

TANGZHONG BREAD

ingredients:

for the tangzhong:

30g flour

150mls cold water

for the bread:

125mls milk

5g instant yeast

350g bread flour

55g sugar – I used fructose

5g salt

120g tangzhong – or less if that is what yours makes

1 egg

30g butter, melted and cooled

for glazing:

the rest of the tangzhong or milk, if yours does not make more than 120g

method:

for the tangzhong:

whisk together the flour and the cold water until there are no lumps

cook over low heat, stirring all the time, until the temperature reaches 65° Celsius

allow the tangzhong to cool down at room temperature before using it

for the bread:

dissolve the yeast in the milk

combine the flour, sugar and salt

add the milk, tangzhong and the egg

use a stand mixer equipped with the dough hooks to mix all the ingredients into a soft dough

add in the butter

knead in the mixer for 25 minutes

to test if the dough is ready: take a small piece of dough and stretch it to a very thin membrane before it tears

cover the bowl and leave it to prove for one hour

knock the dough back on a lightly floured surface

give it a quick knead just to let the gas escape, then form it as desired

transfer to buttered loaf pan for bread or a lined sheet pan for rolls

cover with cling film and allow to prove for one hour

preheat the oven to 180° Celsius

brush on the rest of the tangzhong or the milk

bake for 25 minutes until nicely golden

remove from the pan and allow to cool completely before slicing

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