



Japanese milk bread

Ingredients

Starter

- 2/3 cup of bread flour
- 1 cup of milk
- 1 cup of water
- Dough
- 5 cups of flour
- 1/2 cup of sugar
- 5 teaspoons of active yeast
- 1 tablespoon of sea salt
- 2 eggs whisked
- 1 cup of milk
- 1/2 cup of butter softened
- Heavy cream needed for brushing

Method

• STARTER

- In a medium saucepan whisk together flour, milk and water.
- Set over medium heat and stir often, making sure not to burn the bottom of the pot.
- Cook for about 5 minutes or until the mixture has thickened to the consistency of mashed potatoes. Remove from heat and transfer to a bowl which has been greased with olive oil. Cover with plastic wrap, allow to cool

• DOUGH

- In the bowl of a stand mixer, whisk together flour, sugar, yeast, and salt.
- Attach mixer hook to mixer. Add in one cup of cooled starter mix, eggs and milk. Knead on low speed for 5 minutes. Scrape down bowl to make sure everything is mixed.
- Add butter to the dough and mix until well combined.
- Place the dough hook on and allow the machine to knead for 5 minutes
- Remove dough from machine and place in a large bowl greased with olive oil.
- Cover with glad wrap and place in a warm place to rise.
- Grease 2 flat baking trays
- Line 2 baking trays with baking paper
- Divide the dough into as many children as you have in your group.
- Count how many people in the room as you will need to make that many rolls
- Each child makes x amount from their dough to ensure one each.
- Place a small amount of flour on the table then roll the mixture into little rolls
- Place rolls on top of the oven so they can rise.
- Once doubled in size, brush with cream and place in the oven.
- Cook until the bread is golden brown
- Place onto a platter, then place a roll on each plate.

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14. Bake for 20 minutes

15. Sprinkle with coriander and serve with Dipping Sauce

Notes

Wash and dry lettuce leaves then use as a wrap for your spring rolls.