

# SHOKUPAN (食パン)



*Shokupan (milk bread) literally means 'eating bread'. A soft and fluffy white bread loaf, Shokupan is ubiquitous in Japan.*

*This bread stays soft and moist for up to a week thanks to a tangzhong roux. Tangzhong is a pudding-like roux made from cooking flour and water.*

---

**PREP:** 2 hr

**COOK:** 30 min

**SERVES:** 16 slices

---

## **INGREDIENTS**

- 325 g bread flour
  - 6 Tbsp water
  - 7 g yeast
  - 120 ml milk, lukewarm
  - 32 g unsalted butter, melted
  - 1.25 tsp salt
  - 44 g sugar
  - 2 eggs
-

## STEPS

### FOR THE TANGZHONG:

1. Add water and 25 g bread flour to a small pan and whisk until smooth.
  2. Heat the pan over a medium-low heat, stirring constantly until thickened.
  3. Set the pan aside to cool.
-

#### FOR THE SHOKUPAN:

4. While the tangzhong cools, measure the remaining ingredients into a large bowl.  
Only one egg. Reserve other for later.
  5. Add the cooled tangzhong and mix gently until a shaggy dough forms.
  6. Knead the ingredients, either with a stand mixer or by hand on a lightly floured surface, until soft, smooth and no longer sticky.  
If using a mixer, this will take between 8 and 10 minutes.
  7. Transfer to a lightly oiled bowl, cover, and leave to rise for approximately 1 hour, or until doubled in size.
  8. Once risen, punch down the dough and divide into three equal pieces.  
For accuracy, use a kitchen scale.
  9. Form each piece of dough into a ball and roll into an oval.
-

10. Fold the bottom side of the dough up so that it covers the lower half of the dough.
  11. Repeat for the top.
  12. Roll the dough gently to seal, then roll up into a cylinder.
  13. Repeat with the remaining pieces of dough then place the three rolls of dough in a lightly greased loaf pan.
  14. Cover leave to rise for up to 1 hour until the loaf just rises above the edge of the pan.
  15. Preheat the oven to 175C.
  16. Lightly beat the remaining egg and brush the top of the loaf with egg wash.
  17. Bake in the centre of the oven for 25-30 minutes.
-