

Brioche Buns

Ingredients

525 g all-purpose flour
5 g yeast
1 spoonful of sourdough starter
55 g sugar
1 teaspoon salt
3/4 cup whole milk, at room temperature
3 eggs, at room temperature + one for an egg wash
6 tablespoons butter, cut into tablespoons and at room temperature



Instructions

1. In the bowl of a stand mixer fitted with the dough hook, mix the flour, yeast, sugar, and salt and mix to combine evenly. Add the 3 eggs and milk, and mix on medium speed for 5 minutes. Scrape the dough from the sides and bottom of the bowl. Continue to mix on medium speed for an additional 10 minutes, or until dough is soft and smooth.
2. Reduce the mixer to low speed and add the butter, one tablespoon at a time, making sure it is fully incorporated before adding the next piece. Scrape the sides and bottom of the bowl. Once all the butter is fully incorporated, mix on medium speed for an additional 5 minutes, or until the dough is soft, elastic, and shiny.
3. Transfer the dough to a buttered bowl. Cover the bowl with plastic wrap and allow the dough to rest at room temperature for about 1-2 hours or until the dough doubles in size.
4. Line a baking sheet pan with a silicone mat or parchment paper and set aside. Take dough from bowl to counter and weigh the dough. Divide the dough into (8) equal balls (mine were 129 g). Round out each portion into a ball and place seam side down onto the prepared baking sheet pan. Cover loosely with plastic wrap and allow to proof at room temperature for 1 to 1 1/2 hours. Do the poke test; when proofed properly the dough should spring back but leave a slight indent.
5. Preheat the oven to 350°. When the dough is ready, brush the surface with an egg wash. Bake for 20-25 minutes, until golden. Transfer rolls to a wire cooling rack to cool.

