

BRIOCHE FEUILLETÉE

(recipe from Matt Adlard's Bake it Better)

for the dough:

415g all-purpose flour

8g salt

50g sugar

85g eggs

153g whole milk

42g soft, unsalted butter

9g instant yeast

for the butter block:

250g unsalted butter

OVERVIEW OF THE RECIPE

(simplified version, original recipe is copyrighted)

The dough is prepared using all the ingredients and allowed to proof for one hour. It is next transferred to the fridge overnight. At that time, the butter block is made with dimensions of approximately 7 x 8 inches and also placed in the fridge.

Next day the butter block is enclosed in the dough and three folds are performed. First a double fold, the other two single folds. The dough is rolled out and cut into four strips, about 2.5 inches in width. Each strip is rolled and placed inside a loaf pan for a final proofing of 2 to 2 and a half hours.

Bake in a 325F oven for 45 minutes to 1 hour, until deep golden. Remove from the pan and allow it to cool completely.