

Brioche Bread low fat with fresh yeast



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✂ For 1 litre plumcake mold

Ingredients

350 gr of flour "0" | 12 g of fresh yeast | 50 g butter | 40 g sugar | 1 egg | 150 gr of warm milk | 1 pinch of salt | yolk and granulated sugar to decorate

Method

In a large bowl dissolve yeast in warm milk, add sugar and mix. After some minutes add 300 grams of flour, salt and mix. Finally add the egg, butter softened at room temperature to blend all the ingredients to the mixture that will look quite soft. At this point you can knead dough with a kneader or by hand as I did, and in this case we must beat the dough in the bowl for ten minutes. Finally, to free his hands from the soft dough to rub with remaining flour that you will absorb to the mixture. Flour a pastry board, pour over the mixture and proceed with bending. Crushing a little dough so you have more or less a rectangle, fold at this point one on both sides, right and left, for one third of the overall rectangle, turn 90 degrees and repeat. Allow to rise for an hour to heat (oven off and little light on.) Take over the dough and put it on a sheet of baking paper, divide it into 3, to form the small loaves for 30 cm and finally form a braid. Transfer the braid with the sheet of baking paper into a mold and let rise until braid doubling. Before baking brush the brioche bread with a mixture of 1 tablespoon of egg yolk and 3 tablespoons of warm water, sprinkle it with granulated sugar. Bake in oven static preheated to 180 ° for 35 minutes. Remove from the oven and allow to cool on a grill before serving with a good jam :-)
