



The french brioche

Traditional French brioche

The French brioche is thought to have come into being in Normandy in the 14th century. In the Middle Ages, in Bas-Poitou (now called Vendée), families made their own gâche for Easter (variant of the brioche based on crème fraîche), which was also given by the godmother or godfather of the bride as a wedding present to the happy couple.



Gâche



Kougelhopf

Definition of French brioche

Preparation of ingredients

Manual shaping

Final proofing

Assessment of finished products

Traditional brioche recipe

Mixing

First fermentation

Preparation for oven

Example of special shapes

Description of process

Division – weighing

Baking

Pre-shaping – resting



Traditional French brioche

Based on flour, eggs, butter and sugar, the traditional brioche is fermented using baker's yeast and/or sourdough. There are many variations, according to the area in France :

- The Cramique is peculiar to the North,
- The Fouace de Rodez to Aveyron (South of France),
- The Kougelhopf is found in Alsace,
- The Patis Landais native to the South-West
- The Pogne de Roman to the South-East of France.



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Assessment of finished products

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Example of special shapes

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Manufacturing method: the recommended recipe

Amounts expressed as a percentage of the weight of flour

Ingredients	French brioche without improver	French brioche with improver
Wheat flour	100%	-
'Tradition' flour	-	100%
Milk	40 %	40 %
Eggs	20 %	20 %
Butter	20 %	20 %
Sugar	15 %	15 %
Salt	2 %	2 %
Hirondelle OR fresh yeast (for sweet dough)	4 %	5 %
Improver ¹	-	1 %

1. **Recommended dosage:**
please refer to the dose prescribed for the improver in question

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Stages	Brioche without improver	Brioche with improver
Mixing 1 st speed without butter	Slow mixing 5 minutes (with spiral hook)	
Mixing 2 nd speed	Fast mixing 4 minutes	
	Adding butter	
Mixing 2 nd speed	Fast mixing 6 minutes The dough should be very smooth and come away from the sides of the bowl	
Recommended temperature of final dough	28 °C at end of mixing	
First fermentation	Fermentation in bowl overnight at 3°C. Cover the bowl	15 min at 25°C

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Stages	Brioche without improver	Brioche with improver
Adjustment of temperature	1 h at ambient temperature (approx. 25°C)	-
Division - Rounding	Manual division – weight of dough pieces depending on needs (40 to 500 g) – rounding	
Resting	15 minutes at ambient temperature (25°C)	15 minutes at ambient temperature (25°C)
Shaping	Depending on the shape required (plait, rounded, with cap, etc...)	
Final proofing	1h30 in an oven under controlled hygrometry and temperature – 26° at 28°C	
Glazing	Whisk whole eggs with a pinch of salt (to make a basting fluid)	
Baking	Baking time at 180°C depends on the size of the pieces 40 g -> 12 min / 500 g -> 25-40 min in a deck oven N.B.: no steam and no closed dampers	

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Preparation of ingredients



Flour



Salt



Sugar



Improver

Weigh and mix dry ingredients

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Preparation of ingredients



Weigh the eggs, milk, compressed yeast and butter separately

Softened butter
cut into pieces

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Mixing

Add all the ingredients into the mixer apart from the butter.
Milk is added last.



Adding milk



Mixing at 1st
speed 4 min



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Mixing

Adding butter and resuming mixing at 2nd speed 6 min



At end of mixing, dough should come away from sides of bowl

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



First fermentation



Check temperature of
dough at end of mixing
=> Target T°C 28 °C

Placing in tray



Gluten network should be
well developed

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



First fermentation

Cover dough to protect
against drying out



First fermentation:

Brioche without improver:

Time: overnight

Temperature: 3°C

Brioche avec améliorant :

Time: 15 min

Temperature: 25°C

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Division - weighing



End of first fermentation



Adjustment of dough
temperature after first
fermentation in refrigerator
(dough without improver)
1h at 24°C

Reworking of dough and division



Definition of French brioche

Traditional brioche recipe

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Preparation of ingredients

Mixing

First fermentation

Division - weighing

Pre-shaping - resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Division - weighing

The dough is supple and has a good consistency



Definition of French brioche	Traditional brioche recipe		Description of process	
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Assessment of finished products	Example of special shapes			



Pre-shaping - resting



Resting time:
15 min at 25°C (ambient
temperature), with
protective cover

*For more details about
shaping, see the « example
of special shapes » part*



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Manual shaping of Nanterre brioche



Choose some rectangular baking tins, lightly greased

Make 5 x 60 g round dough balls



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Manual shaping of **tin brioche**



Stretch out a 320 g dough piece previously rounded into a ball and left to rest in extended state



Fold the edges of the dough piece into the middle

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Manual shaping of tin brioche

Create the basic dough shape with the palm of the hand



Finish shaping by slightly elongating the dough piece



Place the dough piece in a lightly greased rectangular baking tin



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Final proofing



Final stage in fermentation:
⇒ 1h30 in a fermentation
chamber under controlled
humidity and temperature at
26-28°C



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Preparation for oven



Brush the dough pieces with egg.



