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Milk Pudding

A traditional Japanese style soft bread filled with sweet vanilla custard.

🕒 PROOF IN 1.5-11 HRS 🕒 BAKE IN 13-15 MINS

Nutrition Facts

12 servings per container	
Serving size	97g (3.4 oz)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 240mg	10%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	4%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 5g	
Vit. D 0%	Calcium 4%
Iron 6%	Potas. 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ALLERGEN CONTAINS: WHEAT, MILK, SOY, EGG

What We Send

- Dough (12)
- Base Cups (12)
- Recipe Card

What You Need

- Baking Tray
- Parchment Paper
- Clean Towel
- Small Bowl
- Pastry Brush
- Egg
- Water
- Custard (Optional)

INGREDIENTS: HIGH GLUTEN FLOUR, MILK, WATER, VANILLA FILLING(SUGAR, DEXTROSE, FOOD STARCH-MODIFIED, NONFAT MILK, PALM OIL, CONTAINS 2% OR LESS OF: ARTIFICIAL FLAVOR, CARRAGEENAN, CORN SYRUP SOLIDS, DIPHOSPHATE, DISODIUM PHOSPHATE, MONO-AND DIGLYCERIDES, SALT, SODIUM ACID PYROPHOSPHATE, SODIUM CASEINATE, TITANIUM DIOXIDE(COLOR), YELLOW5, YELLOW6), CANE SUGAR, EGGS, MARGARINE (PALM AND PALM KERNEL OIL, SOYBEAN OIL, WATER, SALT, CONTAINS LESS THAN 2 % OF NON-FAT DRY MILK SOLIDS, SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, SODIUM BENZOATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED), MILK PUDDING CUSTARD TOPPING(WATER, HIGH FRUCTOSE CORN SYRUP, SUGAR, FOOD STARCH-MODIFIED, CONTAINS 2% OR LESS OF : AGAR-AGAR, ARTIFICIAL FLAVOR, CARAMEL COLOR, CITRIC ACID, PALM OIL, POLYSORBATE 80, PRESERVATIVES (SODIUM BENZOATE, SORBIC ACID), SALT, TITANIUM DIOXIDE (COLOR), YELLOW5, YELLOW6), SALAD MAYONNAISE(SOYBEAN OIL, WATER, FRUCTOSE, EGGS, FOOD STARCH-MODIFIED, VINEGAR, SUGAR, POTASSIUM SORBATE ADDED AS PRESERVATIVE, AND CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR), HONEY, BUTTER, YEAST, DOUGH CONDITIONER(DIACETYL TARTARIC ACID ESTER OF MONO & DIGLYCERIDES (DATEM), ENZYMES, ASCORBIC ACID), SALT, MILK POWDER, DOUGH SOFTENER(WHEAT FLOUR, ENZYMES). CONTAINS EGG, MILK, SOY, WHEAT.

Proofing Methods

Proofing with home oven: 🕒 1.5-2 HRS

Adjust oven racks, as needed, depending on the amount of dough proofing. After the dough is fully defrosted (or has reached an internal temperature of 60°F), boil a pot of water. Place the boiled pot of water on the bottom of the oven and the tray(s) of dough on the rack(s) above the boiled water. Please make sure the oven is completely OFF. Change out boiled water every 30 minutes until dough is fully proofed. Only open oven when changing out the water to maintain as much heat and moisture as possible. Use these water changes as an opportunity to check on your dough size. Once your dough has fully proofed you may proceed to Step 3!

Proofing at room temperature: 🕒 11 HRS

Place defrosted dough in a cool, dark area. If you have a container larger than the tray, place it over the top. If not, you may use a damp paper towel or a clean/dry dishcloth. This will prevent the surface of your dough from drying out. Once your dough has fully proofed you may proceed to Step 3!

Warning: Baked goods will be hot when pulled out of the oven and can cause burns if not allowed to cool.

1.



Line a baking tray with parchment paper. Evenly place base cups on the baking tray with one piece of dough in each cup. Cover the dough to prevent it from drying out (EX: towel, bowl, etc.). Leave dough to defrost at room temperature for 1-2 hours.

2.



Once fully defrosted (or once the internal temperature of the dough reaches 60°F) please see the backside of this card for proofing methods. Choose the method that works best for you.

3.



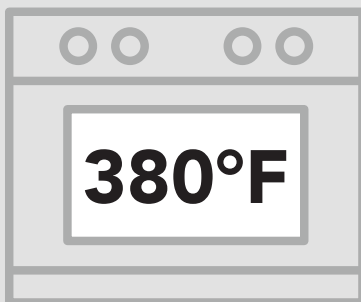
After proofing, the dough should now be doubled in size. The dough should measure roughly 5 cm (2 inches) in height.

4.



Beat a whole egg with a splash of water in a small bowl until combined. Using a pastry brush, lightly brush the egg wash onto the surface of each dough. To mimic our stores, pipe a swirl of custard onto each dough. Make your own from scratch or purchase it from the store.

5.



Preheat the oven to 380°F. Make sure to remove the pot of water prior to preheating. Once the oven has preheated, bake for 13 minutes.

6.



Once your bread is done baking, remove the baking tray from the oven and lightly tap it on the counter to prevent the bread from collapsing during the cooling process. Then, enjoy!