



BRIOCHE

Brioche | Vegetarian | Breakfast | Mid-morning | All year round

👤👤👤 | 45 minutes ⌚ | 🍳🍳🍳

Serves 10

Ingredients:

- 75g bread flour
- 25g semi-wholewheat flour
- 25g sprouted soft wheat flour
- 4g brewer's yeast
- 1 egg
- 1 egg yolk
- 12g caster sugar
- 1.25g salt
- 2.5g natural flavourings (lemon, orange, vanilla pod)
- 25g milk
- 25g butter (at room temperature)
- 15g cream
- 150g Nutella®

Procedure:

Place all the flours in the planetary mixer, along with the sugar.

Mix together the egg, egg yolk, milk, cream, flavourings and crumbled brewer's yeast in a jug.

Add the contents of the jug to the planetary mixer, a little at a time. Blend with the spiral hook until the dough is smooth. Add the soft cubed butter and the salt.

Leave the dough to rise for about 30 minutes at room temperature, then shape it into 25g balls.

Leave the dough balls to rest until they have doubled in size, then cook them in the oven at 175° for about 12 minutes.

Once they have cooled down, use a knife or a dough cutter to cut off a "lid" and fill with 15g Nutella® (with the aid of a pastry bag). Replace the lid.