



# TASTEBUDS

## Shokupan

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### INGREDIENTS

- 105g milk
- 35g flour
- 420 strong flour
- 170g water
- 8g yeast
- 40g sugar
- ½ t salt
- 1 egg
- 75g butter
- 1 egg, for egg wash

### METHOD

Place the milk and flour in a saucepan over a medium heat, and whisk constantly for 2-3 minutes, until it forms a thick paste or "roux". Place this in a bowl and allow to cool slightly.

Add the flour, water, yeast, sugar, salt and egg and mix to a rough dough. Cover and allow to stand for 10 minutes. Then knead until smooth and strong - about 8 minutes in a stand mixer with the hook attachment, or longer by hand - around 15 minutes.

Add the butter one small piece at a time, kneading between each addition until it is fully incorporated. Place the dough in an oiled container, cover, and allow to prove until almost doubled in size - around 1-2 hours, depending on the ambient temperature. Grease a loaf tin with sunflower oil.

Remove from the bowl, and divide into pieces: 3x200g pieces for a small loaf tin (in which case you'll have some extra - shape it into burger buns!), or 3x300 pieces for a large loaf tin. Shape each one into a neat ball by pulling towards you, creating surface tension against the worktop. Place the three balls in the prepared tin, and allow to prove, covered, until doubled in size.

Egg wash and bake in an oven preheated to 190C for 15 minutes, before turning down to 170C and baking for a further 8-10 minutes until golden brown and sounds hollow when tapped on the bottom.