Create different cuts using scissors. Remember to dip scissors in water so that blades do not stick to dough.



As an alternative option, sprinkle pearl sugar on brioches before placing in oven.

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



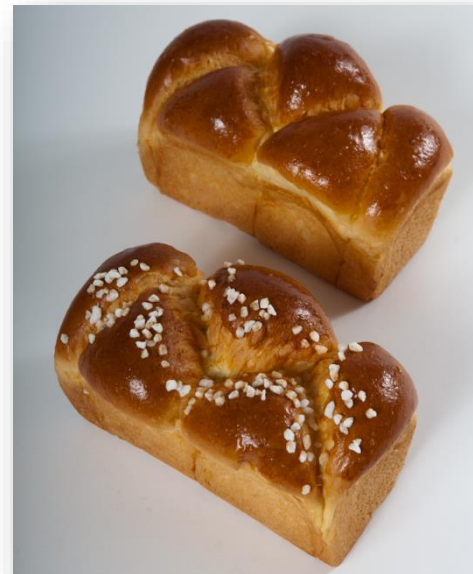
Baking



Bake at
180°C in
deck oven
for 25 to
30 min

NB:
no steam and no
closed dampers

Remove brioche from
baking tins immediately on
being removed from oven



Leave brioche to cool
before tasting

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes





Traditional French brioche

Shiny appearance

Golden to golden brown in colour

General appearance - volume



An even shape,
not sunken

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes





Traditional French brioche

Regular air holes in crumb
Slightly yellow in colour

Appearance of crumb and paste

An even coloured crumb
(no yellowing on outer edges)



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes





Traditional French brioche

A pleasant smell of fresh butter

Soft, aerated texture to crumb,
not crumbly to the touch

Taste and texture

Crumb should be slightly moist and melt-in-the-mouth

Balanced flavour if rum, vanilla or orange flower added.

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

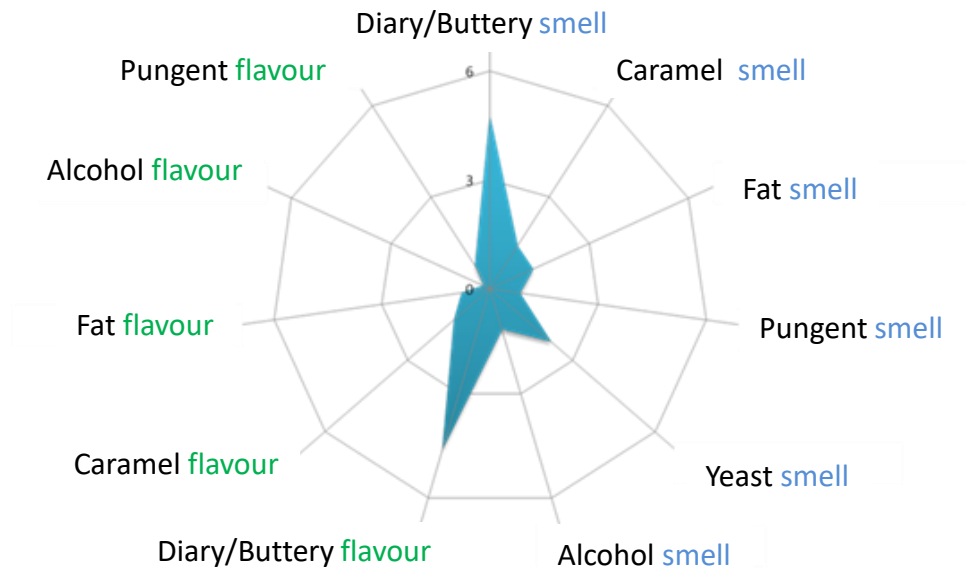
Baking

Assessment of finished products

Example of special shapes



Sensorial profile of a traditional brioche with 25% butter



Example of sensorial analysis conducted by the taste panel at the Baking Center™

Definition of French brioche		Traditional brioche recipe		Description of process	
Preparation of ingredients		Mixing	First fermentation	Division – weighing	Pre-shaping – resting
Manual shaping	Final proofing	Preparation for oven		Baking	
Assessment of finished products		Example of special shapes			





Brioche with cap



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Make 40 g dough pieces previously rounded into balls and left to rest for a few minutes

Manual shaping of Brioche with cap (small)

