

FIVE-STRANDE BRAIDED BREAD

(adapted from [*The Art of Braiding Bread*](#))

345 g bread flour
30 g sugar
26 g egg yolks
48 g whole eggs
26 g mild vegetable oil
110 g water
7 g salt
10 g instant yeast

Place all the ingredients in a Kitchen Aid type bowl. Knead on first speed for 3 minutes until all the ingredients are thoroughly incorporated, then on second for approximately 5 minutes.

Ferment for 2 hours. The dough can also ferment overnight in the fridge. If you prefer to do that, allow it to sit at room temperature for one hour, then degas it gently by pressing it down, and place in the fridge. Press it down gently again two more times over a period of two hours. A colder dough temperature makes it easier to form strands. The dough can be divided and shaped straight from refrigeration.

Pre-shape 5 round of dough and rest on an unfloured work surface, covered with plastic. When relaxed enough to be elongated without tearing, usually 10 to 15 minutes, roll out the strands and form the braids (process in the comments). Once braided, proof the loaves covered with baker's linen and a sheet of plastic to prevent the formation of a skin.

Final fermentation after braiding: ½ to 2 hours at about 25 C.

Heat oven to 375 F. Before baking, thoroughly egg wash the surface of the loaves. If desired, sprinkle poppy or sesame seeds on top. Bake until golden brown and internal temperature is about 200 F, about 30 minutes.