enough to dilute the fat content and give the bread the characteristics of a lean bread; similarly, our focaccia has 3.54% fat, but we consider it a cousin to our Sicilian pizza, so we placed it in the Flat-breads chapter (see page 5-2).

But from our perspective, the distinction is not just about the fat. You can enrich breads with milk, eggs, or sugar, too. Recipes like our White Sandwich Bread (see page 289) and Pain au Lait Buns (see page 318) rely on milk and sugar, respectively, to enhance and enrich their overall crumb structure and characteristics.

In this chapter, we’ve divided enriched breads into three categories: brioche, challah, and sandwich bread. Brioche (see page 217) is the granddaddy of enriched breads because it’s one of the most versatile. Challah (see page 273) and sandwich bread (see page 289) are arguably variations on brioche, with some additional distinctive qualities. Challah has no butter or milk; its main fat is oil. Sandwich bread is enriched only with milk, so its net fat content is 2.5%, making it nearly 10 times less enriched than our lowest-fat brioche.

We’ve noticed something interesting about the enriched category—unlike the baguette, which has been around only since the 1920s (see page 1-17), enriched breads include many examples of traditional breads that stretch back to the 15th century. Tradition dictates that if you’re making brioche, for example, you must use butter and you must use sugar. But you already know that we’re not the type to blindly follow tradition! We’ve got a Mayonnaise Brioche (see page 251) and even one made with coconut oil (see page 233). Challah, of course, has long had a deep religious significance. We’ve re-created a traditional challah, but we’ve also made variations with some nontraditional ingredients such as Earl Grey tea (see page 279). Our sandwich bread dough forms the basis for classic Parker House Rolls (see page 316), as well as Ube Sandwich Bread (see page 309). We’ve also included some breads in this chapter that are sweet enough for dessert, including Panettone (see page 254) and Babka (see page 225).

No matter where you begin your journey with enriched breads, you’ll have plenty of possibilities to explore. We’ve detailed some of our favorites on page 203.