Using the side of the hand, create a neck that will form the cap of the brioche



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

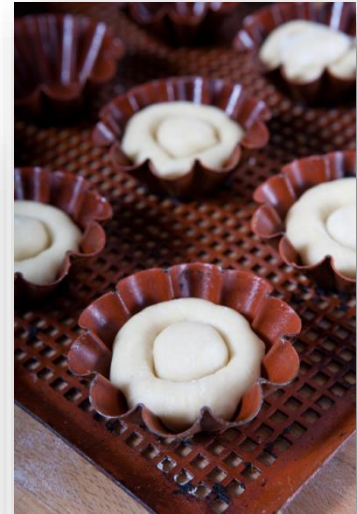
Example of special shapes



Place the dough piece in a greased baking mould

Manual shaping of Brioche with cap (small)

Using a floured index finger, gently make a hole for the cap in the base



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Take two dough pieces previously rounded and rested for a few minutes, a 120 g piece for the cap and a 230 g piece for the base

Manual shaping of Brioche with cap (**large**)



Reform the pieces into balls to add a little resistance to the dough



Flatten the larger piece slightly (base of brioche)



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes





Make a hole in the base by pressing a lightly floured thumb into the centre

Manual shaping of Brioche with cap (**large**)



Finish forming the hole by turning the dough between the two index fingers. The hole must be well centred and not too wide.

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Shaping of cap:

rework the small 120 g
dough ball



Manual shaping of **Brioche with cap (large)**

Make the dough piece pear-shaped

To achieve this shape, roll
the top half of the ball back
and forth in the hand



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Manual shaping of Brioche with cap (large)



Insert the tip of the
brioche cap into the base



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Manual shaping of Brioche with cap (**large**)



Place the brioche in
the lightly greased
baking tin



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes





Crown brioche



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Take a 500 g dough piece previously rounded and rested

Manual shaping of Crown brioche



Flatten the dough piece slightly and press a lightly floured thumb into the dough to form a hole



Using both hands, make the hole larger while turning the dough piece

Take care to exercise even pressure using your fingers



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes





By gently stretching and pressing the dough with both hands, the crown grows larger.

Manual shaping of Crown brioche



Place the crown on a baking sheet lined with baking paper

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes





Brush with egg and make different cuts using scissors.

Remember to dip the scissors in water so that blades do not stick to dough.

Before baking



Sprinkle with pearl sugar

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes





Plaited brioche 1 strand



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes





Slightly elongate
the dough pieces in advance

Machine-assisted shaping of strands for Plaited brioche 1 strand



Shape your strands using
a shaping machine

Adjust the rollers
to obtain the
required width

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes





Machine-assisted shaping of strands for Plaited brioche 1 strand

Rework the dough pieces to make them longer



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Stretch out a 100 to 500 g dough piece

Manual shaping of **Plaited brioche 1 strand**



Place one end of the dough piece 2/3 of the way along the strand.

Insert the end through the loop thus created by passing it underneath



Twist the loop clockwise and insert the same end into the top of the new loop



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

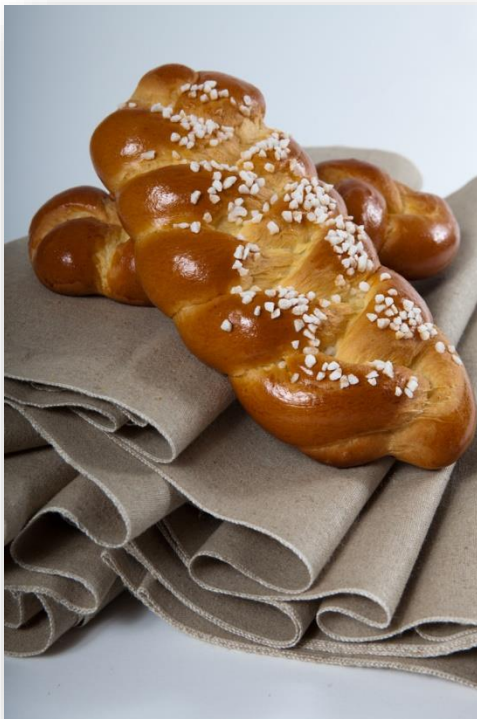
Preparation for oven

Baking

Assessment of finished products

Example of special shapes





Plaited brioche 3 strands



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Manually or using a machine, stretch out 3 x 100 g dough pieces

Manual shaping of **Plaited brioche 3 strands**



Place the 3 strands as above and take the two outer strands to commence plaiting



Place each strand over the other alternately.

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes





Manual shaping of Plaited brioche 3 strands

Stick the two ends together by pressing between the fingers



Continue in the same way taking each of the outer strands in turn

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes





Brush
with egg

Before baking

Sprinkle with pearl
sugar before
placing in oven



Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes



Bake at 180°C in a deck oven for 25 to 30 mins

Baking



Dough starts to rise and turn golden brown



Bake in deck oven



No steam and no closed dampers

Definition of French brioche

Traditional brioche recipe

Description of process

Preparation of ingredients

Mixing

First fermentation

Division – weighing

Pre-shaping – resting

Manual shaping

Final proofing

Preparation for oven

Baking

Assessment of finished products

Example of special shapes





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