

Turkish Milk Bread

January 17th, 2021

This recipe serves: 6

Prep Time: 02:00

Cook Time: 00:15

This soft and fluffy "Milk Bread" is a wonderful compliment to Shawarma or with a bowl of Chili. The finished bread has a soft, spongy texture that holds its shape and bounces back when squeezed.

Ingredients:

5 Cups (21.25 Ounces/600 Grams) of Bread Flour

3 Tablespoon Sugar

1 Tablespoon of Dry Yeast

1 Teaspoon Kosher Salt

1.5 Cups of Warm Milk - 100° to 115° Fahrenheit

1/4 Cup of Warm Water - 100° to 115° Fahrenheit

1 Egg White

1/4 Cup Butter, melted

1 Teaspoon Butter, melted

1/2 Teaspoon Sea Salt

Day 2 Ingredients

Olive Oil

1 Egg Yolk

1 Teaspoon Milk

1 Teaspoon Sesame Seeds

Directions:

In the Mixer bowl, add the Flour, Sugar, Yeast, and Salt. Mix well.

In a separate bowl, use a whisk to mix the Milk, Water, Egg White, and Melted Butter.

Add the liquid ingredients into the Mixer bowl. Use a spatula to fold together with the Dry ingredients. Use the Dough Hook and mix the dough on medium for 5 minutes.

Stop the Mixer and use the spatula to scrape the dough from the sides of the bowl. Run the Mixer on medium for another 5 minutes. This should produce a very sticky dough.

Coat the inside of a large bowl with Olive Oil. Turn out the dough into the bowl. Cover with a Tea Towel and let the dough rise for an hour or refrigerate for up to 4 days. The size of the dough should double.

Day 2

Make a Single Flat Loaf

by covering a large (11x24 inch) cookie sheet with parchment paper. Set the dough onto the parchment paper.

Flatten and stretch the dough until it covers the cookie sheet and is uniformly about 1/2 inch thick.

OR

Make Hamburger Buns

by separating the dough into 8 even-sized dough balls, (about 4 ounces/110 to 120 grams each).

Cover 2 cookie sheets with Parchment paper. Arrange the dough balls on the parchment paper so that they are not touching each other.

Gently flatten each dough ball into a "hockey puck" about 4 inches across and about 1/2 inch thick.

Cook the Bread

Preheat the oven to 450° Fahrenheit.

Whisk together 1 Egg Yolk and 1 Teaspoon Milk. Use a pastry brush to paint the tops of the dough. Spray one side of a sheet of plastic wrap with oil and cover the dough, oil side down, with the plastic wrap. Allow the dough to come to room temperature and then rise for at least 1 hour.

Cut crosshatch patterns across the top of the dough. Sprinkle with Sesame Seeds and Sea Salt.

Bake the bread on the lowest oven shelf for 7 minutes, until the the bread begins to turn brown.

Move to the top shelf of the oven for another 5 Minutes

, until the the bread turns a golden brown color. Bake for an additional 2 minutes, if needed, to reach the expected golden brown color. Brush the top of the bread with Melted Butter.