



Asian Water Roux White Bread

Jacob · 28/09/2024



Prep Time

10 hrs

Difficult

Medium

Servings

10 hrs 50 mins

Description

This Asian water roux white bread recipe contains the secret to homemade bread that stays soft for days. If you enjoy the silky cottonsoft but expensive loaves from Chinese bakeries, then you will love these. My kids can't rave enough about them. It might be more work than the usual white bread, but trust me, this is so worth it. Water roux works best when refrigerated overnight; however, if you don't want to wait, make sure it's room temperature when you add it to the dough. The dough is quite moist to work with. It is easier to do the kneading in a mixer.

Ingredients

- - ½ cup water - ¼ cup butter - 1 tablespoon white sugar - 1 cup all-purpose flour - ¾ cup warm water - 2 ½ teaspoons active dry yeast - 3 cups all-purpose flour - ? cup white sugar - 3 tablespoons instant dry milk powder - 1 teaspoon salt - 1 egg - 2 teaspoons melted butter
- divided

Instructions

1. Bring 1/2 cup water to a boil in a small saucepan. Add butter and 1 tablespoon sugar; stir until sugar is dissolved. Place 1 cup flour in a heatproof bowl. Pour boiling water mixture over flour and whisk until a smooth paste. Cover the bowl with plastic wrap and refrigerate water roux for 8 hours to overnight. The next day
2. bring water roux to room temperature. Stir together 3/4 cup warm water and yeast in the bowl of an electric stand mixer; let stand until a creamy layer of foam forms on the surface
3. 5 to 10 minutes. Add 3 cups flour
4. 1/3 cup sugar
5. dry milk powder
6. salt
7. and egg. Scoop all of the water roux by spoonfuls into the bowl and let the machine knead dough on low speed until thoroughly combined
8. about 2 minutes. Increase the mixer speed to medium and knead until dough is soft and smooth
9. about 8 minutes. Turn dough out into a greased bowl
10. cover lightly with a cloth
11. and let rise in a warm place until doubled in size
12. about 1 hour. Grease two 8x4-inch loaf pans. Punch down dough and transfer to a floured work surface. Cut dough in half and shape each piece into a loaf shape. Place into the prepared loaf pans
13. cover lightly with a cloth
14. and let loaves rise until doubled in size
15. about 1 hour. Preheat the oven to 350 degrees F (175 degrees C). Bake loaves in the preheated oven until the tops are lightly golden brown
16. 30 to 40 minutes. Remove from the pans and brush loaves with melted butter while still warm.