

# Chinese Milk Bread

## Ingredients

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- 2/3 c Heavy Cream
- 1 c Milk (plus 1 tablespoon)
- 2 Egg
- 1/2 c Sugar (plus 2 teaspoons)
- 1/2 c Cake Flour
- 3 1/2 c Bread Flour
- 1 T Yeast
- 1 1/2 t Salt
- 3 t Water

## Instructions

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1. In the bowl of a mixer, add ingredients in the following order: heavy cream, 1 cup plus 1 tablespoon milk, 1 egg, 1/2 cup sugar, cake flour, bread flour, yeast, and salt. Use the dough hook attachment, and turn on the mixer to "stir". Let it go for 15 minutes, occasionally stopping the mixer to push the dough together.
2. After kneading, cover the bowl with a damp towel and place in a warm spot for 1 hour or proof the dough in the oven. Turn on oven's rapid proof setting for 5 minutes, turn the oven off, and then closed the oven door. The dough will grow to one and a half times its original size.
3. In the meantime, spray one loaf pan and a 9-inch round cake pan with cooking spray.
4. After proofing, put the dough back on the mixer

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and "stir" for another 5 minutes. Dump the dough on a lightly floured surface, and cut it in half.

Make a loaf with one half of the dough by cutting it into 3 pieces, roll each piece into a long oval then roll up and place it in the loaf pan, seam side up. Repeat with other two dough balls. Cover and set aside to proof for another hour.

5. With the other half of the dough, cut it into eight equal pieces. Roll each piece of dough into an 8-inch log. Take one log and fold it in half then twist it four times. Twist the dough on top of each other to make a knot, make sure you make it round, with nothing poking out. Add each one to your cake pan and repeat with remaining dough. Once shaped, cover and let the dough proof for another hour.

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6. Position a rack in the middle of the oven, and preheat to 350°F. In a small bowl beat 1 egg with 1 teaspoon water. Brush the risen dough in the loaf and cake pans with egg wash. Bake the loaves for 23-25 minutes.

7. In a small bowl mix together 2 teaspoons sugar with 2 teaspoons hot water. Remove from the oven and brush the buns with sugar water. Take bread out of their pans and cool completely on wire rack.