

Ultra-Fluffy Japanese

Milk Bread

(Shokupan)

⌚ Prep: 30m

🔥 Cook: 30m

❄️ Rest: 1.9h

Σ Total: 175m

🍽️ 8 servings



Video ref: Joshua Weissman

MISE EN PLACE / INGREDIENTS

[10]

- ☐ 20 g Bread flour for the Tangzhong starter
- ☐ 3 tbsp (45ml) Whole milk for the Tangzhong starter
- ☐ 3 tbsp (45ml) Water for the Tangzhong starter
- ☐ 320 g Unbleached high-protein bread flour (King Arthur Bread Flour)
- ☐ 120 g Warm whole milk (95°F)
- ☐ 0.25 cup (50g) Granulated sugar
- ☐ 7 g Instant dry yeast
- ☐ 1.5 tsp Fine sea salt
- ☐ 45 g Unsalted butter, softened to room temperature
- ☐ 2 units Large eggs (1 large egg for dough + 1 egg beaten for egg wash)

🛒 US SUPERMARKET BRAND GUIDE

Bread Flour: King Arthur Unbleached Bread Flour
High protein (12.7%) provides the gluten scaffolding needed to hold an enriched, high-hydration crumb. • 📍 Flour aisle.

COOKING SEQUENCE & CHECKPOINTS

1

Cook the Tangzhong

⌚ 5 min

Whisk 20g bread flour with 3 tbsp whole milk and 3 tbsp water over medium-low heat until it thickens into a glossy paste (150°F / 65°C). Cool to room temperature.

✓ Checkpoint: Thick, translucent pudding paste.

2

Knead the Enriched Dough

⌚ 15 min

In stand mixer, combine cooled Tangzhong, 320g bread flour, warm whole milk, instant yeast, 0.25 cup granulated sugar, 1.5 tsp fine sea salt, and 1 large egg. Knead 5 minutes, then add softened butter piece by piece and knead 10 minutes until it passes the windowpane test.

✓ Checkpoint: Silky, elastic dough that stretches paper-thin.

3

First Proof & Tri-Roll Shape

⌚ 1.2h (70m)

Proof in an oiled bowl for 60 minutes until doubled. Divide into 3 equal portions, roll each into an oval, fold in thirds like a letter, and roll up into tight cylinders.

✓ Checkpoint: Three cylinders arranged side by side in buttered loaf pan.

4

Second Rise & Golden Bake

⌚ 45 min

Let rise 45 minutes until dough crests just above the pan rim. Brush top with the second beaten egg for an egg wash and bake at 350°F (175°C) for 30 minutes until deep golden.

✓ Checkpoint: Tall, shiny, impossibly fragrant loaf.

🛡️ FOOD SAFETY & INTERNAL TEMPERATURE: 190°F–210°F (88°C–99°C) INTERNAL CRUMB TEMPERATURE (≥165°F / 74°C FDA MINIMUM FOR RAW FLOUR AND EGG)

FDA Flour & Dough Safety: Raw flour and raw egg batter should never be consumed uncooked. Baking or griddling beyond 165°F (74°C) eliminates E. coli and Salmonella, while reaching 190°F–210°F (88°C–99°C) fully gelatinizes starches for proper crumb structure.

👁️ MASTER DONENESS CHECKPOINT:

Golden-topped lofty loaf with snowy white crumb that pulls apart in silky, cloud-like ribbons and bounces back when pressed.

🔬 WHY IT WORKS:

The Tangzhong Gelatinization Secret:
Cooking a small percentage of flour and liquid to 150°F (65°C) pre-gelatinizes the starches, locking in twice as much moisture so the loaf bakes fluffy at 350°F (175°C) and stays soft for days.

⚠️ TROUBLESHOOTING:

Dough feels too sticky to handle: Do not add raw flour; allow the mixer to run on medium speed for 8 to 10 minutes until the dough clears the sides of the bowl, then bake at 350°F (175°C).