

## Tangzhong Whole Wheat Bread

Makes one loaf, and is easily doubled

### **Tangzhong mixture** (makes enough for two loaves)

50 g bread flour

237 g water

Mix the flour and water together until there aren't any lumps.

Cook, stirring constantly, until the mixture thickens and registers 149 degrees F or 65 degrees C. If you don't have a thermometer (get one!), look for lines in the mixture made by your spoon as you stir. Remove from the heat immediately. Scrape the mixture into a bowl, and cover with plastic wrap, pressing it onto the surface of the tangzhong. Let it cool, and then refrigerate it for several hours. Bring it back to room temperature when you are ready to use it. This will last a couple of days. If it starts to turn gray, toss it.

### **dough**

110 g milk

45 g whisked eggs (about one large egg)

100 g Tangzhong

40 g sugar

5 g salt

200 g bread flour

150 g whole wheat flour

6 g instant yeast

40 g unsalted butter, room temperature and cut into pieces

Add all of the ingredients except the butter to the bowl of a stand mixer. You can also mix by hand or bread machine. Mix the ingredients until they form a dough. Add the butter, one tablespoon at a time, until incorporated. Knead until the dough becomes very elastic. More is better. Place the dough into an oiled bowl, cover, and let rise until doubled, about 40 minutes. I think you could also do a cold ferment overnight, but I haven't tried it.

Now for the shaping.

Divide the dough into 3 or four equal pieces and form each piece into a ball.

With a rolling pin, roll each ball into a 10 inch long oval. Fold the oval into thirds, widthwise, like an envelope. Turn the envelope so that the short side is facing you, and roll it into a 25-30 cm length. Roll that piece like a cinnamon roll, with the folded sides on the inside, and place the piece in an oiled bread pan, seam side down. Repeat with the other pieces, placing them next to each other.

Cover and let rise for about 40 minutes, until about 4/5 the height of the bread pan.

Bake in a 175°C for 30 to 35 minutes. (I baked at 190°C and a bit longer, protecting the top the last 20 minutes so it wouldn't overbrown) Transfer the loaf from the pan to a wire rack and let cool completely.

(This recipe is based on the book 65 degrees C by Yvonne Chen, and adapted by [Christine Ho](#))

*Original post can be found on my blog "Notitie van Lien" ©2015.*  
[www.notatievanlien.blogspot.com](http://www.notatievanlien.blogspot.com)