



# TANGZHONG MILK BREAD

YIELDS: 2 9X5" LOAVES

This bread uses the Tangzhong method to create the ultimate soft and fluffy white loaf. The Tangzhong method involves scalding a portion of the flour in hot water to make a paste which is cooled and then added to the dough. The scalding process gelatinizes the starches in the flour and also maximizes water absorption. This allows us to have a highly hydrated dough with the strength and feel of a much drier dough. The overall hydration in this recipe is 75% but the dough is very easy to work with and feels more like a 65% hydration dough. The extra hydration makes the bread extremely soft and moist. This recipe also uses a reduced amount of yeast and an extended rising time to maximize flavour development.



## *Ingredients*

### TANGZHONG

- 85g Anita's All Purpose Flour
- 255g Water (Almost Boiling)

### FINAL DOUGH

- 700g Anita's All Purpose Flour
- 150g Anita's All Purpose White Spelt Flour
- 380g Whole Milk at room temperature
- 1 Large Egg at room temperature
- 17g Fine Sea Salt
- 5g (1 ¼ t) Instant Yeast

## *Instructions*

1. Whisk together the hot water and 85g all purpose flour until smooth. Allow to cool to room temperature.
2. In a stand mixer fitted with the dough hook mix together all ingredients, including the scalded flour, until no dry bits remain. Allow to rest (autolyze) for 30 minutes.
3. In the mixer fitted with the dough hook, mix the dough on low speed (Kitchen Aid 2) for 10-12 minutes or until the dough pulls away from the sides of the bowl. This dough ends up being a bit stiff to run most home mixers at a higher speed safely so a long mix is required.
4. Place the dough in an oiled container with a lid and bulk ferment for 2.5 hours, folding the dough twice at 45 and 90 minutes. To fold the dough, turn the dough out onto an unfloured or very lightly floured counter. Gently stretch the dough up from one side and fold it over the top of the dough. Repeat for all four sides of the dough and place back in covered container. (see video).

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5. Oil two metal 9x5" loaf pans.
6. After 2.5 hours turn the dough out and divide it. For each of the two loaves divide the dough into either one 900g piece or three 300g pieces.
7. Preshape each piece into a tight ball and allow to rest for 20 minutes covered with a towel.
8. For the final shape, shape each piece into a tight cylinder. You will have either one large cylinder or three small ones for each loaf pan.
9. Allow to rise at warm room temperature for 1.5 hours or until domed just above the pan and an indent made with a floured finger springs back slowly but not completely.
10. Preheat the oven to 350F half an hour before baking.
11. Brush the loaf with and egg wash made from one egg yolk and 1 T of cream or lightly flour the tops of each loaf.
12. Bake on the middle rack of the oven for 40-45 minutes or until the tops are deep brown. The internal temperature will be 195-200F when done.
13. Let cool in the pans for 5 minutes and the turn out to a wire rack to cool fully.