

Tangzhong Rye Bread - Original from [Christine's Recipes](#), adapted by Mushitza, further adapted by My Custard Pie

Ingredients for the tangzhong

30 g strong bread flour
150 g (ml) cold water

Ingredients for the dough

200 g strong bread flour
150 g rye flour
5 g dried active yeast
55 g light brown sugar
5 g sea salt
1 egg
125 g (ml) milk
120 g tangzhong
30 g butter, melted and cooled

First prepare the tangzhong. Whisk together the cold water and flour (there should be no lumps) and cook over low heat (stirring all the time) until the temperature reaches 65°C or until the spoon you're stirring with leaves a trace. The mixture should have the consistency of something between crème anglaise and pastry cream. Leave to cool down to room temperature.

To prepare the dough, warm the milk to blood temperature (20 seconds on high heat in the microwave works for me) and stir in the yeast until it's dissolved. Combine the strong bread and rye flours, sugar and salt, then add the milk and yeast mixture, most of the tangzhong (120 g - leave the rest for glazing) and egg. Use your hand or stand mixer equipped with a dough hook to mix all the ingredients into a soft dough then add in the butter. Knead in the mixer for 15 – 20 minutes. The dough is ready when you can stretch it to a very thin membrane before it tears (try this with a small piece). Cover the bowl and leave it to double in size (this took about 2 hours in my cold house).

Knock the dough back on a lightly floured surface, give it a quick knead just to let the gas escape, then shape it as you like (a loaf or small buns). The images show how to make it into a three part loaf. Transfer to buttered loaf tin or a baking tray lined with baking paper if making rolls or a free-form loaf. Cover with plastic wrap and let it double in bulk again (another 2 hours for me).

Preheat the oven to 180°C. Brush with milk (as I did) or the rest of the tangzhong and bake for around 30 – 35 minutes until nicely golden.

