

Swiss milk bread

Swiss bread book

500 g white flour
6 g salt
50 g butter, softened
2 tablespoons honey
1 teaspoon vanilla paste or extract
20 g fresh yeast, crumbled (or 7 g dry yeast)
300 ml milk, lukewarm
1 egg, beaten



1. In a large bowl, whisk together the flour and salt. Add the softened butter, in pieces. Make a well in the center of the mixture and add the honey and vanilla paste. Set aside.
2. Separately, add the yeast to the lukewarm milk. Let it sit for a few minutes and then stir together until the yeast has completely dissolved.
3. Pour the yeast mixture into the middle of the flour mixture and stir together until dough forms.
4. Knead the dough for about 10 minutes by hand on a lightly floured surface or use an electric mixer with a dough hook. Once the dough is smooth and elastic, place it in a bowl covered with a damp kitchen towel. Let it rise until doubled, about 1-2 hours.
5. **Option 1**
Shape the dough into 55 grams balls to make 16 ballons. Then proceed as above.
6. **Option 2**
Shape the dough into four little bread men. Be creative. There are no rules! Place them on a baking sheet lined with parchment paper and let them rest for about 30 minutes
Before placing the dough men in the oven, brush the top with the beaten egg. Decorate with nuts, dried fruit and coarse-grained sugar.
Bake for about 20-30 minutes at 200C/400F until nicely browned. Cool on a wire rack.
FOR A DETAILED MAN:
See images below

