

OLIVE OIL BRIOCHE

(slightly modified from [Karen's Kitchen Stories](#))

for the polish:

100 grams all purpose flour
100 grams water
1.5 grams instant yeast

Mix the ingredients, cover with plastic wrap, and place in the refrigerator over night.

for the levain (Sourdough)

1 tablespoon starter
110 grams all purpose flour
110 grams water

Mix the ingredients, cover with plastic wrap, and let sit overnight at room temperature until bubbly.

for the final dough:

200 grams polish
150 grams levain
500 grams bread flour
12 grams salt
7.5 grams instant yeast
250 grams eggs
120 grams milk
80 grams honey
Zest of one Meyer lemon (optional)
25 grams water
220 grams extra virgin olive oil
For the egg wash: 1 egg plus one tablespoon milk

In a stand mixer, combine the flour, salt, yeast, eggs, milk, levain, polish, honey, lemon zest, and water and mix on low for about 5 minutes. Cover and let rest for about 20 minutes.

Mix the dough with the spiral hook on medium to high speed for 8 minutes. With the mixer running on medium, add the oil slowly, pausing so that the oil is absorbed. I did it in three additions. Incorporation of the oil will take time, so exercise patience. Add a sprinkle of bread flour to speed incorporation if you so desire, but do it only in the second and third addition. The dough should end up very smooth and not tear when you stretch it.

Allow the dough to bulk ferment (in a large bowl covered in plastic wrap) for 2 hours at 70 degrees F. Do three stretch and folds during the first 90 minutes, one every thirty minutes. When the dough is ready, remove three pieces of about 250g each and braid them. Place in a slightly oiled 9 x 5 loaf pan for final proofing. Divide the rest of the dough in 8 portions, shape as buns, and proof.

Heat the oven to 425 degrees F. After the bread has been proofing for 1 and a half to 2 hours (until doubled), brush with egg wash and bake until golden brown, 30 to 40 minutes, until internal temperature is 200 F. You can sprinkle sesame seeds on the buns if you so desire.

Un-mold the large loaf and cool on a wire rack together with the buns.