DietCloud – Recipe

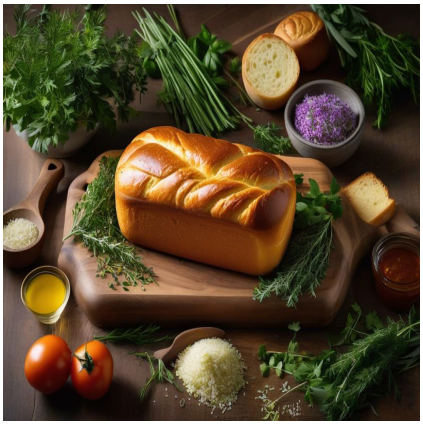
Recipe Name: French Brioche Recipe (Savoury Version)

Diet Type:

Course: Snack

Cuisine: French

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams All Purpose Flour (Maida) • 1/2 teaspoon Salt • 2 teaspoons Active dry yeast • 2 tablespoons Sugar • 2 Whole Eggs • 1 tablespoon Butter • 200 ml Milk • 1 cup Homemade Pizza And Pasta Sauce • 1 tablespoon Milk • 2 tablespoons Sunflower Oil	2

Preparation

• If it does not froth, discard the mixture and make a new batch again.

• Break the eggs into another bowl and beat them lightly.

• Set aside.

• Mix flour and salt in a large mixing bowl.

• Make a depression in the center, pour in the eggs, melted butter and yeast mixture.

• Knead into smooth dough by adding additional water until pliable and soft.

• Transfer the dough to a clean surface, dust little flour and knead for about 20 minutes until the dough is smooth and shiny.

- Divide the dough into 4 portions.
- Take one of the portions and roll it into a circle that is 2mm thick like chapati.
- I used a plate to cut the round shape from the dough, so all my 4 portions are equal in size.
- Grease the baking tray with olive oil and place the rolled dough on the baking tray.
- Spread pizza sauce on top of the rolled dough, leaving the edges.
- Next take the second portion of the dough and roll it to the same size.
- Lift the roll carefully and place it on top of the first layer.
- Spread pizza sauce on top leaving the edges, like you did for the first layer.
- Repeat step the same steps for two more layers.
- Do not spread the pizza sauce on top of the 4th and final layer.
- Place a very small bowl or the mouth of a glass at the center of the layers.

- Finally cut in between the 8 portions making 16 wedges throughout.
- Like a braid, take two adjacent wedges and place each wedge on the opposite side and twist further till centre and form the petal in the centre.
- Similarly braid every 2 adjacent wedges by twisting and making a flower formation at the end of the work.
- Seal the edges when you are at the end of every braid twist.

- Brush milk over the dough very gently without putting pressure.
- Bake in a pre-heated oven at 180 degrees for 18 to 20 minutes or until the top is golden brown and the bottom edges are brown.
- Place on wire rack and immediately brush with olive oil and let cool.
- Beautiful French Brioche Recipe (Savoury Version) is ready.
- Devour this yummy brioche for tea time snack or dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)