

Brioche



A family treasure! Introducing Grandmere Mady's signature Brioche! Soft, tasty, and made with love.

Servings: 10 Brioche

Prep Time: 3 hours

Cook Time: 20 minutes

Ingredients:

1. 500 g plain flour, 100 g sugar brown ok, 10 g dry yeast, pinch of salt
2. 120 g butter room temperature cut into small pieces
3. 2 Eggs room temp, and 1 egg + 1 tablespoon water to glaze, 200g warm full cream milk
4. 1 teaspoon vanilla essence and fleur d'oranger (orange blossom water) and 6 drops of bergamot essence

Instructions:

1. Add flour in the mixing bowl, add sugar on one side and pinch of salt on the other side, yeast in the middle. Mix on slow for 2 mins.
2. Add warm milk and mix for 2 mins.
3. Add eggs, vanilla, fleur d'oranger and bergamot. Mix of high for 4 mins.
4. Add soft butter and mix for 10 mins or until mixture detaches from the sides of the bowl.
5. Let dough rest for 2+ hours, until doubled in size.
6. Knead the dough get that fluffy, light texture - just fold it over itself a few times.
7. Prepare baking dish lined with baking paper.
8. Divide dough into 10 balls, shaping each into a smooth, round brioche. Rest for 1-2 hours.
9. Preheat oven to 175°C and bake for 15-20 mins until golden brown.
10. Once cooked, remove from oven and cool. Enjoy hot or cold with butter, and a cup of tea or coffee.

In Mauritius, brioche is a traditional bun given to family and neighbours for Holy Communion. A cross is often added to the brioche for First Communion, symbolising the occasion.

Bon Appétit!