

# Brioche recipe

<b>Servings</b> 2 brioches	<b>Prep time :</b> 30min	<b>Cook time :</b> 20min	<b>Resting time :</b> 3h
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## Ingredients

- **500g** of all-purpose flour
- **80g** of sugar
- **8g** of salt
- **25g** of fresh yeast
- **2** eggs
- **180g** of milk
- **100g** of butter

## Step by Step instructions

### *Prepare the Dough*

In a stand mixer or large bowl, combine **flour, sugar, salt, and yeast**. To protect the yeast, cover the salt and sugar with a bit of flour before adding it.

Add the **eggs** and **milk**, then mix on medium speed for about **10 minutes**, until a rough dough forms and pulls away from the bowl.

Reduce the mixer speed and gradually incorporate the **pieces of butter** until the dough becomes **smooth, elastic, and slightly glossy**—a sign of proper gluten development.

### *First Rise*

Cover the bowl with a damp cloth and let the dough rise in a **warm, draft-free spot** until it doubles in size (**about 1½ hours**).

**⚠ Important:** Keep the dough below **28°C (82°F)**—higher temperatures will cause the butter in the dough to melt, affecting texture.

After rising, **gently deflate** the dough by pressing from the top down. Cover and refrigerate for **30 minutes**—this firms the butter slightly and makes shaping easier.

### *Shape the Brioche*

Punch down the chilled dough and divide it according to your desired loaf or bun size. Place in a **buttered loaf pan**, or shape individual buns for a classic *brioche à tête*.

For a **braided brioche**:

- Roll the dough into a rectangle with a rolling pin.
- Using a large knife, cut the rectangle into **three long strips**.
- Roll each strip lightly to form even strands.
- Braid the strands directly on a baking mat, then tuck the ends underneath for a neat finish.

### *Second Rise*

Let the shaped dough rest again for **1 hour**, allowing it to puff up beautifully. This second proofing is key to achieving a **light, buttery crumb**.

- If your oven has a **proofing or steam setting**, set it to **28°C (82°F)** for best results.
- Otherwise, place the brioche in a turned-off oven with a **bowl of warm water** on the bottom rack. Close the door to create gentle humidity for an ideal rise.

### *Bake to Golden Perfection*

Preheat the oven to **180°C (350°F)**. Brush the brioche with **beaten egg** for a shiny, golden crust.

Bake for **25–30 minutes**, or until the top is deeply golden and the kitchen smells rich and buttery.

Allow to cool slightly before slicing to maintain its soft, delicate texture.