

Poxa vida!

Livro de Receitas

Testadas e revisadas de Forma quase Cientifica

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Poxa vida!

Disclaimer

These recipes were tested by the author, which gives absolute **NO** guarantee that they will work for you. Cooking varies a lot depending on ingredients, equipment, personal technique and taste. Hence, do not be a whining biatche.

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Colophon

This document was typeset with the help of **KOMA-Script** and **L^AT_EX** using the **kaobook** class.

The source code of this book is available at:

<https://github.com/fmarotta/kaobook>

(You are welcome to contribute!)

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From gramma to mama, from all around the world, good food always get the friends together and warms the heart.

– Leandro de Souza Rosa

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BREADS

Ella's Amazing Brioche Buns for Burgers

1

1.1 Ingredients

200 ml Water	35 g Sugar
1 egg + 1 for egg-wash	8 g Salt
[4 Spoons] Milk	80 g Cold butter
[1 Cube] Fresh Yeast	500 g Strong flour

1.2 Preparation

Separate the butter for later.

First, add all other ingredients in a bowl and mix them until everything is combined. It does not need to be smooth, as long as you do not have large amounts of flour anywhere in the bowl. Then, wait 30 minutes before start kneading the dough¹.

When the dough is kneaded, start adding the butter in chunks. Here, if you are doing this by hand, you can add a chunk, fold a bit the dough, and add another chunk, go folding until no butter chunks are apparent. If you have a beating machine², just go throwing the butter there a chunk at the time with the machine on low speed.

With that baby dough kneaded, leave to proof for about an hour, or until it almost double in volume³. Transfer the dough to a surface with a bit of flour, and fold it into a tight ball. Divide the dough in 8 portions (usually around 110g each), and form them into 8 tight balls⁴. Put these babies in the baking tray and cover them with a tea towel, and leave them to grow until they double, or a bit more.

Egg-wash, sesame seeds, egg-wash on top before putting in the oven.

1.3 Baking

Preheat the oven to 180 – 200°C. Buns in the centre of the oven. Bake until they are delicious-golden on top.

1.4 Experiments

Making the *roux*⁵ improves the elasticity of the dough, making it easier to roast it with butter, keeping its shape while eating, and avoiding it to break apart. First test with 20% of the flour as *roux* resulted in a very nice structure. However, the shape was a bit off, which I blame on the poor shaping and baking in two layers. [need to retest.]

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1: During this time the proteins in the flour will start combining with the help of the water (*autolyze*), forming gluten. If you start knead before this, you will be kneading while the gluten forms, which is a waste of time. Relax and clean the space in the meanwhile.

2: Electrical mixer for dough

3: It will become a big girl ready to giggle in the party.

4: This girl is sticky, use a light coat of flour on your hands and part of the working surface.

Why butter in the end?

Butter has a bit of fat, which acts as a shortening to the gluten, as result, it is more difficult to knead the dough with the butter there from the beginning.

5: *water roux* or *tangzhong*

DOUGHS

TECHNICAL

