












# Mochi Matcha Bread





## 白玉抹茶麵包

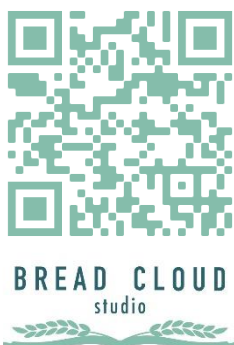
Difficulty 難易度	Basic 初級
Qty 麵包數量	6
Technique 製作特點	Old Dough 老種
Kneading 搓揉方式	Kitchen Machine 廚師機
Day Before 一天前	10 mins 分鐘
On the day 當天製作	60 mins 分鐘 + waiting time 等待時間: 100 mins

### 主麵糰

 Bread Flour 高筋麵粉 (Nissin 日清 SuperKing) Protein 蛋白質 13.5%) 200g	 Salt 鹽 5g	 Sugar 糖 20g	 Fresh Yeast 新鮮酵母 5g	 Matcha Powder 抹茶粉 5g
 Milk 牛奶 175g	 Milk Powder 奶粉 15g	 Old Dough 老種 30g	 Butter 牛油 30g	

### 內餡 / 其他材料

 Shiratamako 白玉粉 50g	 Sugar 糖 15g	 Water 水 38-44g	 Apricot Jam / Pomelo Honey 杏脯果醬/ 柚子蜜 60g
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### Video Time 影片時刻

可參考製作老種片段  
Refer to Old Dough video

00:30

03:05

03:55

05:15

07:30

10:20

10:35

10:45

### Steps 製作步驟

01 Day Before 製作前一天:  
Prepare old dough 製作老種

02 Mix the following ingredients 將材料依次放入廚師機:

Time 實際搓揉時間	Ingredient 材料	Speed 速度
~0 min	Add flour, sugar, salt, fresh yeast, matcha powder, milk powder 加入麵粉、糖、鹽、酵母、抹茶粉、奶粉	
~0-1 <sup>st</sup> min	Add milk 加入奶	Low → Medium high 低速→中高速 #1,2,3
~8-9 <sup>th</sup> min	Old dough 老種	Medium high 中高速 #3
~11-15 <sup>th</sup> min	Butter 牛油	Medium high 中高速 #3
~18-20 <sup>th</sup> min	OK~~!	Medium high 中高速 #3

Total kneading time : ~20 mins. Ideal dough temperature : 25-27°C  
總時間20分鐘·按麵糰情況及手搓技巧作調整·理想麵糰溫度約為25-27°C

03 Roll the dough round, cover, and let proof for 40-45 mins at 28-30°C  
把麵糰修圓、蓋好·進行第一次發酵約40-45分鐘(約28-30°C)

04 Divide dough into 6 portions (85-90g each), roll doughs round, cover and let rest for 10-15mins  
把麵糰平均分為約85-90g x 6份·輕輕滾圓、蓋好·靜置發酵約10-15分鐘

05 Prepare Mochi: Mix shiratamako, sugar and water, mix till soft paste forms. Divide into 6 portions, and roll into 6 small balls  
製作白玉: 將白玉粉、糖、水拌勻至變軟·分成6份·搓成小圓球  
Different brands of shiratamako mix differently with water. Add water slowly to avoid too much.  
不同品牌的白玉粉的吸水力不同·要注意需逐少加入水以免過多

06 Dough seam side up, flatten it & top with 10g jam. Put mochi on top. Fold the edge of dough upward to wrap mochi. Roll the dough round & put the dough on a lined baking tray with seam facing down  
把麵團收口向上·壓成圓形·加約10g果醬/柚子蜜·放上白玉球·包好·再在枱上輕輕滾圓收圓·收口向下放到焗盤

07 Let proof for 40-45 mins at about 30-33°C, 80-90%  
進行最後發酵約40-45分鐘(溫度約30-33°C, 濕度80-90%)

08 Take out fermented dough, preheat convection oven to 170°C  
取出發酵的麵糰·預熱焗爐(熱風模式)至170°C

09 Bake for 15-16 mins at 170°C (Rotate tray at the last 3 mins for even baking)  
以170°C焗約15-16分鐘(可於剩下約3分鐘時把焗盤前後回轉)