

# **Basic Sweet Bread Dough (Water Roux or Tangzhong Method)**

*This is an Asian inspired recipe for a soft, cottony and fluffy bread. The dough is very rich because of the heavy whipping cream in it. It is great as a loaf or as a base for all kind of rolls and bread.*



First of all, I want to apologize for the long time away from blogging...I hope you are all well and did not give up on me...I was literally very busy in the past months and after things got under control we went for a short vacation...now I am back and hope to pick up where I left...as you might know I love bread and since I started blogging, baking bread has been one of my many passions...

After playing with many recipes and baking tons of bread, one after another one, I started to feel very critical, and was not content with one particular recipe until I came up with

this one, which I now use it quite often and make all kind of bread from simple sandwich loaf bread to braided ones. Please note that this dough is very rich, lots of cream and butter, almost a lighter version of brioche. So if you are looking into a everyday bread recipe you should not use this one, as it is sure super rich.

Initially this dough is very sticky, therefore hard to handle without the help of a mixer or bread machine. As the dough mix, gluten forms, turning the dough from sticky to elastic...it is awesome watching the transformation...it is all chemistry! I sure hope you give this recipe a try.

Okay, enough of description...let's get to the recipe!

### ***Ingredients:***

#### *Water roux or Tangzhong*

- 35 g bread flour
- 175 ml water

#### *Sweet Dough*

- 600 g bread flour
- 100 g sugar
- 8 g salt
- 20 g dry milk powder
- 8 g yeast
- 2 eggs minus 1 tablespoon for egg wash, slightly beaten
- 50 g milk
- 120 ml whipping cream (approximately 100g)
- 55 g butter (room temperature)



***Method:***

### *Water roux or Tangzhong*

In a small pan, mix all the ingredients of water roux, place in a low heat and stir constantly until the temperature reach 65C (150F), or if you do not have a thermometer, cook until ripples form. Set aside to cool by covering with a plastic film. Please see here (<http://jzq.0e7.mywebsitetransfer.com/chocolate-marble-asian-bread-recipe/> ).

### *Sweet dough*

Place all the cooled water roux and all the ingredients listed under sweet dough into a mixer except for the butter. Mix until all the ingredients are together, it will be very sticky.

Increase the speed to number 2 and continue to mix for 5 minutes.

Add the butter and continue the mixing until the dough is smooth and comes out of the mixing bowl, this will take approximately 15 minutes. You will notice that the dough will no longer stick to the wall of the mixing bowl.

Place the dough into a medium to large bowl. Cover and let it proof until the size double from the original size.

Now it is up to up to shape the dough as you desire...

I usually divide the dough into 2 portions and make two different bread, such as plain rolls, buns, pull-apart, cinnamon rolls, chocolate rolls, sandwich bread...make it sweet or savory, let you imagination free...

After shaping the dough, cover the dough and let it proof until double to almost triple its original size. Just before baking in a preheated oven of 350F, brush gently the top of the buns or rolls with the egg wash.

Bake for approximately 15 to 30 minutes, depending on the size and shape of the bread or until the top turn golden brown.

Remove from the oven and transfer to a wire rack.













Now it is your turn to use your imagination and come up with all kind of bread using this recipe...

If you enjoy this recipe you might want to explore my other BREAD RECIPES.

***Thank you for stopping by Color Your Recipes...have a colorful week!***