

Miele

Warm brioche with ice cream

By Maggie Beer

5 hours, 30 minutes

Prep time

45 minutes

Cooking time

6 Servings

Serves



INGREDIENTS

¼ cup (60ml) lukewarm water
1 × 7g sachet dried yeast (or 15g fresh yeast)
3 teaspoons caster sugar
220g plain flour
1 teaspoon salt
3 large (65g) eggs, beaten
185g unsalted butter, divided into sixths, room temperature

Glaze

1 egg white
equal quantity of milk (30mls)

To serve

Maggie Beer ice cream

METHOD

1. Place the warm water, yeast and 1 teaspoon of the sugar in a small bowl and stir to combine. Set aside for 15 minutes or until the yeast dissolves and the mixture is foamy.
2. Pour the flour, remaining sugar and 1 teaspoon salt into a large bowl, then add the yeast mixture and egg. Place into an electric mixer with a dough hook and mix until it becomes elastic, this will take approximately 3 minutes, depending on your mixer.
3. Using your hands, incorporate the butter one piece at a time, each new piece should be added only when the last has been absorbed. The dough will be sticky but should retain its elasticity.
4. Place the dough in a clean bowl, cover with a tea towel and place in the oven on Conventional at 35°C for 1½ hours, until it has doubled in size. Alternatively, set aside in a draught-free area for 4 hours or until doubled in bulk. The dough does not need to be in a warm area in order to rise; if the butter starts to melt and the dough looks oily, place it in the refrigerator from time to time.
5. Turn the dough onto a lightly floured workbench, then shape it into a (rough dimension 15cm x 10cm rectangle). Fold the dough into three, as if you were making puff pastry, press out again, and again fold it into three. Put the dough back into the bowl, cover, and leave for 1 hour.
6. Shape the dough into a round ball, then place it on a plate and refrigerate for 30 minutes. This is to make the dough firm enough to shape. Shape the dough into a long cylinder. Divide the cylinder into 6 even pieces, then roll into buns and arrange on a perforated baking tray. Place into the oven on shelf position 2 and prove on Conventional 35°C for 25 minutes, the buns should almost double in size. Meanwhile whisk together the egg white and milk to make the glaze.
7. Remove the tray from the oven and glaze the buns with the egg wash, being careful not to apply too much pressure.
8. Return the tray to the oven on shelf position 2. Select Moisture Plus 180°C with 2 bursts of steam. Follow the prompts for using Moisture Plus. Bake for 30 minutes releasing the bursts of steam as follows:
First Burst: immediately
Second Burst: after 10 minutes
9. Remove from the oven and cool for 5 minutes, while still warm tear in half and serve filled with a scoop of ice cream in the centre.

Hints and tips

- If your oven has automatic programmes, the Prove Yeast Dough function can be used instead of Conventional heat for an even better result.
- If you do not have a perforated baking tray a standard baking tray can be used instead, once baked cool the buns on a wire rack.