

Falcon Bread Library

Protein Hawaiian Slider Bread

Tangzhong Edition • Version 2.0

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Field Tested by the Falcon Crew

Mission

Soft, higher-protein Hawaiian-style sheet bread for family meals, lunches, travel and the Falcon.

Shopping List

Whole milk, butter, eggs, bread flour, white whole wheat flour, vital wheat gluten, whey isolate, instant yeast, salt, pineapple juice, honey, brown sugar, vanilla, optional coconut extract.

Tangzhong

Cook 30 g bread flour with 150 g milk until thick like pudding (~150°F/65°C). Cool.

Ingredients

Dry: 550 g bread flour, 120 g white whole wheat, 40 g vital wheat gluten, 30 g whey isolate, 12 g yeast, 11 g salt. Wet: Tangzhong, 170 g milk, 100 g pineapple juice, 1 egg, 1 egg yolk, 60 g butter, 45 g honey, 15 g brown sugar, 1 tsp vanilla.

Bosch Workflow

Wet ingredients first, then dry. Mix Speed 1 for 2 minutes, Speed 2 for 10 minutes until smooth and elastic.

Bulk Rise

60–75 minutes at 75–78°F.

Shape

Divide into 15 pieces (75–80 g). Arrange in a 5×3 pattern on a parchment-lined half-sheet pan.

Final Proof

75–90 minutes until puffy.

Bake

Egg wash (1 egg + 1 Tbsp milk). Bake at 340°F for 18–22 minutes. Internal temp 194–196°F.

Finish

Brush with 2 Tbsp melted butter + 1 tsp honey + pinch of salt. Cover with towel 10 minutes.

Assembly

Cool completely, slice horizontally, assemble sandwich slab, chill 30–60 minutes, cut into sliders.

Revision Log

V2.0 is the baseline. Record hydration, crumb, flavor, shelf life, and family feedback before V2.1.