

# Brioche

Cuisine: **French**

Food category: **Breakfast**



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Company: **Retigo**



## Program steps

Preheating: **230 °C**

1	Hot air	100 %	Termination by time	00:15 hh:mm	205 °C	+ 100 %	
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## Ingredients - number of portions - 10

Name	Value	Unit
plain flour 00	0.45	kg
water	0.18	l
5 tbsp vegetable oil	0.03	l
dried baker's yeast	0.03	kg
caster sugar	0.03	kg
salt	0.03	kg
chicken eggs	2	pcs

## Nutrition and allergens

Allergens: 1, 3

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	178.4 kJ
Carbohydrate	34.9 g
Fat	0.6 g
Protein	6.7 g
Water	0 g

## Directions

First, we will prepare the "starter". In a large bowl, we mix the flour, yeast, and add the milk, stirring until the mixture is evenly combined. We cover it with a kitchen towel or plastic wrap and place it in a warm spot for at least half an hour. The starter will rise and have bubbles in it.

Into the prepared starter, we add the eggs and beat them well until the mixture is completely smooth. In a separate bowl, we mix the flour, sugar, salt, and gradually add it to the starter with eggs. We mix everything together (it will be stiff) until the dough is evenly moistened. We let the dough rest for 5 minutes.

Gradually, we add the butter to the dough in four smaller portions. It is sufficient to knead the dough with a hand or in a mixer. It takes a while for the butter to incorporate with the dough. Once it is smooth, it needs to be kneaded properly for about another 10 minutes.

With our hands on a floured surface (do not dust with too much flour!), we can continue in the mixer. The finished dough is soft, still moist, and nicely pulls away from the sides of the bowl. We prepare a bowl lightly greased with oil and place the finished dough into it. We cover it and let it rise in a warm place until the dough doubles in volume.

After that, we turn the dough onto the work surface and divide it with a sharp knife into 70g portions. We shape the dough with our fingers as if we want to wrap our thumb inside and firmly pinch one end (to seal it). We roll beautiful balls without visible seams, which we place on GN Vision Bake (remember to leave enough space, at least 5 cm).

They must rise covered again and it will take about an hour.

In the last ten minutes of rising, we brush the rolls with beaten egg.

Don't forget the preheating.

## Recommended accessories



Vision Bake