

# Citrus Laminated Brioche



**Nb of brioches**

2x larges



**Prep :**

20 min.



**Rest :**

Freezing : 1h  
Refrigeration : 12h



**Cook :**

Temperature : 170°C  
Time : 30 min.

## Special equipment

- Loaf pan

## List of recipes

- ✓ Citrus syrup
- ✓ Détrempe (dough base)
- ✓ Lamination
- ✓ Shaping
- ✓ Proofing – Baking



# Steps

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*Refrigerate*
- 🌀 **Détrempe preparation** Page **4**
- 🌀 **Bulk fermentation (20 to 30 minutes)** Page **5**  
*Freeze 40 min + 12 h in the refrigerator*

## D - Day

- 🌀 **Lamination** Page **6**  
*2 single turns with 10–15 min in the freezer between each*
- 🌀 **Cutting – Shaping** Page **7**  
*Strip length = mold length × 2.5*
- 🌀 **Proofing** Page **7**  
*2 h to 2 h 30 at 25–27°C*
- 🌀 **Baking** Page **7**  
*25 to 35 min à 170°C (fan-assisted)*
- 🌀 **Application of cold syrup** Page **7**  
*Then return to the oven for 1 to 2 minutes*
- 🌀 **Cooling** Page **7**  
*Cool on a wire rack*

# The syrup

## Ingredients

- 1/2 x yellow lemon
- 1/2 x lime
- 1/2 x orange
- 100 g sugar
- 20 g water

- Zest half of the citrus fruits.
- Cut the fruits in half and extract the juice from only one half of each. Aim for about 100 g of juice.
- If the juice is insufficient, top up with water to reach a total of 100 g.
- Add the same weight of granulated sugar.
- Mix so all the sugar is moistened.
- Bring to a strong boil for 30 seconds over medium heat, stirring regularly.
- Immediately transfer to a container.
- Let cool at room temperature, then refrigerate.
- Prepare at least 2 hours in advance. Ideally the day before so the syrup is fully cold.



# The détrempe

## Ingredients

- 350 g bread flour
- 150 g de pastry flour
- 165 g eggs
- 100 g milk
- 10 g salt
- 20 g fresh yeast
- 65 g sugar
- 125 g softened butter
- Zest of 1 lemon

### For lamination

- 250 g dry butter (lamination butter)

### o Pre-preparations

- Oil a large container for the dough's resting phase (bulk fermentation).
- Crack 3 to 4 eggs, mix lightly, then weigh out 165 g.
- Zest one whole lemon.

### o Method

- Pour the cold liquids into the mixing bowl: milk (100 g) and eggs (165 g).
- Crumble in the fresh yeast (20 g); it should be firm and crumbly.
- Add the flour (500 g), salt (10 g), sugar (65 g), and the zest.
- Reserve the butter for the end of mixing (when butter exceeds 15% of flour weight; use butter at room temperature).

### o Frassage (initial mixing)

- Mix slowly for 6 minutes until the dough becomes homogeneous.
- Scrape down the sides if necessary.

### o Kneading

- Switch to medium speed for about 5 minutes.
- Adjust duration depending on your mixer.
- Monitor dough temperature: keep it between 25 and 27°C.
- Check gluten development (windowpane test). If it lacks resistance, extend the mixing time as needed.

### o Incorporating the butter

- Return to low speed. Add the softened butter gradually, never all at once.
- Once the dough is smooth and no butter pieces remain, increase speed until the dough detaches from the bowl, still below 27°C.

### o Final check

- Perform another windowpane test: thin, even, resistant.
- Do not exceed 27°C to preserve the butter structure.



# Bulk fermentation (pointage)

## o Bulk fermentation

- Once the dough is on the work surface, create surface tension: fold the edges toward the center to form a ball.
- Then round it by rubbing it on the work surface to achieve uniform tension.
- When the dough ball becomes smooth and firm to the touch, place it in the oiled container.
- Cover to prevent drying and let rest at room temperature.

The resting time depends on the dough temperature, its texture, and the room temperature.

Plan for about 20 to 30 minutes in most cases.

## o Shaping the dough slab for chilling

- Prepare a 20 × 35 cm cardboard template and place a guitar sheet on top.
- At the end of bulk fermentation, place the dough onto the guitar sheet.
- Flatten it with your fingers to roughly match the template dimensions.
- Even out the sheet with a rolling pin to the exact size of the template.
- Use the template to flip the dough, which is still very soft at this stage.
- Roll out the dough, filling the corners well and maintaining an even thickness..

## o Chilling

- Place the dough in the freezer for 30 to 45 minutes. Goal: bring the temperature down rapidly to between 0 and 3°C.
- You can continue the recipe immediately afterward, but an overnight rest in the refrigerator is strongly recommended to develop flavor and relax the dough.



