVINGS



24

CALORIES



122 kcal

Ingredients

- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon yeast instant
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup milk
- ☐ 0.5 cup schmaltz room-temperature
- ☐ 24 servings schmaltz for greasing the pan

Equipment

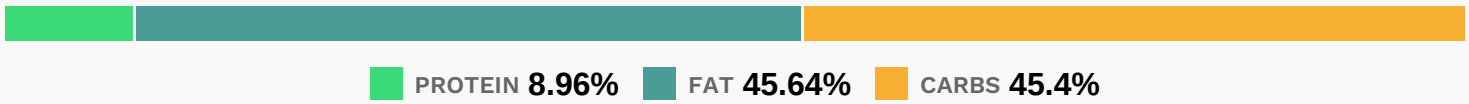
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap
- ☐ ramekin
- ☐ loaf pan
- ☐ cake form
- ☐ kitchen thermometer
- ☐ muffin tray

Directions

- ☐ Combine the milk, honey and yeast in the bowl of a standing mixer fitted with a dough hook (this can also be done by hand in a large bowl if you don't have a mixer). Turn the mixer on to distribute the yeast.
- ☐ Add the flour and turn the mixer to medium speed. Once the flour has begun to absorb the liquid, add the eggs, one at a time. When the eggs are incorporated add the schmaltz, then the salt, and mix on high until all the ingredients are well incorporated, 3 to 5 minutes.
- ☐ Cover the mixing bowl with a lid or with plastic wrap and let the dough ferment and rise till it's doubled in size, about 3 hours (less if your kitchen is hot).
- ☐ Grease your cooking vessel (see below).
- ☐ Re-knead the dough by hand to redistribute the yeast and knock some of the gas out. Shape as desired: form into balls and place in a cake pan or springform mold for dinner rolls, in individual ramekins or a muffin pan, or put the whole dough ball as is in a terrine mold or loaf pan. Cover loosely with plastic wrap and refrigerate for 8 to 36 hours.
- ☐ Remove the dough from the refrigerator 1-1/2 to 2 hours before baking (shorter if they're in individual portions, longer if a single loaf). Preheat your oven to 350°F/180°C. When they've reached room temperature and have started to rise, bake them. Individual portions will take about 25 minutes, whole loaves will take about 45 minutes. If you're uncertain about doneness, insert an instant-read thermometer- they're done when they've reached an internal temperature of 200°F/95°C. The crust should be an appealing golden brown.

- ☐
- This dough can also be frozen after the fermentation stage. Shape or mold it, wrap it twice in plastic, and freeze. To bake the dough, refrigerate it for 24 hours, then allow it to temper and rise at room temperature for 2 hours before baking.
- ☐
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Nutrition Facts



Properties

Glycemic Index:6.89, Glycemic Load:9.44, Inflammation Score:-1, Nutrition Score:3.3873912958509%

Nutrients (% of daily need)

Calories: 122.23kcal (6.11%), Fat: 6.15g (9.47%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 13.21g (4.81%), Sugar: 1.67g (1.85%), Cholesterol: 28.93mg (9.64%), Sodium: 156.14mg (6.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin B1: 0.18mg (12.14%), Folate: 43.27µg (10.82%), Selenium: 7.34µg (10.49%), Vitamin B2: 0.13mg (7.71%), Vitamin B3: 1.13mg (5.67%), Manganese: 0.11mg (5.59%), Iron: 0.85mg (4.74%), Phosphorus: 35.93mg (3.59%), Vitamin B5: 0.25mg (2.46%), Fiber: 0.56g (2.24%), Zinc: 0.25mg (1.65%), Copper: 0.03mg (1.5%), Vitamin E: 0.22mg (1.46%), Vitamin B6: 0.03mg (1.37%), Vitamin B12: 0.07µg (1.24%), Magnesium: 4.9mg (1.23%), Vitamin D: 0.16µg (1.08%), Calcium: 10.36mg (1.04%), Potassium: 36.14mg (1.03%)