

Sandwich bread

Ingrédients

- 100g of milk
- 40g of flour
- 200g of whole milk
- 70g of water
- 700g of flour
- 12g of salt
- 55g of sugar
- 2 eggs
- 50g of butter
- 1 egg for the glaze (optional)

Préparation

1. Not quite a brioche, but not quite a bread either, here is the sandwich bread, of course.
2. For this recipe, I used tangzhong, a Japanese technique for leavened doughs that results in very fluffy and soft brioches and breads.
3. The technique is quite simple; you just need to prepare a bit in advance to let the tangzhong rest (preferably overnight, at least 2 hours), and then the recipe follows a classic leavened dough. These sandwich breads can be used for both sweet and savory purposes, it's up to you!
4. Mix the three ingredients cold.
5. Then, heat the mixture to 65°C while stirring; it will thicken gradually.
6. Remove from heat, then store in a cool place if using the next day, or at room temperature if using the same day.
7. Crumble the fresh yeast at the bottom of the stand mixer's bowl fitted with the dough hook.
8. Add the milk, then cover with flour.
9. Add the eggs, salt, sugar, and tangzhong.
10. Knead for a few minutes until the dough is homogeneous.
11. Add the butter cut into small pieces.
12. Knead again for several minutes until the butter is fully incorporated and the dough is elastic.
13. Form a ball, place it at the bottom of the bowl, and let it rise for 30 minutes at room temperature.
14. Then, refrigerate overnight (or at least 6 hours).
15. The next day, the dough should have risen well.
16. Divide it into 9 equal pieces, and form small balls.
17. Roll them out lengthwise, then roll them up as shown in the photos.
18. Place 3 dough rolls in each cake mold, previously buttered or lined with parchment paper.
19. Let them rise for about 1h30.
20. Baking: 1 egg for the glaze (optional) Preheat the oven to 150°C.
21. If desired, brush the sandwich breads with a beaten egg.
22. Then, bake for about 45 to 50 minutes (check doneness with the tip of a knife).
23. Once the sandwich breads are baked, unmold them onto a rack and let them cool slightly.
24. To store, wrap them quickly in cling film; they also freeze very well.

25. Then, use them as you like and enjoy!

26. A very simple idea that will please everyone, croque-monsieur!

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