

# Brioche for the French Toast



## Ingredients for the brioche

For the tangzhong:

160 g milk

40 g flour

For the dough:

600 g strong flour  
(brioche/bread flour)

60 g sugar

12 g fine salt

1g of vanilla bean

180 g milk

80 g cream cheese (room  
temperature)

2 eggs

24 g fresh yeast (≈ 8 g active dry  
or 7 g instant)

40 g butter, softened (room  
temperature)

For finish

Egg wash: 1 egg beaten with 1  
tbsp milk

## Brioche for the French Toast

 2 Brioche

 Preparation time: 20 minutes

Cooking time: 25 minutes

### REALIZATION

1. For the tangzhong whisk 160 g milk and 40 g flour in a small saucepan until smooth.
2. Cook over medium heat, stirring constantly, until thick and paste-like (lines from the whisk should stay visible; -65-70 °C).
3. Transfer to a bowl, cover in contact with plastic wrap, and cool to room temperature.
4. For the dough in the bowl of a stand mixer, combine flour, sugar, salt, cinnamon.
5. Add milk, cream cheese, eggs, fresh yeast, and the cooled tangzhong.
6. Mix on low-medium speed for about 10 minutes until smooth and cohesive.
7. Add the softened butter in small pieces.
8. Continue mixing 12-15 minutes until the dough is silky and elastic (near windowpane).
9. Shape into a ball, place in a lightly greased bowl, cover, and refrigerate overnight (8-12 h).
10. Turn the cold dough onto a lightly floured surface and gently degas.
11. For 2 brioche, divide into 12 equal pieces; shape each into a tight ball.
12. Arrange 6 balls per pan in two greased molds (loaf tins or round tins).
13. Cover and proof until doubled, puffy and light (about 60-90 minutes at 26-28 °C; finger-dent springs back slowly).
14. Preheat oven to 170 °C (340 °F).
15. Brush the risen brioche gently with egg wash for a glossy finish.
16. Bake about 25 minutes, until deep golden (internal temp -92-94 °C).
17. Remove from the pans and cool on a rack before slicing.
18. Enjoy!

## Ingredients

- 2 slices of brioche (about 2 cm thick)
- 2 eggs
- 50 g milk
- 50 g cream (33%)
- 20 g sugar (for the custard)
- 15 g sugar (for caramelizing)
- 20g of butter (for frying)
- A pinch of cinnamon
- Vanilla beans (to taste)

## French Toast



1Dish

🕒 Preparation time: 15 minutes  
Cooking time: 5 minutes

## REALIZATION

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1. In a bowl, whisk together the eggs, milk, cream, 20 g sugar, vanilla, and cinnamon until smooth.
2. Pour the mixture into a shallow dish wide enough to hold the brioche slices.
3. Place the brioche slices into the custard mixture.
4. Let them soak for about 30–40 seconds per side, until they absorb the liquid but don't fall apart.
5. Heat a non-stick pan over medium-low heat.
6. Sprinkle 15 g sugar into the pan — the sugar will melt slightly to create a light caramel layer.
7. Place the soaked brioche slices in the pan and cook slowly until golden brown and caramelized on both sides.
8. (About 2–3 minutes per side.)
9. Serve warm, optionally topped with:
10. Fresh berries or fruit
11. A drizzle of maple syrup or salted caramel
12. A dusting of powdered sugar
13. Soft inside, crisp and caramelized outside — a true pain perdu like in French patisseries!
14. Enjoy!