Braided Brioche

BREADS & DOUGHS

YIELD	ACTIVE	TOTAL	OVEN	PER SERVING
9×13 in pan, 3 braids	≈1 h 30 min	≈14 h (incl. overnight chill)	300 °F (149 °C)	303 kcal · 331 mg Na · 9 g protein

EQUIPMENT
Stand mixer + dough hook · 9×13 in pan · Bench knife · Probe thermometer

#	INGREDIENT	MASS	VOLUME	PROCEDURE
DOUGH (DAY 1)				
1	Milk*, whole, cold*	150 g	½ cup + 2 tbsp	Add to the mixer bowl in this order. Knead with the hook on medium-low until it passes the windowpane test, ≈20 min. Strong gluten makes the stringy crumb.
	Eggs*, beaten*	150 g	≈3 large	
	Bread flour, King Arthur	500 g	≈4⅛ cups	
	Kosher salt, Morton	9 g	2 scant tsp	
	Granulated sugar	70 g	⅓ cup + 1 tsp	
	Instant yeast	7.5 g	1 packet	
2	Butter, unsalted*, soft, ½ in cubes*	150 g	10½ tbsp	With the mixer running, add a few cubes at a time. Knead until smooth and elastic, 15–20 min more.
3				Rest in an oiled container, 30 min at room temp. Fold: turn the dough inside out and tuck the edges under. Cover and refrigerate at least 10 h.
SHAPE + BAKE (DAY 2)				
4				Divide the cold dough into 9 pieces, ≈115 g each. Flatten each and fold it in half twice in the same direction into a short log. Refrigerate 10 min.
5				Degas each with your palm, fold twice again, sealing the seam with your palm, and roll to ≈15 in (38 cm). Braid 3 strands at a time: start in the middle, braid to one end, flip the braid, braid the other half. Pinch the ends.
6				Lay the 3 braids lengthwise, side by side, in the greased pan. Proof in the turned-off oven with a bowl of hot water until puffy, ≈1½ h (1–2 h).
7				At ≈1¼ h, take the pan out and heat the oven to 300 °F (149 °C), convection if you have it.
8	Egg	50 g	1 large	Whisk the egg and yolk for egg wash. Brush it over the braids gently so the dough doesn't deflate. A little sugar on top is optional.
	Egg yolk	17 g	1 large	
9				Bake until deep golden and the center reads 190 °F (88 °C), 25–35 min. Cool in the pan 10 min, then on a rack.

Source: Bakery Parra (YouTube), via a reader's post, adapted
georgemain.com/recipes/breads-doughs/braided-brioche

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Milk	150 g	92	65	5
Eggs	150 g	215	213	19
Bread flour, King Arthur	500 g	1,833	—	67
Kosher salt, Morton	9 g	—	3,600	—
Granulated sugar	70 g	271	1	—
Instant yeast	7.5 g	24	4	3
Butter, unsalted	150 g	1,076	17	1
Egg	50 g	72	71	6
Egg yolk	17 g	55	8	3
Total		**3,636**	**3,978**	**104**
Per serving (1/12)		**303**	**331**	**9**

Nutrition: USDA FoodData Central: SR Legacy (whole milk, eggs, sugar, active dry yeast, unsalted butter, yolk) and Branded Foods labels (King Arthur Unbleached Bread Flour, Morton). All the egg wash is counted, though some stays in the bowl. Pan grease and oil not counted.

NOTES

- The long knead is the point. If the mixer gets hot, pause it a few minutes.
- The video uses a 27 cm (10½ in) square pan with 33 cm strands. The strands are rolled longer here to fill the 13 in length.
- Our French toast bread. Also great with the Salted Caramel card.