

Brioche

From the Kitchen of Lynnae Hymas

Recipe by King Arthur Flour

Serves: 2 loaves	Prep Time: 30-60 minutes active, 24 hours passive	Cook Time: 45-50 minutes
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INGREDIENTS:

- 5 cups or 21 ounces of all-purpose flour
- 1 tablespoons yeast
- ½ cup or 4 ounces of cool water
- 8 large eggs, plus 1 egg yolk for glaze
- 4 tablespoons sugar
- 1 ½ teaspoon salt
- 2 cups cold unsalted water

INSTRUCTIONS:

Put 3 cups of flour, yeast, water, and eggs in a mixing bowl. Beat on medium speed with the paddle attachment until the batter is smooth. This is a sponge that will give the yeast a head start. Cover it and let it sit for 45 minutes. The mixture will develop a few bubbles.

Add the remaining 2 cups of flour, the sugar, and salt. Beat until the dough cleans the side of the bowl and becomes shiny and elastic. It will take 8 to 10 minutes.

In the meantime, flour the countertop and put the butter down. Sprinkle the top of the butter with flour. Using a rolling pin, pound the butter until it becomes a flat rectangle, folding it over several times until the butter becomes pliable. It should still be cold.

Test the dough's gluten development by pulling up a thin layer and stretch it as far as you can before it tears. It should stretch thin enough to see through. This is the window-pane test. Add the butter to the dough a little at a time and beat it until it's fully incorporated.

Cover the dough and let it rise for one hour. It should be soft and should have risen by a third. Dust the countertop with flour and turn the dough onto it. Fold it over several times. Use a bench knife to scrape up any dough bits that stick to the surface. Place in a greased bowl, cover and refrigerate for 4 to 16 hours.

Remove from the refrigerator, divide the loaf into two pieces, and form it into two loaves. Cover the dough lightly and allow it to double in size, about 2 ½ to 3 hours. Preheat oven to 375 degrees. Beat the egg yolk with 1 tablespoon of water and brush the exposed surfaces. Bake the brioche for 45-50 minutes or until its internal temperature reaches 190 degrees and is golden brown. After 10 minutes, remove the bread from the pan and allow it to cool completely.