

Sweet Sausage Buns (Hong Kong Style)

Tangzhong Ingredients:

- 20g bread flour (about 2 tablespoons)
- 60ml water (1/4 cup)
- 60ml milk (1/4 cup)

Tangzhong Preparation:

- 1 Combine the flour, water, and milk in a small saucepan. Whisk until no lumps remain.
- 2 Place the saucepan over medium heat, stirring constantly to avoid lumps. Cook until the mixture thickens and forms lines or streaks as you stir (about 65°C/149°F).
- 3 Remove from heat and let it cool to room temperature before using it in your dough.

Bread Dough Ingredients:

- 350g bread flour (about 2 3/4 cups)
- 55g sugar (1/4 cup)
- 5g salt (1 teaspoon)
- 7g instant yeast (2 teaspoons)
- 120ml milk (1/2 cup)
- 1 egg
- All of the cooled Tangzhong
- 30g unsalted butter, softened (about 2 tablespoons)

Bread Dough Preparation:

- 1 In a large mixing bowl, combine bread flour, sugar, salt, and instant yeast.
- 2 Add milk, egg, and the cooled Tangzhong mixture. Mix until the dough comes together, then knead until smooth (about 5-7 minutes by hand or 3-5 minutes with a stand mixer).
- 3 Add the softened butter and continue kneading until fully incorporated and the dough is smooth, elastic, and slightly tacky (an additional 5-7 minutes).
- 4 Place the dough in a lightly greased bowl, cover, and let it rise in a warm place until doubled in size (about 1 hour).
- 5 Punch down the dough, shape it into your desired form (rolls, loaf, etc.), place in your baking pan, and let it rise again until doubled (30-45 minutes).
- 6 Preheat the oven to 180°C (350°F). Brush the top of the dough with milk or egg wash for a shiny finish, then bake for 25-30 minutes or until golden brown.
- 7 Let the bread cool slightly before serving.