

Milk Bread - An Easy Chinese Bakery Classic

Yield: 20 min
Total Time: 205 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pastries-recipe>

Ingredients:

- 2/3 cup heavy cream at room temperature
- 1 cup milk total 250 ml, at room temperature
- 1 large egg at room temperature
- 1/3 cup sugar
- 1/2 cup cake flour tap measuring cup to avoid air pockets
- 3 1/2 cups bread flour tap measuring cup to avoid air pockets
- 1 tablespoon active dry yeast
- 1 1/2 teaspoons salt
- 1 egg with 1 teaspoon water
- 2 teaspoons sugar dissolved in 2 teaspoons hot water, optional

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 35 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 200 milligrams
9. Sugar: 5 grams

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