



Japanese Milk Bread

Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins. **Any prep work to be done before class is highlighted in yellow.**

All recipes used in class will be attached in your confirmation email. Please scroll past the equipment list for the recipes.

If you have any questions or concerns email us, bakingeducation@kingarthurbaking.com. All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

INGREDIENTS *(total amount needed for the class)*

- King Arthur Unbleached Bread Flour: 534g
(4 ¼ cups+ 3 tablespoons)
- Salt: 2 teaspoons
- SAF Gold yeast (osmotolerant): 16g (1 tablespoon+ 2 teaspoons), instant or active dry yeast can be substituted*
- Sugar: 86g (¼ cup+ 3 tablespoons)
- Unsalted butter: 96g (6 tablespoons),
at room temperature
- Milk: 236g (1 cup)
- Water: 76g (¼ cup+ 1 tablespoon)
- Eggs: 3 large, at room temperature

**Because of the high sugar content of this dough, proofing takes longer than usual. Gold yeast will help reduce the proofing time. Instant yeast can be substituted, but proofing time will increase.*

EQUIPMENT

- Stand mixer with dough hook
- 8 ½" x 4 ½" loaf pan AND 8" or 9" cake pan
- Scale (preferred) or measuring cup set
- Measuring spoons
- Liquid measuring cup
- Small saucepan
- Whisk
- Bowl scraper
- Bench scraper or sharp knife
- Plastic wrap
- Non-stick pan spray
- Pastry or silicone brush (optional)

Japanese Milk Bread

YIELD: 8 ROLLS AND ONE LOAF

INGREDIENTS

TANGZHONG

- 76g ($\frac{1}{4}$ cup + 1 tablespoon) water
- 76g ($\frac{1}{4}$ cup + 1 tablespoon) whole milk
- 24g (3 tablespoons) King Arthur Unbleached Bread Flour

DOUGH

- 510g (4 $\frac{1}{4}$ cups) King Arthur Unbleached Bread Flour
- 86g ($\frac{1}{4}$ cup + 3 tablespoons) granulated sugar
- 12g (1 $\frac{3}{4}$ teaspoons) salt
- 16g (1 tablespoon + 2 teaspoons) gold yeast (osmotolerant) or instant yeast
- 160g ($\frac{1}{2}$ cup + 3 tablespoons) whole milk
- 2 large eggs, at room temperature
- 96g (6 tablespoons) unsalted butter, at room temperature

EGG WASH

- 1 large egg
- 15g (1 tablespoon) water
- $\frac{1}{8}$ teaspoon salt

DIRECTIONS

TANGZHONG

1. Combine the flour, water and milk in a small saucepan, and whisk until no lumps remain.
2. Over medium-low heat, cook the mixture, whisking constantly, until a thick paste forms, about 4 to 6 minutes. Remove from heat, set aside to cool.

DOUGH

1. In the mixer bowl, combine flour, sugar, salt, and yeast.
2. Add the milk, eggs, butter and tangzhong to the dry ingredients.
3. Mix, then knead with the dough hook, until smooth and elastic. This process will take 10 to 15 minutes.
4. On a floured surface, remove dough from the bowl and form into a ball. The dough will be sticky, but should be strong and elastic.
5. Return dough to bowl, cover and allow to proof for 60 to 90 minutes. Dough will become puffy, but not necessarily doubled in size.
6. Divide the dough in half. For accuracy, weigh the entire piece of dough and divide by 2.

RECIPE CONTINUED ON NEXT PAGE...

Japanese Milk Bread (cont.)

SHAPING AND BAKING LOAF

1. Prepare a 8 ½ "x 4 ½" loaf pan with pan spray.
2. Divide the dough into 4 pieces. For accuracy, weigh the entire piece of dough and divide by 4.
3. Flatten each piece into a rectangle and then roll into a cylinder. Place each cylinder, seam side down, in the loaf pan.
4. Cover and allow to proof until puffy, about 30 to 40 minutes.
5. Towards the end of the proofing time, preheat oven to 350°F. Prepare egg wash.
6. Brush the loaf with the egg wash and bake for 25 to 30 minutes, until the top is golden brown.
7. Remove from oven and allow to cool for a few minutes in the pan.
8. Remove loaf from the pan and place on its side on a cooling rack. Allow to cool completely before slicing.
9. Store bread at room temperature, wrapped in plastic, freeze for longer storage.

SHAPING AND BAKING ROLLS

1. Prepare an 8" or 9" cake pan with pan spray.
2. Divide the dough into 8 pieces. For accuracy, weigh the entire piece of dough and divide by 8.
3. Flatten each piece and fold the edges into the center to form a ball.
4. Place each ball seam side down into the pan, placing the last ball in the center.
5. Cover and allow to proof until puffy, about 30 to 40 minutes
6. Towards the end of the proofing time, preheat oven to 350°F.
7. Brush the rolls with the egg wash and bake for 25 to 30 minutes, until the top is golden brown.
8. Remove from oven and allow to cool for a few minutes in the pan.
9. Remove rolls from the pan and transfer to a cooling rack. Allow to cool completely.
10. Store rolls on the counter, wrapped in plastic for 5 days, freeze for longer storage.