

technique variation

SABLÉE BRIOCHE



The French sweetened pastry dough *pâte sablée* is the namesake of this brioche recipe, and we borrow from it the traditional pastry-making technique of rubbing or cutting the fat into the flour. We recommend using a food processor to most efficiently accomplish that task. The eggs and milk are blended in at the end, unlike with most other brioche recipes, which signal to add them early in the mix.

TOTAL TIME Active 8 min Inactive 21 h 11 min	DDT 28-29°C/ 82-85°F	DIFFICULTY Easy: mixing, shaping	OVENS ★ Convection ★ Combi Home	YIELD / SHAPE 1 med loaf
--	---------------------------------------	---	---	--

INGREDIENTS	WEIGHT	VOLUME	
① High-gluten bread flour*	290 g	2¼ cups	100
Butter, cold, cut into small cubes	145 g	½ cup + 2 Tbsp	50
Sugar	45 g	¼ cup	15.52
Fine salt	9 g	1½ tsp	3.1
Instant dry osmotolerant yeast	4.7 g	1¾ tsp	1.62
② Eggs, cold	120 g	2 ea	41.38
Whole milk, cold	65 g	¼ cup	22.41
Yield	~670 g		

NET CONTENTS	Ingredients	Weight	
Flour	290 g	100	
Water	174.68 g	60.23	
Fat	131.13 g	45.22	
Sugar	48.28 g	16.65	
Salt	9 g	3.1	
Yeast	4.7 g	1.62	

Consume within 1 d, or freeze for up to 2 mo.

For salt, flours, substitutions, and other notes, see pages viii–xi.
 *Be sure your bread flour is 12.5%–13% protein.

GENERAL DIRECTIONS

	PROCEDURE	NOTES	TIME
			active/inactive
MIX	by machine combine ① in food processor's bowl; pulse until mixture resembles cornmeal; add ②, and mix to a homogeneous mass; transfer dough to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap	see next page	6–7 min
BULK FERMENT	2½ hours; 5 folds, (1 just after mixing, then 1 fold every 30 min), 30 min rest after final fold; cover well, and refrigerate 12–14 h	see Folding, page 3-128; prepare loaf pan, page 210	5 min / 14½–16½ h
DIVIDE/SHAPE	divide loaf 335 g	see How to Divide Your Dough, page 3-136	30 s–1 min
	shape boule	see How to Preshape and Shape a Boule, page 3-152; place boules, side by side and seam side down, in the pan	1–2 min
FINAL PROOF	27°C / 80°F 65% RH 2–3 h	see Final Proofing Methods, page 3-212, and Calling Proof, page 3-220	2–4 h
	21°C / 70°F 3–4 h		
BAKE	see Brioche Baking Times and Temperatures for 650–749 g, page 221		20–35 min
TOTAL TIME		by machine	8 min / 21 h 11 min

If you are using an aluminum or steel pan, lightly and evenly coat the interior surface with cooking spray, and then either coat it with bread flour (tap out the excess), or line it with parchment paper or a paper cup made to fit your specific pan. If your pan is nonstick, we recommend using a light layer of cooking spray but no flour coating or parchment paper.

Since this dough won't have the same strength as a dough that is mixed in a stand, spiral, or planetary mixer, it is important to divide it into at least two distinct balls per loaf and place those, side by side and seam side down, in your prepared pan. This will help the dough achieve a more uniform shape. If left whole, the surface tends to look uneven and sometimes tears in weak spots. You may also divide the dough into smaller balls if you choose to, such as with Brioche Nanterre (see page 231).

At 3.1%, the salt might seem high in this recipe; it is relative to the amount of flour, however, and there are also high amounts of butter, milk, and eggs.

This recipe is based on our master Brioche, but it is made with cold butter instead of soft butter, and the amounts are reduced for a yield that will fit average-sized home food processors. If you have a larger capacity food processor bowl (such as that for a Robot Coupe, which can hold 1–1.2 kg), you can increase the yield as needed (see How to Scale Recipes Without Using Baker's Percentage, page 2-72), and use an appropriately sized pan. For yields and pan sizes, see page 212.