



MIDDLESEX Community College

Tools and Technologies for Tech Writers 2024

Week 11

Sample Bookmap

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Cinnamon Swirl Brioche Bread

This recipe describes how to make a cinnamon swirl brioche roll.

There's nothing better than the smell of fresh bread and warm cinnamon wafting through your kitchen. Although working with yeast can sound intimidating, it is just like any other baking ingredient - following directions and proper execution will result in a wonderfully delicious baked good for your and your loved ones to enjoy.

Working with Yeast

The hardest part of baking bread at home is working with yeast. Yeast reacts differently according to temperature, so if you live in a warm climate, your yeast will rise faster and more aggressively. Alternatively, if you live in a cold climate, you may have trouble getting your yeast to rise properly. Since temperatures vary by location, season, and even time of day, it can take some experimentation to see how yeast behaves in your recipe.

Yeast is also tricky in that it can be *alive* or *dead*. Live yeast is what you want: it reacts and bubbles up, creating the light and fluffy texture of the bread. Dead yeast, as the name suggests, is dead, and does not react at all. It's important to start by mixing your yeast into your warm water; if it starts to bubble, the yeast is live and will work! If nothing changes, the yeast is probably dead and needs to be thrown away.

Things to pay attention to when working with yeast:

- Temperature
 - Is it really hot or really cold where you live?
- Alive or Dead yeast
 - Is the yeast fresh, or has it been sitting in your pantry for too long?
- Proper activation
 - When activating yeast, if the water is too hot, it can kill the yeast.

Ingredients

Ingredients needed to make a cinnamon swirl brioche bread loaf.

Table 1: Brioche Ingredients

| Measurement | Ingredient |
|-------------|----------------------------|
| 1 ½ cup | Lukewarm water |
| 1 tbsp | Active dry yeast |
| 1 ½ tsp | Kosher salt |
| 6 eggs | Large eggs, lightly beaten |
| ½ cup | Honey |

| Measurement | Ingredient |
|-------------------------|-------------------------|
| 1 ½ cups (3 sticks) | Unsalted butter, melted |
| 6 cups | All-purpose flour |
| Cinnamon Filling | |
| 1 cup | Light brown sugar |
| 3 tbsp | Cinnamon |
| ¼ cup | Melted butter |
| ½ tsp | Salt |
| 1 tsp | Vanilla extract |

Prepping the Dough

Instructions making and prepping the loaf.

Mixing the ingredients and prepping the dough.

Making the dough:

Note: After putting the yeast in the warm water, in about 5-10 minutes, the yeast should be bubbly and frothy. That means it is active and will work! If there are no changes, the yeast is either dead, or the water not warm enough. You can also add in a teaspoon of sugar or honey to aid in the activation. This may be helpful if you leave in a colder climate.

1. Heat your water until it reaches about **90-110°F**. Mix in the yeast and allow to start activating for *10 minutes*
2. While the yeast activates, mix together the **salt, eggs, honey, and melted butter**.
3. Mix in the **activated yeast** until combined.
4. Add in the **flour**, folding with a spoon until fully incorporated.
5. Cover the bowl with saran wrap or a clean dish towel.
6. Set the covered bowl aside and allow the dough to rise for *2 hours*. This should be set somewhere room-temperature, but if you live in a cold climate, you can place it in the oven on a proof setting, if it has one. Otherwise, it may take longer than two hours. The dough should double in size.
7. Remove the dough from the bowl and knead it for a few minutes. This helps activate the gluten and removes excess volume from the bread.
8. Place the dough back in the bowl and place the dough in the fridge for *2-3 hours*. This allows the butter to chill and makes it easier to handle for the next steps.

Assembly and Baking

Instructions for assembling and baking the bread loaf.

Steps to assemble the dough into a spiral and baking directions.

Assembling the dough:

1. Make the cinnamon filling and set aside.
 - a) Mix together the **brown sugar, cinnamon, melted butter, salt,**and **vanilla extract.**
2. Remove the dough from the fridge. Sprinkle some flour on a clean table or cutting board.
3. Using a rolling pin, roll out the dough into a rectangular shape, about **8-9 inches** wide (the length does not matter).
4. Using a rubber spatula or spoon, spread the cinnamon sugar filling over the rectangle, leaving an inch border around each edge.
5. Taking one short end of the dough, start rolling the dough into a log shape. (This is much easier if the dough has been chilled).
6. Once the dough is rolled, use a bench scraper to cut the dough in half. Place each loaf into a greased 9x4 loaf pan.
7. Allow the loaves to rise for *2-3 hours*, or until the loaves rise about 1 inch over the lip of the pan. The time will vary depending on your climate.
8. Preheat the oven to **350°F**.
9. Bake the loaves for **25 minutes**. Place tinfoil over the loaves to prevent excess browning.
10. Reduce the heat to **325°F**. Bake for another **15-25 minutes**.
11. Remove from the oven and cool the loaves on a wire rack for *2 hours* (if you can manage to wait that long!)
12. Enjoy!