

## MILK BREAD RECIPE

**Yields:** 8 - 10 buns

### Ingredients

#### For the tangzhong

- 2 tbsp AP Flour
- 6 tbsp water

#### For the Bread

- 300g Bread flour (2 cups + 2 tbsp)
- 2 tsp quick rise yeast
- 120 ml Milk (warmed, but NOT hot)<sup>1</sup>
- 30g butter melted, NOT hot (2 tbsp)<sup>2</sup>
- 1 tsp salt
- 3 tbsp (42g) Sugar
- 1 egg<sup>3</sup>
- Tangzhong

#### To glaze

- 1 egg



### Directions

#### For tangzhong

1. Place flour and water in a microsafe bowl, and mix until smooth and no lumps remain. Place the mixture in the microwave for 15 seconds. Remove mixture from microwave and stir.
2. Repeat the process, but heat in 5 second intervals until the mixture becomes gel-like.

#### For Bread Dough

1. Measure out the ingredients, then place ingredients into a stand mixer (Bread flour, yeast, milk, butter, salt, sugar, egg).

<sup>1</sup> Milk Substitutes: cream, whipping cream, or milk alternative

<sup>2</sup> Butter Substitutes: vegetable oil, coconut oil

<sup>3</sup> Egg Substitutes: 1 tbsp Flaxseed + 3 tbsp Water (Allow to sit until thickens), 3 tbsp peanut butter

2. Fit the mixer with the dough hook. Mix the dough on LOW for 10 minutes. Readjust the dough as needed by turning OFF the mixture, and adjust the dough into the center of the bowl.
3. Once the dough has been kneaded for 10 minutes, turn the dough over to a work surface and knead it several times with your hand. The dough shouldn't be sticky, so flour will NOT be needed. Shape the dough, then place into a lightly greased bowl and cover with plastic wrap. Let the dough rise for 40 - 45 minutes in the proofing oven, until the dough doubles in size.
4. While the dough is proofing, prepare your toppings (if desired).

### **Shaping the Buns**

1. After 40 - 45 minutes, divide the dough evenly into 8 - 10 pieces.
2. Knead the dough several times to remove any air bubbles. Then, shape them into balls.
3. Place the dough onto a baking sheet lined with parchment paper. Then, cover the dough, and allow it to rise in the proofing oven for 30 minutes.

### **Baking**

1. Bake the buns at 365°F for 10 to 12 minutes.
2. Let the buns cool on the baking sheet for several minutes before transferring them on a cooling rack.