GUIDELINE RECIPE

30% REDUCED FAT BRIOCHE

with SenseFi®

- **SenseFi is a clean label oat fibre that acts as a fat replacer.**
- **It contributes to texture, body, creaminess and mouthfeel.**
- **Reducing the butter and replacing whole milk with skimmed milk allows for a 30% overall fat reduction**

Maintaining the indulgent nature of brioche for fat and calorie reduction continues to be a key market trend which is being further targeted by the FSA and FSAI through guidelines such as the HFSS and general fat reduction targets. Brioche is traditionally an indulgent, enriched bread with a high butter content which provides the rich crumb. By using SenseFi®, the nutritional profile of brioche can be improved without compromising the tender texture and overall flavour.

Recipe	Control	Reduced Fat
Ingredients / Raw Materials	%	%
Strong White Flour	40.42	40.42
Butter	20.21	13.34
Whole Egg Liquid	22.64	22.64
Whole Milk	11.32	
Skimmed Milk		17.14
SenseFi®		0.57
White Sugar	4.04	4.04
*Saltwell***	0.57	0.57
Dried Yeast	0.81	0.81
*Natural Butter Type #1411311 ***		0.32
*Natural Butter Type #1411016 ***		0.16
TOTAL	100.00	100.00

Processing Steps:

1. Mix yeast, warm milk 32 – 35°C and 1tsp of sugar together and leave 10 mins to bloom
2. Add flour, eggs, sugar and foamy yeast to stand mixer with dough hook – mix on low
3. Once combined, mix on low for 5 mins, then on medium speed for 10 mins
4. Add butter gradually while mixer is on, all butter should be in after 2 mins.
5. Keep mixing until butter is incorporated
6. Mix on medium speed for 20 mins
7. Cover bowl with cling film, leave for 2 hours
8. Punch dough to release air, fold 6 times
9. Shape into a log and cut into three pieces
10. Place dough on parchment and refrigerate for 1.5 hours
11. Roll into 35cm logs and braid together
12. Lightly oil cling film and place over braid. Let braid rise in warm place for 3 hours
13. Preheat oven to 200°C, move shelf to lowest 1/3 of oven. Brush brioche with egg and bake for 15 mins uncovered
14. Loosely cover with foil and bake for 20 mins, internal temperature should be 88°C

Benefits and Characteristics:

SenseFi® is a multifunctional clean label oat fibre that can be used to provide texture and stability, particularly in fat and calorie-reduced applications. When high sheared SenseFi® binds water and has a neutral taste so can be incorporated into a wide range of applications.

Application Photo:



Email: info@healy-group.com

This recipe is for development use only. Due to difference in materials and processing, we recommend testing in your own setting following consultation with our team.

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Feb 2025

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HEALY GROUP

Indicative Ingredient Declaration:

Ingredient Declaration - Control:

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole **Egg**, Butter (**Milk**), Whole **Milk**, Sugar, Yeast, Sea Salt or Salt.

Ingredient Declaration – Reduced Fat:

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole **Egg**, Skimmed **Milk**, Butter (**Milk**), Sugar, Yeast, Oat Fibre, Sea Salt or Salt, Natural Flavour.

*Allergens in **bold**

Nutrition:

Nutritional Data: /100g (Calculated)	Control	Reduced Fat
Energy kJ	1,630	1,395
Energy k Cal	390	333
Fat	22.2	15.5
Of which saturates	13.0	8.8
Carbohydrates	35.7	36.2
Of which Sugar	5.3	5.6
Fibre	1.6	2.4
Protein	10.2	10.4
Sodium	0.202	0.239
Equivalent as Salt	0.517	0.613
UK HFSS Score	16	13

**Bake loss 10%



Notes:

*** Also from The Healy Group:*

Saltwell® – naturally reduced sodium sea salt – Salt or Sea Salt
Edlong – authentic natural (vegan) dairy flavour to give flavour profile – Natural Flavour
*Natural Butter Type #1411311 ***
*Natural Butter Type #1411016 ***

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