



**Brioche with cinnamon and mixed peel - adapted from Alison Holst
ISBN 1-877168-03-3**

Ingredients

Brioche

- half a cup of warm milk
- 3 large eggs
- 3 teaspoons Surebake yeast
- 75 g of softened/melted butter
- quarter cup of white granulated sugar
- 1 teaspoon of salt
- 375 g of champion standard plain flour

Filling

- 1/8 -1/4 of a cup of granulated sugar (Demerara)
- 1/8 -1/4 of a cup of brown sugar
- 1½ -2 teaspoons cinnamon
 - the combination/amounts of sugar and cinnamon can be adjusted to your taste
- finely chopped Tasti mixed peel (100gm – 2/3rd packet)

Method


- Add all the brioche ingredients (*without the filling*) to a bread machine, in order as set by manufacturer and set to the dough cycle (Have some flour in the initial mix so the eggs and milk don't spray out of machine).
- Or make by hand. Mix the warm milk and eggs in a large bowl. Sprinkle on the yeast and leave to stand for five minutes. Add the sugar, salt and half the flour, mix thoroughly and leave for 15 minutes in a warm place. Add the butter and remaining flour and mix to make a soft dough. Knead for 10 minutes to achieve flexibility when the dough springs back lately when pressed. I find the bread machine easier!
- Dough will be quite sloppy and if you think too wet then add a few tablespoons of flour so that it can be rolled out subsequently. Be brave and keep moist as the butter will firm up the dough in the fridge.
- After five minutes remove from the bread maker machine and refrigerate for an hour or overnight (latter preferred for fresh morning tea brioche) The dough can be placed in a dry bowl lined with a few teaspoons of oil and covered.
- On turning the dough out the following morning, place onto a lightly floured surface and shape into a sausage like length and roll out to a rectangle (short side 12 inches long side 18 inches).

- Spread the mixed peel evenly over the whole surface of the dough and then sprinkle with sugar & cinnamon mixture (evenly mixed and kept in a jar in the pantry). Don't underdo the sugar and be prepared to add more cinnamon to your sugar cinnamon mixture so that it is sufficiently tasty.
- Rollup reasonably firmly on the principle of a jam roll. The dough is quite soft and you may need, in achieving the roll, to sprinkle some flour at the edge of the dough that you are rolling while using an egg slice or scraper to shape the roll.
- Once you have made the roll cut (using a serrated knife to prevent sticking) into 12 *even* pieces and place in a greased muffin tray with a cut side showing upwards.
- Cover with oiled gladwrap as need be and leave to rise – ideally in a heated environment of 20°C to *twice the size*. May take a few hours depending on the temperature. The final pre bake size is the same as the post bake size.
- Remove glad wrap and place tray in a preheated oven at 180° C on a middle rack for 12 to 15 minutes. You want to achieve a lightly browned bottom of the muffins. Be careful not to overcook.
- Take out of oven, rest for 5 mins and if necessary, using wooden spatula, gently prise muffins out of tin and place on a rack to cool.

Bakers' tips

- Don't worry if your dough is quite moist as this benefits the eating stage but if the dough is too wet you may need to sprinkle bench with flour to rollup more easily
- Grease your muffin tray well
- Be careful not to overcook and only *lightly brown* bottom of muffin, so as not to dry out
- Right out of the oven, baking is soft and delicate. Allowing them to cool in the tray for a few minutes is said to help them firm up, making them easier to handle and less likely to break apart <https://shorturl.at/5AVPZ>
- The brioche freezes well and can be heated subsequently for a few minutes in a preheated oven.

Critique and discussion welcome


esign

Stuart Mossman
stuart@mossman.net.nz