

65°C Tang Zhong Bread



🍴 For 1 liter plumcake mold

Ingredients

400 gr of flour "0" | 150 gr of sourdough (active) | 125 gr of Tang Zhong starter | 170 gr of warm milk | 40 g sugar | 30 g butter | 1 teaspoon salt

Tang Zhong starter

50 gr of flour "0" | 250 gr of water

Method

Prepare tang zhong starter: mix, in a saucepan, water and flour with a whisk. Bring on the heat and continue stirring until it reaches 65°C, then turn off, cover with the plastic wrap with the wrap touching the surface of the mixture and leave to cool. If not using the thermometer you'll realize that it is ready when it begins to make bubbles and when the mixture has taken on a translucent color. The Tang Zhong can be kept refrigerated and should be used within 3 days.

The night before, please refresh the sourdough, so that it wake up. The next day take 150 gr of sourdough and put in a large bowl, add warm milk and with a fork, dissolve the yeast well until it's without lumps. Add the sugar, tang zhong starter and mix, add the flour and mix, then add the salt and begin mixing with a fork until the flour will have absorbed all the milk. Put the dough on pastry board and start working it vigorously with the hands on the pastry board, it takes about 10 minutes. Add the butter to room temperature and keep working until it is absorbed all from the dough, which will be smooth and homogeneous. Form a ball and then cut on a cross, cover with a damp cloth and let rise for 3 hours. After this time, deflat the dough to obtain a rectangle, and proceed to the fold. Take one third of the overall rectangle and bend the two sides, left and right, one over the other, turn of 90° and repeat the operation. Cover with the cloth and let rest for one hour. Take the dough and form 5 small loaves and place them horizontally in the buttered plumcake mold.

Cover and let rest for another 4-5 hours. Brush the surface of the rolls with milk and bake in preheated oven for 30 minutes at 180°. Remove from the oven and let cool on a grid. Particularly suitable for the preparation of sandwiches, also excellent for breakfast.