



# Japanese Milk Bread

## For the roux:

25g Lighthouse Bread & Pizza Flour

50ml milk

50ml water

## For the bread:

125ml milk, lukewarm,

60g sugar

9g dry yeast (We recommend using Lighthouse Yeast + Bread Improver)

350g Lighthouse Bread & Pizza Flour

1 egg (50g)

60g butter, soft

## For the egg wash:

1 egg (50g)

10ml milk

To prepare the roux, whisk 25g of Lighthouse Bread & Pizza Flour with 50ml of milk and 50ml of water in a small saucepan. Once combined, place the saucepan over a medium heat and continue whisking. When the mixture thickens to a paste-like consistency, immediately remove from heat and transfer to a bowl. Allow to cool to room temperature before using.

In a bowl, combine the lukewarm milk, yeast and 2 tablespoons of sugar. Mix and set aside for 10 minutes or until frothy.

Combine the flour and remaining sugar. Add the roux, yeast mixture and butter. Mix until an elastic, sticky dough is formed. Transfer the dough onto a lightly floured surface and knead until smooth. If using a stand mixer, use a dough hook and mix for 10 – 15 minutes.

Transfer the dough to a lightly greased bowl and cover with a clean tea towel. Allow to proof for 40 – 60 minutes or until doubled in size.

Once the dough has proofed, punch it down and transfer to a clean surface. Divide the dough into 4 equal sized pieces and roll into balls. Wrap each in cling film and allow to proof for another 15 minutes.

Roll each ball into a 25x10cm rectangle. Fold the long ends of the rectangle into the middle, then roll the dough from short end to short end. Line a 12x20cm loaf tin and place each roll inside, ensuring the seams are facing down. Cover with a clean tea towel and allow to proof for 40 more minutes.

Preheat oven to 160C fan forced (180C conventional).

Prepare the egg wash by whisking the milk and egg together. Brush the egg wash over the top of the prepared loaf. Place the loaf in the oven and cook for 30 – 35 minutes or until the top is golden brown. Transfer the loaf to a wire rack to cool before serving.