



The Fundamental Techniques of Classic Bread Baking's Pain au Lait

 Vegetarian  Dairy Free

READY IN



300 min.

SERVINGS



14

CALORIES



145 kcal

Ingredients

- 543 grams bread flour
- 1 large eggs for egg wash

Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk

- blender
- hand mixer
- rolling pin
- pastry brush

Directions

- Prepare the mise en place.
- Combine the bread flour with the mild, yeast, honey, and salt in the bowl of a standing electric mixer fitted with the hook.
- Mix on low speed for 4 minutes, or until blended. Increase the mixer speed to medium and mix for about 8 minutes, or until the dough begins to pull away from the sides of the bowl, feels elastic, and gives some resistance when tugged, Check the gluten development by pulling a window.
- Place the butter on a clean, flat work surface and, using a rolling pin, lightly pound on it to soften.
- With the mixer on low, add the butter, a little at a time, and mix for about 5 minutes, or until the dough has come together and pulls away from the bowl.
- Lightly oil a large bowl or container.
- Scrape the dough into the prepared bowl. Cover the bowl with plastic film and set inside to ferment for 1 hour.
- Uncover and fold the dough. Again, cover with plastic film and set aside to ferment for 1 hour.
- Lightly flour a clean, flat work surface.
- Uncover the dough and divide it into 14 75-gram / 2 3/4 ounce rounds on the floured surface. Cover with plastic film and bench rest for 15 minutes.
- Line a 12 x 18-inch sheet pan with parchment paper.
- Uncover the dough and, if necessary, lightly flour the work surface. Gently press on the dough to degas and carefully shape each round into a round, a batard, or any decorative shape you desire.
- Place the rolls onto the prepared pan, seam side down. Cover with plastic film and proof for 90 minutes.
- About an hour before you are ready to bake the rolls, preheat the oven to 425 degrees.

- To make the egg wash combine the egg with 14 grams / 1 tablespoon water in a small bowl, whisking to blend.
- Uncover the dough and, using a pastry brush, lightly coat the top of each roll with the egg wash.
- Transfer the rolls to the preheated oven.
- Bake for 20 minutes, or until the crust is golden brown, the sides are firm to the touch, and the rolls make a hollow sound when tapped on the bottom.
- Remove from the oven and transfer to wire racks to cool.

Nutrition Facts

PROTEIN 14.37% **FAT 6.24%** **CARBS 79.39%**

Properties

Glycemic Index:4.79, Glycemic Load:18.22, Inflammation Score:-1, Nutrition Score:3.3182608248747%

Nutrients (% of daily need)

Calories: 145.12kcal (7.26%), Fat: 0.98g (1.51%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 27.23g (9.9%), Sugar: 0.13g (0.15%), Cholesterol: 13.29mg (4.43%), Sodium: 5.85mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Selenium: 16.49µg (23.56%), Manganese: 0.31mg (15.41%), Phosphorus: 44.69mg (4.47%), Fiber: 0.93g (3.72%), Copper: 0.07mg (3.66%), Folate: 14.48µg (3.62%), Magnesium: 10.13mg (2.53%), Zinc: 0.38mg (2.51%), Vitamin B2: 0.04mg (2.33%), Iron: 0.41mg (2.29%), Vitamin B5: 0.22mg (2.25%), Vitamin B1: 0.03mg (2.16%), Vitamin B3: 0.39mg (1.95%), Vitamin E: 0.19mg (1.28%), Potassium: 43.71mg (1.25%), Vitamin B6: 0.02mg (1.02%)