

Sourdough Demi-Brioche Buns

Makes 8

Hands-on Time 1 hour

Proving Time +3 hours (plus overnight Sourdough feed)

Cooking Time 14 minutes

Ingredients

- 50g sourdough starter
- 275g strong bread flour (plus extra for dusting)
- 1 tsp salt
- 2 tbsp caster sugar
- 2 medium eggs (1 for dough, 1 yolk for egg wash)
- 50ml full-fat milk (plus 2 tbsp for egg wash)
- 100g unsalted butter (softened)
- Oil (for greasing)
- Sesame seeds (optional, for topping)

Equipment

- Mixing bowl
- Spatula
- Clingfilm
- Freestanding mixer or large mixing bowl and wooden spoon
- Dough scraper or knife
- Baking parchment
- Small bowl
- Pastry brush
- Baking sheet
- Wire rack

Method

1. Prepare the sourdough starter

- The night before, mix 50g sourdough starter with 50ml water and 50g flour. Cover with clingfilm and leave at room temperature overnight.

2. Make the dough

- Add 225g flour to the mixer bowl.
- Add the fed starter, salt, sugar, 1 egg, and 50ml milk. Mix until combined.
- Knead the dough for 5 minutes.
- Gradually add the softened butter, one knob at a time, while kneading.
- Knead for another 5 minutes until smooth.

3. First prove

- Lightly oil a bowl, add the dough, and cover with clingfilm.
- Let it prove until doubled in size (a few hours or overnight in the fridge).

4. Shape the buns

- Lightly flour a work surface and divide the dough into 8 portions.
- Shape each portion into a round by cupping your hands and rotating the dough to smooth the top.
- Place the shaped buns on baking parchment, spacing them apart.

5. Second prove

- Cover the buns with lightly greased clingfilm and let them prove for at least 1 hour, or until doubled in size.

6. Bake the buns

- Preheat the oven to 220°C/200°C (fan)/425°F/Gas Mark 7.
- Mix the egg yolk and 2 tbsp milk for the egg wash. Brush it over the buns.
- Sprinkle with sesame seeds, if desired.
- Bake on the middle shelf for 13-14 minutes, or until golden brown.

7. Cool and serve

- Transfer the buns to a wire rack to cool.
- Repeat with the remaining dough if baking in batches.

Enjoy!