Basic Sweet Yeast Dough

This soft milk dough gets a gentle first rise, then a spell in the fridge so it is easy to shape.



ABOUT 485 G DOUGH · 8 SMALL BUNS / BOWL, TRAY AND OVEN

Prep 25 min · Rise and chill 3–5 hr · Bake 15–20 min

Ingredients

250 g plain flour, plus a little for dusting

4 g instant dried yeast and ½ tsp fine salt (3 g)

35 g caster sugar and 45 g soft unsalted butter

125 ml lukewarm full-cream milk

25 g beaten egg (about ½ large egg)

Finely grated zest of ¼ orange, optional

In the kitchen

1. Knead
Mix flour, yeast, salt, sugar, butter, milk and egg. Knead until elastic.

2. Rise and chill
Let the dough grow by half. Press it flat, cover and chill for 1–2 hours.

3. Shape
Divide into eight and roll into plain buns. Cover and let them rise until puffy.

4. Bake
Bake until golden and cool on a wire rack.

KOOK'S SECRET

Pinch off a small piece after kneading. It should stretch thin enough to let a little light through before it tears.

Basic Sweet Yeast Dough

The full method

01 **Make the dough**

Mix the flour, yeast, salt and sugar in a bowl. Add the butter, milk, egg and optional orange zest. Mix to a soft dough, then knead on a lightly floured bench for 8–12 minutes, or use a dough hook for 5–10 minutes, until smooth and elastic.

02 **Give it the first rise**

Cover and leave in a warm place for 1–2 hours until about half as big again. Gently press out the large air bubbles. Flatten to about 3 cm thick on a lightly floured tray, cover and refrigerate for 1–2 hours. The dough is now ready for shaping.

03 **Shape plain buns**

Divide the chilled dough into eight pieces of about 60 g. Draw the edges of each piece underneath and roll it smooth. Place seam down on a lined baking tray with a little space between each. Cover loosely and leave for 45–75 minutes until visibly puffy.

04 **Bake**

Heat the oven to 200°C conventional (180°C fan). Bake for 15–20 minutes until the tops are golden and the undersides feel firm. Lift the buns onto a rack to cool.

FROM MARK'S KITCHEN

Cover the flattened dough right to the edges while it chills. A dry rim is the bit that catches and tears when you shape the buns.