

# Brioche Bread low fat with sourdough

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✂ For 1 litre plumcake mold

## Ingredients

350 gr of flour "0" | 100 gr of sourdough (active)| 50 g butter | 40 g sugar | 1 egg | 150 gr of warm milk | 1 pinch of salt | yolk and granulated sugar to decorate

## Method

The night before, please refresh the sourdough, so that it wake up. The next day take 100 gr of sourdough and put in a large bowl, add 150 gr of warm milk, the sugar and, with a fork, dissolve the yeast well until it's without lumps. Add 300 gr of flour, the salt and begin mixing with a fork until the flour will have absorbed all the milk. Add the egg and the butter softened at room temperature and mix well. Knead the dough by hands and beat it in the bowl for ten minutes. Finally, to free yours hands from the soft dough to rub with remaining flour that will be absorbed by 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 two hours 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 (for 6-7 hours). 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 :-)