

# Egg Bread Braided Loaf



Preparation time: 45 mins

Serves: 10 people

User Rating: ★★★★★

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This warm braided egg bread is somewhere between a mouth-watering brioche and a white bread loaf. Surprisingly simple and easy to make this versatile loaf is sure to be one you come back to over and over again. Not to mention, it freezes, reheats and toasts well so you can whip up a batch and keep coming back to it during the week. Whether you toast it up from breakfast or enjoy with a smear of butter and a cuppa for afternoon tea. This loaf is sure to impress.



## Ingredients

- 4 cups (600g) bread flour
- 2 tsp (7g) Active Dry Yeast
- 2 tbsp caster sugar
- 1 tsp salt
- ½ cup (125ml) cold water

- ½ cup (125ml) cold milk, plus extra 1 tbsp for glazing
- 60g cold butter, finely diced
- 2 eggs, lightly beaten, 1 egg yolk for glazing
- 3 tsp sesame seeds

## Method

1. Place 2 cups of the flour, yeast, sugar and salt into the bowl of a stand mixer fitted with the paddle attachment. Mix well at low speed for 1 minute
2. Add water, milk and diced butter and beat at low speed for 1-2 minutes or until butter has been incorporated.
3. Remaining at low speed, gradually add beaten eggs a little at a time. Increase speed to medium and beat for 2 minutes. Mixture should be glossy and sticky.
4. Remove paddle attachment and insert dough hook. Beat on low speed and slowly add remaining flour, ½ cup at a time until it forms a firm dough. Increase speed and knead for 5 minutes or until it forms a firm, smooth and elastic dough. Test using the window pane method.(see below)
5. Tip dough onto a lightly flour work surface and form into a ball. Place in an oiled bowl. Cover; and allow to rise for 1-1½ hours or until doubled in size.
6. Punch down dough and divide into three equal portions. Roll each portion into approx. 35cm length. Place onto a greased and line baking tray. Pinch top of dough strands together and tuck under to seal. Braid strands and pinch and tuck dough end. Cover and allow to rise in warm place for 30-40 minutes. Dough is ready when indentation remains after lightly touching.
7. Preheat oven 200°C/ 180°C (fan forced)
8. Brush risen egg bread with combined egg yolk and milk. Sprinkle with sesame seeds and bake 25- 30 minutes until golden brown. Cool on wire rack and serve warm or room temperature.

## Notes

- Bread flour contains a higher percentage of the protein gluten which is ideal for making breads. This is readily available in the supermarket aisle with the flours. Alternatively, plain flour can be used.
- Dough can be made a day ahead. Cover and refrigerate overnight in the refrigerator. When ready to bake, bring back to room temperature and continue with recipe method for forming and baking.
- Flour can vary from season and region. If dough is too dry add a tablespoon extra of water or milk until it reaches the correct consistency. If too sticky, add a tablespoon of flour and knead until dough firms up.
- After 5 min kneading, check the dough is elastic enough by doing the windowpane test. Cut off a small ball of dough and flatten it between both your thumbs and first two fingers. Gently spread the dough apart. If properly kneaded, the dough should stretch easily into a thin membrane that you can see through without tearing or breaking.
- Roll dough ropes to fit the size of your largest baking tray.
- Cool bread and eat either just warm or cold.
- Wrap well and refrigerate for up to 3 days. Warm in oven or toast  
Freeze bread for up to one month. Defrost in the refrigerator overnight.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
<b>112g</b>	<b>1280kJ</b> <b>306kcal</b>	<b>9.9g</b>	<b>8.4g</b>	<b>4.2g</b>	<b>46.2g</b>	<b>5.3g</b>	<b>314mg</b>	<b>1.8g</b>	<b>1.2µg</b>

All nutrition values are per serve.