

Braided Red Bean Bread

Ingredients

Bread ~

- 140ml heavy cream, at room temperature
- 240ml milk, at room temperature
- 1 large egg, at room temperature
- 70g sugar
- 55g cake flour
- 500g bread flour
- 10g active dry yeast
- 10g teaspoons salt
- ½ a can red adzuki beans

Egg Wash ~

- 1 egg
- 1 teaspoon water

Simple Syrup ~

- 2 teaspoons
- 2 teaspoons hot water

Preparation

Bread ~

1. Place cream, milk, egg, sugar, cake flour, bread flour, yeast, and salt in the bowl of a stand mixer with the dough hook attached.
2. Turn on the mixer to "stir " to combine all of the ingredients, let it continue kneading for 15 minutes, occasionally stopping the mixer to push the dough together. The dough should be moist, but not so sticky that it sticks excessively to the bowl or dough hook.
3. Remove the dough from the bowl and place it in a large bowl that has been lightly greased with oil. Cover the bowl with a hand towel or plastic wrap, and place in a warm spot for one hour, during this time the dough should grow to one and a half times its original size.
4. While the dough is proofing make the red bean paste by placing the red beans in the bowl of a food processor, pulse until the mixture forms a mostly smooth paste.
5. Grease two standard loaf pan on all sides with butter.
6. Once the dough has proofed put it back in the mixer and stir for another 5 minutes to get rid of air bubbles.
7. Place the dough on a lightly floured surface, and cut it in half.
8. Take the one half of the dough and shape into a rectangle, rolling out to a little less than 20mm thickness with a floured rolling pin, maintaining a rectangle shape.

9. Place a few tablespoons of red bean paste and spread over the center of the rectangle, leaving a few inches on either side of the rectangle and one inch along the top and bottom. The paste should be spread to about 3mm thickness.
10. Fold over each side of the rectangle so a seam runs down the center of the dough. Pinch all the open edges tightly closed.
11. Gently roll out the dough to flatten the seams and make the rectangle of dough roughly as large as it was when you started.
12. Then, fold the dough into thirds (like you would if you were folding a piece of paper to put into an envelope).
13. Roll it out into a rectangle once more, adding more flour to the dough/board as needed.
14. Repeat the step of folding the dough into thirds, but this time, roll it out just so that the layers press together and the piece of dough is the length of the loaf pan.
15. Make two lengthwise cuts in the dough so you have three segments.
16. Braid the pieces, twisting slightly so that the layered sides face up, so that you end up with a pattern when the bread bakes.
17. Pinch the ends of the braided dough together and gently place into your buttered loaf pan.
18. Repeat these steps with the second half of the dough.
19. Place the loaf tins in a warm place and allow the loaves to proof for another hour.
20. Preheat the oven to 180°C
21. Brush the risen dough with egg wash, and bake the loaves for approximately 30-40 minutes.
22. Make the simple syrup whilst bread is baking.
23. Remove from the oven and brush the bread with simple syrup to glaze both.

Egg Wash ~

1. Place egg and water in a small bowl, and whisk to combine.

Simple Syrup ~

1. Place sugar and hot water in a small bowl, stirring until the sugar is completely dissolved.

Recipe inspired by [The Woks of Life](#)