



[Print Recipe](#)

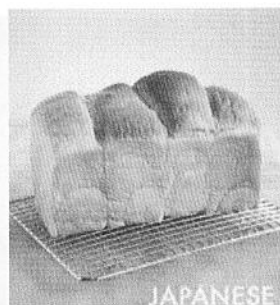
Japanese Milk Bread

Yield: 9x5-inch loaf

Ingredients:

Starter*:

- 1/3 cup (45 g) bread flour
- 1/2 cup (120 ml) whole milk
- 1/2 cup (120 ml) water



Dough:

- 2 1/2 cups (325 g) bread flour
- 1/4 cup (60 g) granulated sugar
- 2 1/4 tsp (7 g) active dry yeast
- 1 Tbsp non-fat dry milk powder, *optional***
- 1 tsp fine sea salt
- 1 large egg, lightly whisked, room temperature
- 1/2 cup (120 ml) whole milk, room temperature
- 1/4 cup (60 g) unsalted butter, softened
- heavy cream, as needed for brushing

Directions:

1. Starter: In a medium pot, whisk together bread flour, milk, and water. Set over medium heat and stir often, making sure to stir the bottom edges of the pot. Cook for about 5 minutes until mixture has thickened to the consistency of mashed potatoes. Remove from heat and transfer to a bowl. Cover with plastic wrap, allowing wrap to lay directly on top of starter mixture. Allow to cool to room temperature.
2. Dough: In the bowl of a stand mixer, whisk together bread flour, sugar, yeast, milk powder and salt. Attach dough hook to mixer. Add in 1/2 cup of cooled starter mixture, egg, and milk. Knead on low speed for 5 minutes. Scape down bowl to ensure thorough mixing.
3. Add softened butter and continue to knead on low speed for 5 minutes until butter is integrated into dough. Increase speed to medium and knead for another 5 minutes until dough is smooth and pulls away from the sides of the bowl.
4. Transfer dough to a lightly greased bowl. Cover with plastic wrap and let rest for 1 hour, or until dough is doubled in volume.
5. Line a 9 x 4-inch loaf pan with parchment paper. Grease and set aside.

Transfer dough to a lightly floured working surface. Divide dough into four equal parts and roll into balls. Cover dough with plastic wrap as you work to prevent it from drying out or forming a skin.

6. Working with one ball of dough at a time, flatten or roll out dough to a length of about 8-inches and 5-inches wide. Fold in about 1-inch of the sides. Starting from the end closest to you, roll the dough into a log. Place log seam-side down in prepared loaf pan. Repeat with remaining dough balls. Cover loaf pan with plastic wrap and let sit for 30-45 minutes until dough has doubled in volume.
7. Lightly brush the top of the dough with heavy cream. Bake dough in a 350 degree F oven for 35-40 minutes until the top of the bread is golden brown and internal temperature of bread is at least 190 degrees F.
8. Let cool in loaf pan for 5 minutes. Unmold bread from loaf pan and allow to cool to room temperature on a wire rack. Once cool, slice bread accordingly.

* Starter mixture is enough to bake 2 loaves. Discard extra starter, or double the dough recipe to make 2 loaves.

** Milk powder provides additional flavor. It is optional and can be omitted.

slightly adapted from The New York Times

The Little Epicurean

Sneak Peek:

This milk bread tastes great on it's own. I mentioned that I enjoy milk bread with butter or condensed milk, but my MOST favorite way to eat milk bread... is this cinnamon sugar milk toast. Stay tuned for the recipe next week!