

Teriyaki Chicken Bread



A Cooperation of



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ABC
Cooking Studio

Invented for life

Teriyaki Chicken Bread



Ingredients:

- Cheese bread -

Ingredient ①

40 g	Bread flour
10 g	Cake flour
1 tsp	Instant dried yeast
1 tbsps	Sugar
55 - 65 cc	Water

Ingredient ② -

40 g	Bread flour
10 g	Cake flour
1/3 tsp	Salt
15 g	Unsalted butter
1 tbsps	Roasted white sesame seeds

- Teriyaki chicken -

150 g	Chicken thighs
1 tbsps	Sake
2 tbsps	Kibi-sato (Semi refined brown sugar)
2 tbsps	2tbsps
1 tsp	1tsp

- Teriyaki mayonnaise sauce -

30 g	Mayonnaise
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- For decoration -

A pinch	Chopped dried seaweed
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Workflow:

Making Teriyaki chicken

1. Remove the excess water and fat from the chicken. Place the chicken skin-side down. Even out the height of chicken by scoring and opening the meat. Score the tendons.
2. Fork the chicken about 30 times, flip it over and repeat on the skin-side.
3. Dice into 3cm cubes.
4. Put prepared chicken and seasoning into a plastic bag. Even-out the seasoning by mixing and kneading the bag from the outside.
5. Move all of the now seasoned chicken into a dish. Microwave it uncovered for 3min at 500w. Flip it over and microwave for an additional 2 - 2.5min at 500w.
6. Remove the chicken only and continue to microwave the seasoning a further 2 - 2.5min in order to make a sauce. Take 1 tbsps from the sauce and combine with mayonnaise.

Bread

1. Measure the ingredients ① into a bowl. Pour water and stir evenly with a wooden spatula. Add the ingredients from ② and mix.
2. Knead the dough on a board. When the dough has been kneaded around 80%, flatten the dough.
3. Spread the roasted white sesame seeds on the dough. Roll the dough from the front into a log. Roll from the end of the log. Form the dough into a ball and place it back in the bowl. Cover with a plastic wrap and fermentate for 25 - 35 mins.
4. Proceed Finger test, punching down and divide the dough into 4 pieces and form them into balls. Rest 10mins.

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Workflow:

5. Place the dough on the table (seam-side up) and punch down. Stretch the dough to about 10cm in diameter. Place on a pan lined with a cooking sheet.
6. Make a dent on top of each ball of dough. Place 1/4 of the Teriyaki chicken on each dent.
7. Cover with a plastic wrap and wet cloth for 20 - 25min at 40°C.
8. Preheat the oven 5 - 10min before the fermentation is done.
9. Spread Teriyaki mayonnaise sauce on surface of each piece of dough.
10. Bake with 4D HotAir at 230°C for 12 - 17 mins. Sprinkle on chopped dried seaweed after cool.

Setting procedure:

4D HotAir 230°C
Cooking time: 12-17 mins
(Preheated oven)

4D HotAir



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