

Mt. Fuji Buns



This recipe makes laminated dough buns reminiscent of croissants, but with a crumb that takes inspiration from brioche dough. Baking in ring molds makes the buns pop up in the iconic shape of a mountain peak.

Dissolve yeast in a table spoon of water and set aside.

9g King Arthur bread flour
45ml water

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5g activated dry yeast
220ml cold water

75g sugar

1 large egg (50g)

30g condensed milk

20g buttermilk powder

400g King Arthur bread flour

100g King Arthur cake flour

7g salt

40g European butter (room temp.)

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250g European butter (cold)

Combine flour, and water and heat in microwave for about 1 minute, or until it reaches 150°F (65°C). Whisk tangzhong until smooth. Then let cool to room temperature.

In a large bowl, combine water, sugar, egg, and condensed milk. Stir until the sugar is dissolved. Then add tangzhong and stir until fully incorporated.

Add buttermilk powder and both types of flour and mix until a dough forms. Empty bowl onto the countertop and knead for 10 minutes. Desired dough temperature at this point is 77°F (25°C)

Add the softened butter and proved yeast and knead until fully incorporated. The dough should be well-hydrated and feel a little sticky. Form a dough ball, transfer back to the bowl, cover, and let ferment until about doubled in size. This should take 90 to 120 minutes.

Refrigerate for about 2 hours to bring the dough temperature down to about 40°F (5°C).

In the meantime, transfer the remaining cold butter to a resealable plastic bag and roll it out to approximately a 9" square (25cm). This can also be done between sheets of parchment paper. If working in a hot climate, freeze butter while waiting for the dough to reach its target temperature; in temperate conditions refrigerate instead. The butter should be firm but pliable by the time you roll out the dough.

Roll the dough to a 13" square (35cm). Turn the square of butter by 45° and place it into the center of the dough. Then fold over all four sides and pinch the seams closed.

Roll the dough to a rectangle that is double in length: 9" by 18" (25cm by 50cm). Fold letter-style in thirds, leaving you with a 6" by 9" rectangle (16cm by 25cm). Then refrigerate for 20 to 30 minutes. This was the first fold.

Perform two more identical folds. After the third and last fold, refrigerate for 30 to 40 minutes, then roll out to a 14" by 8" rectangle (35cm by 20cm). Using a pizza roller, rectify the edges.

Any discarded dough can be braided and formed into a "knot" that bakes free form. Make sure to tug the ends under the bun when doing this.

Cut into six strips of 1½" by 14" (3.5cm by 35cm), roll tightly, and transfer to 3" (8cm) ring molds. Each disk should leave about ¼" (½cm) of space at the top of their mold.

Place on a baking sheet and refrigerate over night. The dough will expand and should extend past the top of the mold.

Preheat oven to 400°F (205°C) and bake the refrigerated buns for 30 minutes. After the first 10 minutes, reduce the temperature to 375°F (190°C)

Let cool on wire-rack for about 5 minutes and then unmold. Serve warm.

Makes 6 buns.