

Brötchen

Option #1:

125ml water
25g bread flour

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250ml water
40g buttermilk powder
5g active dry yeast
9g salt
4g sugar
20g maltose
500g bread flour

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1 tbsp sesame seeds
1 tbsp poppy seeds
1 tbsp caraway seeds
½ tbsp kosher salt

Option #2:

150ml water
30g bread flour

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300ml water
45g buttermilk powder
6g active dry yeast
10g salt
5g sugar
23g maltose
380g bread flour

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60g rye flour
¾g ground caraway
135g bread flour

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1 tbsp sesame seeds
1 tbsp poppy seeds
1 tbsp sunflower seeds

Combine flour, and water and heat in microwave for about 45 seconds, or until it reaches 150°F (65°C). Whisk tangzhong until smooth.

Let cool down to room temperature. You can use a bain-marie with ice water to accelerate the process.

In a large bowl, combine water, buttermilk powder and yeast. Give the yeast time to bloom.

Mix cooled-down tangzhong into the liquid ingredients. Then add salt, sugar, and maltose. Mix well to dissolve.

Add flour, mix to form a dough, then knead for 8 minutes. Desired dough temperature is 25°C (77°F).

Cover and ferment for 60 minutes. Fold to strengthen the gluten and ferment for another 30 minutes. Divide and shape into 8 equal-sized dough balls. Ferment for 30 minutes, then shape into elongated buns and transfer to the refrigerator.

The next morning, cut the top with a lame, and spray with water. Can be topped with poppy seeds, sesame seeds or caraway seeds and kosher salt; or can be made plain.

Bake in a pre-heated oven at 225°C (435°F) for 20 minutes. Do not add steam. Rotate halfway through baking.

Makes 8 breakfast rolls.

Alternatively for option #2, set aside one third of the dough and combine with rye flour and freshly ground caraway seeds. Makes three rolls that should be topped with sun flower seeds. The remaining two-thirds of the dough should be combined with the rest of the bread flour and processed into six regular rolls.

