

BRIOCHE DONUTS

EQUIPMENT: AEF Spiral Mixer or BTF Planetary
LMA Reversible Sheeter
KDPR11 Retarder Proofer
Deep Fryer

DIFFICULTY RANKING: 7 out of 10

REQUIRED TIME: 16-18 HOURS

YIELD: 18, 64 gram Donuts

INGREDIENTS

Tangzhong

| | | |
|-----|-------|-------------------|
| 240 | grams | whole milk |
| 50 | grams | all purpose flour |

Final Dough

| | | |
|-----|-------|---|
| 490 | grams | all purpose flour |
| 4 | each | whole eggs, chilled |
| 28 | grams | vegetable oil |
| 50 | grams | sugar |
| 10 | grams | kosher salt |
| 6 | grams | instant yeast |
| 113 | grams | unsalted butter, cut into 1/2" cubes |



DOYON

Chef Rose Cowell
Doyon Baking Equipment



METHOD

MAKE TANGZHONG

Combine the first portion of milk and flour in a medium saucepan and whisk until smooth. Place the saucepan over medium heat and cook, whisking constantly, until the mixture begins to thicken, about 2 minutes. Continue to whisk vigorously, making sure to scrape along the bottom curve of the saucepan, until the mixture is very thick, about 20 seconds longer. Allow to cool completely.

MAKE DOUGH

To the bowl of the AEF015 or BTF010 mixer (fitted with the dough hook) add eggs, the cooled tangzhong, oil, sugar, salt, yeast and flour. Mix on speed 5 until the ingredients come together as a coarsely textured dough, about 3 minutes. Stop the mixer, scrape down the sides of the bowl with a bowl scraper or flexible spatula, then mix again, scraping down the sides once or twice more, until dough is smooth, firm and very elastic, 12 to 15 minutes.

Add half of the chilled butter pieces and mix on speed 7 until the butter pieces have incorporated into the dough, about 5 minutes. Stop the mixer, scrape down the sides again, and add the remaining butter. Mix again until all the butter is completely incorporated. The dough should no longer stick to the sides of the bowl and will have a very smooth, supple appearance. Increase speed to 10 and continue to mix until the dough is extremely elastic, another 10 to 15 minutes. Retard covered dough (8-12 hours) in the KDPR11 set to 36°F.

DIVIDE & SHAPE DOUGH

Using the LMA, sheet dough (using bench flour if necessary) to 1" thick. Using round ring cutter, punch out desired donut shape. Place on prepared sheet trays lined with parchment paper. Cover and proof in KDPR11 set to 85°F with 85% humidity until doubled in size, roughly 1.5-2 hours.

FRY DONUTS

Once doubled in size, deep fry donut dough in oil heated to 350°F until golden brown, 2-3 minutes on each side. Remove from oil and allow to cool completely on wire baking rack. Fill with desired jams, custards, and creams. Coat in desired sugars, frostings, and glazes.