



Japanese Milk Bread Rolls

Also referred to as Hokkaido milk bread, these rolls are incredibly soft and airy thanks to a simple technique involving a roux "starter," known as tangzhong. The roux is mixed into the final dough, producing wonderfully tender bread each and every time.



PREP

30 mins

BAKE

25 to 30
mins

TOTAL

3 hrs 57
mins

YIELD

8 to 10 rolls,
depending on
size

Ingredients

Tangzhong (starter)

3 tablespoons (43g) water

3 tablespoons (43g) milk,
whole preferred2 tablespoons (14g) King
Arthur Unbleached Bread Flour

Dough

2 1/2 cups (300g) King Arthur
Unbleached Bread Flour2 tablespoons (14g) Baker's
Special Dry Milk or nonfat dry
milk

1/4 cup (50g) granulated sugar

1 teaspoon (6g) salt

1 tablespoon instant yeast

1/2 cup (113g) milk, whole
preferred

1 large egg

4 tablespoons (57g) unsalted
butter, melted

Instructions

- ① Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess.
- ② **To make the tangzhong:** Combine all of the ingredients in a small saucepan, and whisk until no lumps remain.
- ③ Place the saucepan over low heat, and cook the mixture, whisking constantly, until thick and the whisk leaves lines on the bottom of the pan, about 3 to 5 minutes.
- ④ Transfer the tangzhong to a small mixing bowl or measuring cup and let it cool to room temperature.
- ⑤ **To make the dough:** Combine the tangzhong with the remaining dough ingredients, then mix and knead — by hand, mixer, or bread machine — until a smooth, elastic dough forms.
- ⑥ Shape the dough into a ball, and let it rest in a lightly greased covered bowl for 60 to 90 minutes, until puffy but not necessarily doubled in bulk.
- ⑦ Gently deflate the dough, divide it into 8 equal pieces (for large rolls) or 10 equal pieces (for medium-sized rolls), and shape each piece into a ball.
- ⑧ Place the rolls into a lightly greased 8" or 9" round cake pan. Cover the pan, and let the rolls rest for 40 to 50 minutes, until puffy.
- ⑨ Preheat the oven to 350°F. Brush the rolls with milk or egg wash (1 large egg beaten with 1 tablespoon cold water), and bake for 25 to 30 minutes, until golden brown on top; a digital thermometer inserted into the center of the middle roll should read at least 190°F.
- ⑩ Remove the rolls from the oven. Allow them to cool in the pan for 10 minutes, then transfer them to a rack to cool completely.

Tips from our Bakers

- ☆ With origins in Japan's yukone (or yudane), tangzhong is a yeast bread technique popularized across Asia by Taiwanese cookbook author Yvonne Chen. Tangzhong involves cooking some of a bread recipe's flour in liquid prior to adding it to the remaining dough ingredients. Bringing the temperature of the flour and liquid to 65°C (149°F) pre-gelatinizes the flour's starches, which makes them more able to retain liquid — thus enhancing the resulting bread's softness and shelf life.

- ☆ To make a loaf: After the dough's initial rise, divide it into four equal pieces. Flatten each piece into a rectangle, then fold the short ends in towards one another like a letter. Flatten the folded pieces into rectangles again and, starting with a short end, roll them each into a log. Place the logs in a row of four — seam side down and side by side — in a lightly greased 9" x 5" loaf pan. Cover the loaf and allow it to rest/rise for 40 to 50 minutes, until puffy. Brush the loaf with milk or egg wash and bake at 350°F for about 30 minutes, until golden brown on top and a digital thermometer inserted into the center of the loaf reads at least 190°F. Remove the loaf from the oven, and cool it on a rack.

We're here to help. King Arthur Baker's Hotline: (855) 371 2253