

Nutella Brioche Flower

(Makes: 1 large Nutella Brioche Flower)

Sponge:

64 g bread flour
1 1/4 tsp instant yeast
110 g milk, lukewarm

Dough:

3 large eggs, slightly beaten
390 g bread flour
40 g sugar
1 tsp sea salt
110 g unsalted butter, melted
1-2 tsp milk, if necessary to form a smooth dough

Filling and glaze:

Nutella or similar hazelnut chocolate paste for the filling (I used chocolate spread and chopped toasted hazelnuts)
1 Tbsp milk plus 1 tablespoon water for glaze

The sponge: stir together the flour and yeast in a large bowl (or the bowl of your stand mixer). Pour in the milk and whisk the ingredients together until all of the flour is hydrated. Cover with plastic wrap and let it ferment for 30 to 45 minutes, or until the sponge rises and falls when you tap the bowl.

The dough: add the eggs to the sponge and whisk (or beat on medium speed with the paddle attachment) until smooth. In a separate bowl, stir together the flour, sugar, and salt. Add this mixture to the sponge and eggs and stir (or continue mixing with the paddle on low speed for about 5 minutes) until all of the ingredients are thoroughly incorporated. Let the dough rest for 5 minutes to begin to develop the gluten. Then mix in the melted butter by hand, using a wooden spoon or Danish dough whisk or with the mixer on medium speed using the dough hook. Add in a couple of teaspoons of milk if the dough is too dry.

Transfer the dough to the work surface and knead for about 8 to 10 minutes until the dough is soft and smooth. It shouldn't be too sticky to handle.

Form the dough into a ball and place it in a clean bowl. It doesn't need to be oiled. The butter should keep the dough from sticking to the bowl. Let the dough bulk ferment in a warm place for 1-2 hours, or until doubled in size.

Meanwhile place some baking paper on a baking sheet.

To shape the flower, once risen, turn the dough out onto a surface, knock it back knead for 3-4 minutes. Divide the dough into 4 pieces and form each piece into a ball.

Roll a ball of dough out into a circle measuring about 25 cm in diameter. The dough should be about 3-4 mm thick. Place the dough onto the baking paper and spread on a layer of Nutella, leaving a small gap at the edge. Don't make the layer too thick but be sure to evenly cover the dough. Roll out a second ball of dough, place it on the first layer and spread with Nutella. Repeat with the third and fourth balls of dough but do NOT spread Nutella on the final layer.

Cut the brioche into 16 segments but leave a small (3 cm/1½") area in the centre of the dough uncut. Take a pair of adjacent segments. Lift and twist them away from each other through 180°. Lift and twist through 180° again, then twist through 90° so that the ends are vertical. Press the edges together firmly. Repeat this process for all pairs of segments.

Place the brioche in a large plastic bag or cover with lightly oiled film. Leave in a warm place for 1-2 hours to prove.

Brush with the glaze then bake at 180°C conventional oven for 25-35 minutes.

Place the bread on a wire rack to cool.

(inspired by: <http://www.nonsolopiccante.it/2014/02/24/brioche-a-fiore-con-nutella/>)

Original post can be found on my blog "Notitie van Lien"©2014
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