



Sesame Cheese Bread

黑白芝麻芝士包

Difficulty 難易度 Basic 初級
Qty 麵包數量 6
Kneading 搓揉方式 Kitchen Machine 廚師機
On the day 當天製作 60 mins 分鐘 + waiting time 等待時間: 100 mins

Main Dough 主麵糰



Bread Flour
高筋麵粉
Nissin 日清
Super Camelia
Protein 蛋白質 11.5%,
Ash 灰份 0.33%
170g



Salt
鹽
3.4g



Sugar
糖
7g



Fresh Yeast
新鮮酵母
4.5g

*(or instant yeast 或快速酵母1.4g)



Milk
牛奶
17g



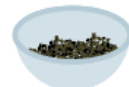
Condensed
Milk
煉奶
9g



Water
水
103g



Butter
牛油
9g



Sesame
黑白芝麻
(已炒)
20g

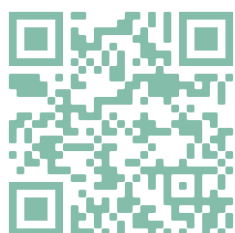
Other Ingredients 內餡 / 裝飾



Cream Cheese
忌廉芝士
80-90g



Emmental Cheese
芝士
60-70g



BREAD CLOUD
studio



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Video Time 影片時刻

Steps 製作步驟

- 00:30 01 Put all ingredients except butter & sesame into mixing bowl, adding water at last.
除了牛油、芝麻、其他材料加入廚師機、最後加入水
- 01:20 02 Turn on low speed for 3 mins, then medium high speed for 3 mins, turn to low speed for 1 min when adding in butter, then change to medium high speed for 6-7 minutes. Turn to high speed for 2-3 mins. Turn to low speed and add the sesame
Ideal dough temperature is 24-26°C
低速 3分鐘、中高速3分鐘、低速 1分鐘加入牛油、中高速6-7分鐘、最後高速2-3分鐘、轉低速加入芝麻、麵團溫度約24-26°C
- 02:55 03 Roll the dough round, cover, and let proof for 40-45 mins at 28-30°C, 70-80%.
把麵糰修圓、蓋好、進行第一次發酵約40-45分鐘(約28-30°C, 70-80%)
- 04:10 04 Divide dough into 6 portions (58-60g each), roll doughs round, cover and let rest for 15-20mins
把麵糰平均分為約58-60g x 6份、輕輕滾圓、蓋好、靜置發酵約15-20分鐘
- 06:00 05 Shred cheese and spread out onto the baking tray
刨碎芝士、放在焗盤上
- 06:50 06 With seam side up, gently press dough into a round disc
把麵團收口向上、拍平表面、成一個圓形
- 07:00 07 Put 12-15g of cream cheese over it. Fold the edge upward to wrap the filling. Roll doughs round & put the doughs onto the shredded cheese on a lined baking tray with seam facing down
放上約12-15g忌廉芝士、包好、收口、放在已準備好的芝士碎上
- 08:40 08 Let proof for 40-45 mins at about 28-30°C, 70-80%
進行最後發酵約40-45分鐘(溫度約28-30°C、濕度70-80%)
- 09:00 09 Take out fermented dough, preheat convection oven to 200°C
取出發酵的麵糰、預熱焗爐(熱風模式)至200°C
- 09:10 10 Cover with a baking paper, and put another baking tray on top. Bake for 13-15 mins
放上焗爐紙蓋上另一個焗盤、焗約13-15分鐘
- 09:50 11 Flip the cheese side facing up when out from oven
出爐後反轉芝士向天