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petite brioche

from Elle A Cooking @ Home

prep time: 1 hr
cook time: 15 min
ready in: 12 hr

servings: 6 petite brioche

ingredients:

- 1 cup (125 grams) all-purpose flour, plus more for dusting
- 1 cup (127 grams) bread flour
- 1 teaspoon salt
- 3 tablespoons sugar
- 3 large eggs, room temperature
- 1 1/2 teaspoons instant yeast
- 8 tablespoons (1 stick) unsalted butter, slightly softened, cut into 1/2-inch cubes

- butter, softened for the molds
- 1 egg, beaten for egg wash
- 1/4 cup sugar nibs, optional

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directions:

Mix. Beat the eggs in a mixing bowl and stir in the instant yeast. Set aside. In a large mixing bowl, sift together the flours, salt, and sugar. Add in the beaten egg mixture and stir to combine. Using a pastry scraper, transfer the mixture to a clean, floured work surface. Set the softened, cubed butter on the side.

Fraisage. Form the dough by smearing parts of the unformed dough across the work surface with the heel or palm of your hand. With your other hand, using a pastry scraper, gather up the smeared parts and repeat this process until you can use a pastry scraper to fold the dough back upon itself and work the dough with your hands. (The dough will be sticky at this point but will become smoother with kneading. Lightly dust with flour if too sticky to handle.)

Knead. Using one hand as a hook, lift up the dough and pound it back onto the work surface. Continue kneading this way to develop the elasticity, about 10 minutes.

Knead some more. Create a well in the middle of the dough and place a 3-4 pieces of butter inside. Wrap up the butter and continue to knead the dough. Once the butter is fully incorporated, create another well and add a few more pieces of butter until all of the butter is incorporated into the dough. (The dough will be extremely sticky and messy in the beginning so use a pastry scraper as an aid. Eventually, once all

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the butter is incorporated, the dough will become extremely smooth and soft as a baby's bottom. Just remember to keep lifting up the dough and pounding it back onto the work surface. The whole process will take about 30 minutes.)

Let rise. Lightly butter a large mixing bowl. Place the ball of dough in the bowl and cover tightly with plastic wrap. Let rise in a warm area for 1-2 hours until double in volume. Gently punch down the dough and turn the dough onto its other side. Cover tightly with plastic wrap and chill in the fridge overnight.

Shape the dough. Lightly butter a 6-cup large muffin pan. Divide the brioche dough into 6 pieces (about 88 grams each) and cut each into thirds. Roll each small piece into a round and place 3 rounds snugly in each cup. Lightly brush just the tops of each with egg wash. Let rise in a warm area until double in volume, about 1-1/2 to 2 hours.

Bake. Position a rack in the center of the oven. Preheat the oven to 350°F. Lightly brush just the tops with another layer of egg wash, being careful not to get any on the sides of the pan. Sprinkle the tops with sugar nibs, if using, and bake until puffed and golden brown, about 15-20 minutes. (Alternatively, once out of the oven, unmold and brush the tops with simple syrup, made by boiling equal parts water and sugar.) Transfer to a cooling rack and let cool slightly. Enjoy warm or at room temperature.