# Lamination (tourage)

## o Lamination

- Flour the work surface (ideally cold). Remove the dough from the refrigerator (3 to 5°C).
- Roll the dough to 25 × 40 cm, 5–6 mm thick, ideally using thickness guides. Remove all excess flour.
- Place the dough in the freezer for a few minutes, covered, while preparing the butter.

## o Preparing the butter (250 g)

- Prepare a 25 × 20 cm template using baking paper.
- Place the butter block in the center. Soften it by gently tapping with a rolling pin, recentre if needed, flip.
- Fold the paper and roll the butter to 4–5 mm thick, forming a neat rectangle.
- Check the butter temperature: it must not exceed 16°C.

## o Enclosing the butter

- Remove the dough from the freezer (3 to 5°C). Adjust dimensions if needed.
- The butter must be malleable, with the same firmness as the dough (between 12 and 16°C).
- Place the butter at the center of the dough.
- Fold the dough border to border without overlapping, to avoid thick seams. Work quickly to avoid marbling.
- Snip both ends to make rolling easier. Lightly flour.

## o First rollout

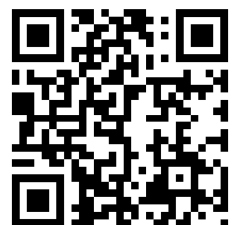
- Use 10 mm guides. Begin by pressing the ends to seal the butter, then press toward the center with a slight rocking motion.
- Flip the dough to even out the layers.
- Roll successively to 10 mm, 8 mm, then 5 mm. Ensure the dough stretches properly.
- Let half of the dough hang off the table if needed, then flip and continue.
- Clean the edges for a perfect lamination. Perform one single turn (fold in thirds).
- Stabilize the shape with the rolling pin on both sides, then place in the freezer for 10–15 min. Dough must remain under 16°C.

## o Second single turn

- Make sure the folds are positioned on the sides. Snip the folds.
- Ideal dough temperature: 3 to 8°C.
- Perform a second single turn, rolling to 5 mm with guides.
- Return to the freezer to keep the dough firm.

## o Doubling the dough block

- Remove the dough while cold. Position folds on the sides and snip.
- Roll progressively to 8–10 mm thick.
- Mark the center lengthwise and cut into two equal long strips.
- The lamination stripes must be regular and visible. Lightly moisten one strip and place the second on top.
- Lightly flour and roll the combined dough lengthwise. Flip regularly to keep it straight.
- Stop when the length becomes delicate to handle; return to the freezer.
- Remove from the freezer (0 to 3°C), then continue rolling to a final thickness of 8 mm.
- This technique allows you to obtain the required length without trimming the dough before shaping.



# Cutting the strips

- Relax the dough before cutting. • Trim irregular edges.
- Dimensions and proportions
  - Recommended strip length: mold length × 2.5.
  - For a 28 × 10 cm mold, aim for:
    - Length: 70 cm
    - Width: about 7.5 cm (leaving space on each side)
    - Small molds: 18 × 7 cm → strip of about 45 cm, folded into 4–5 cm segments.
- Placing in the mold
  - Fold the strip regularly without pressing on the lamination. The cut edge must face upward.
  - Position the dough in the bottom of the mold without squashing the layers.



# Proofing and baking

- Proofing (warm rise)

Proof 2 h to 2 h 30 at 25–27°C.

Proofing is complete when the mold is filled with no empty space.

The lamination lines must be sharp and visible.
- Baking
  - Bake at 170°C using fan-assisted heat.
  - Baking time varies by size: 25 to 35 minutes..
- Applying the syrup
  - Right out of the oven, unmold the brioche and generously brush the entire surface with the cold citrus syrup.
  - Return to the oven for 1 to 2 minutes to lightly set the syrup.
  - Let cool on a wire rack.



## ❖ Les dimensions :

To size your strips:

- Length = mold length × 2.5
- Width = 2/3 of the mold height

## ❖ Sharp, well-defined lamination :

You can roll the dough to 6 mm, but it will tend to collapse in the mold during proofing.

Dough that is too warm produces irregular lamination: always work between 0°C and 16°C depending on the stage.

Always place the cut side facing up to reveal clean stripes after proofing.

Do not compress the dough when placing it in the mold; this preserves the layers.

## ❖ Flavors :

The brioche can be flavored with various syrups (vanilla, coffee, orange blossom, spices) or simply left plain.

## ❖ Adding butter at the end of kneading :

When the recipe contains a high proportion of butter or sugar and the kneading aims to build gluten, the fat should only be added once the gluten network has formed.

Too much fat or sugar early on weakens gluten development.

As soon as added fat or sugar exceeds 15% of the flour weight, incorporation must be done at the end of kneading.

## ❖ Storage :

The brioche freezes very well: it keeps for up to 2 months.

To prepare it, remove it from the freezer about 1 hour ahead, then place it in a fan-assisted oven at 160–170°C for 15 minutes.

Let it cool a few minutes on a wire rack before enjoying.