



The Fundamental Techniques of Classic Bread Baking's Pain Brioche

 Vegetarian

READY IN



300 min.

SERVINGS



3

CALORIES



1336 kcal

Ingredients

- ☐ 662 grams bread flour
- ☐ 1 large eggs for eggwash
- ☐ 212 grams butter unsalted
- ☐ 26 grams yeast fresh

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

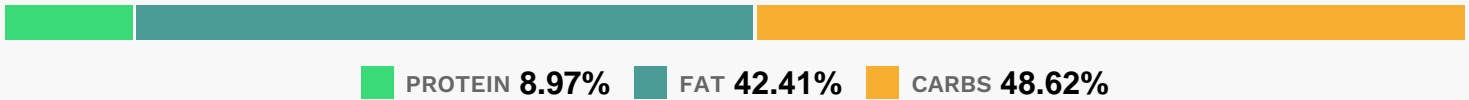
- ☐ whisk
- ☐ blender
- ☐ loaf pan
- ☐ hand mixer
- ☐ rolling pin
- ☐ pastry brush

Directions

- ☐ Prepare the mise en place, taking care that the water and the milk are about 75 degrees.
- ☐ Place the butter on a clean, flat work surface and, using a rolling pin, lightly pound on it to soften.
- ☐ Combine the bread flour, water, milk, eggs, and yeast in the bowl of a standing electric mixer fitted with the hook.
- ☐ Mix on low speed for about 5 minutes, or until the dough is starting to become shaggy (mixed but not smooth in texture) and there is some gluten development.
- ☐ Add the sugar and salt, increase the mixer speed to medium, and continue mixing for about 5 minutes, or until the dough begins to come together into a mass.
- ☐ 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 aside to ferment for 45 minutes.
- ☐ Uncover the bowl and fold the dough. Again, cover with plastic film and set aside to ferment for 45 minutes.
- ☐ Lightly flour the work surface.
- ☐ Uncover the dough and divide it into three 450 gram / 16-ounce rounds on the floured surface. Cover with plastic film and bench rest for 15 minutes.
- ☐ Lightly butter three 9-inch loaf pans.
- ☐ To make the egg wash, combine the egg with 14 grams / 1 tablespoon water in a small bowl, whisking it to blend.

- ☐ 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 batard.
- ☐ Place one batard, seam side down, in each prepared pan. Using a pastry brush, lightly coat the top of each loaf with the egg wash. (Do not discard the remaining egg wash.) Cover the loaves with plastic film and proof for 2 hours.
- ☐ About a half hour before you are ready to bake, preheat the oven to 350 degrees.
- ☐ Uncover the dough and again, using a pastry brush, lightly coat the top of each loaf with the remaining egg wash. (If desired, the pans can be set on sheet pans for baking, but this is not necessary.)
- ☐ Transfer the loaves to the preheated oven. Bake for 35 minutes or until the crust is golden brown and shiny and the sides are firm to the touch.
- ☐ Remove from the oven and transfer to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:103.68, Inflammation Score:-8, Nutrition Score:22.820869373644%

Nutrients (% of daily need)

Calories: 1336.22kcal (66.81%), Fat: 62.73g (96.51%), Saturated Fat: 37.38g (233.63%), Carbohydrates: 161.78g (53.93%), Net Carbohydrates: 155.78g (56.65%), Sugar: 0.79g (0.88%), Cholesterol: 213.93mg (71.31%), Sodium: 38.45mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.86g (59.73%), Selenium: 94.13µg (134.47%), Manganese: 1.77mg (88.63%), Folate: 150.81µg (37.7%), Vitamin A: 1860.37IU (37.21%), Phosphorus: 293.13mg (29.31%), Fiber: 6g (23.99%), Vitamin B1: 0.35mg (23.31%), Copper: 0.44mg (21.89%), Zinc: 3.02mg (20.12%), Vitamin B2: 0.33mg (19.44%), Vitamin E: 2.7mg (17.98%), Vitamin B5: 1.72mg (17.24%), Vitamin B3: 3.31mg (16.57%), Magnesium: 62.05mg (15.51%), Iron: 2.57mg (14.3%), Vitamin D: 1.39µg (9.29%), Potassium: 312.71mg (8.93%), Vitamin B6: 0.15mg (7.47%), Calcium: 61.04mg (6.1%), Vitamin K: 5.66µg (5.39%), Vitamin B12: 0.27µg (4.49%)