

# Milk Bread

## Ingredients

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- 2 1/2 T Flour
- 6 1/2 T Milk (plus 2 1/4 tablespoons)
- 1 1/2 t Yeast
- 2 Eggs (room temperature)
- 5 T Heavy Cream
- 1/4 c Sugar
- 1/2 t Salt
- 2 3/4 c Bread Flour (plus 2 tablespoons)
- 2 T Unsalted Butter (softened)

## Instructions

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1. In a small sauce pan, combine 6 1/2 tablespoons milk and the flour. Whisk until lump-free. Place the pan over low heat while whisking to keep the lumps from forming. In 3 minutes, the mixture starts to thicken. Keep stirring for 2 more minutes until the mixture becomes a smooth pasty roux. Cool down the roux completely before you use.
2. In a small bowl add 2 1/4 tablespoons warmed milk and yeast. Mix well and set aside for 10 minutes.
3. In the bowl of a standing mixer add 1 egg, heavy cream, roux, yeast mixture, sugar, salt and bread flour. Fit the mixer with a dough hook. Turn the machine on low and let it run for 20 minutes.
4. Add butter to the bowl and turn the machine on

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low again for 10 minutes. Once complete, cover with plastic wrap and let dough sit for 1 1/2 hours.

5. Take the dough out and knead on a surface for 5 minutes. Cut dough into 4 even pieces and roll each one into a ball. Cover with plastic wrap and let it sit for 20 minutes.

6. Take one dough ball and roll it out into a rectangle. Fold the long sides up towards the middle then from the short end roll into a wheel. Repeat with remaining dough balls then cover with plastic wrap. Let sit for another 20 minutes. Take a loaf pan out, spray with nonstick spray and line with parchment paper. Set aside.

7. Place dough seam side down vertically, roll flat into a long semi rectangle, then roll up into a

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cylinder. Place into prepared loaf pan and repeat with remaining dough. Let sit for 1 1/2 hours.

8. Preheat oven to 350 degrees. In a small bowl beat the egg and brush on top of the loaf.

9. Bake for 15 minutes then cover the loaf with foil and bake for 20 minutes. Once bread is done take it out of the loaf pan, remove the parchment and place on cooling rack. Slice when the bread is completely cooled.