

The Ultimate Chocolate Swirl Milk Bread: A Bakery-Style Pain au Lait Recipe

The Art of the Swirl: Homemade Pain au Lait Tourbillon au Chocolat



OVEN
350°F

TIME
10 min

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INGREDIENTS

For the Dough (Pâte):

Bread Flour: 375g (3 cups) - High protein content is essential for that stretchy, airy texture.

Granulated Sugar: 40g (3 tbsp)

Salt: 1 tsp

Instant Yeast: 2 tsp

Warm Milk: 240ml (1 cup) - Aim for about 110°F.

Unsalted Butter: 40g (3 tbsp), softened to room temperature.

Egg: 1 large, room temperature.

For the Chocolate Swirl Paste:

Unsweetened Cocoa Powder: 15g (2 tbsp)

Sugar: 25g (2 tbsp)

Unsalted Butter: 15g (1 tbsp)

Milk: 30ml (2 tbsp)

All-Purpose Flour: 20g (2 tbsp) - This acts as the thickener for the paste.

DIRECTIONS

- 1. Prepare the Chocolate Paste:** In a small saucepan over low heat, combine the milk, cocoa powder, sugar, butter, and flour. Stir constantly until the mixture thickens into a smooth, spreadable paste. Remove from heat and let it cool completely. This is crucial; if it's hot, it will melt your dough!
- 2. Mix the Dough:** In a large mixing bowl or the bowl of a stand mixer, combine the flour, sugar, salt, and yeast. Pour in the warm milk, egg, and softened butter.
- 3. Knead to Perfection:** Knead the dough until it is smooth and elastic. If using a stand mixer with a dough hook, this takes about 5 minutes. If kneading by hand, expect to put in about 10 minutes of work. The dough should be tacky but not stick to your fingers.
- 4. First Rise:** Place the dough in a lightly greased bowl, cover with a damp cloth, and let it rise in a warm spot until it has doubled in size (usually 1 to 1.5 hours).
- 5. Shape and Swirl:** Punch down the risen dough to release the air. On a lightly floured surface, roll the dough out into a large rectangle. Spread the cooled chocolate paste evenly across the surface, leaving a small border at the edges. Roll the dough up tightly, starting from the short end, to create a log.
- 6. Second Rise:** Place the log into a greased loaf pan. Cover and let it rise again for about 30-45 minutes until it looks puffy and fills the pan.
- 7. Bake:** Preheat your oven to 180°C (350°F). Bake for 25-30 minutes until the top is golden brown.
- 8. The Finishing Touch:** Immediately after removing from

the oven, brush the top with a little melted butter or milk. This keeps the crust soft and gives it a beautiful sheen. Let it cool in the pan for 10 minutes before transferring to a wire rack.

SWAPS & NOTES

Milk: You can use whole milk for the richest flavor, but 2% also works well.

For a dairy-free version, oat milk is a great substitute.

Yeast: If using active dry yeast instead of instant, be sure to proof it in the warm milk with a pinch of sugar for 5-10 minutes until foamy.

Chocolate Paste: If you're in a rush, you could technically use a chocolate hazelnut spread, but the homemade paste in this recipe holds its shape better during the bake, ensuring those distinct "swirl" lines.

TIPS FOR SUCCESS

Temperature Matters: Make sure your milk is warm but not hot.

Liquid over 120°F can kill the yeast, and your bread won't rise.

The Windowpane Test: To see if you've kneaded enough, stretch a small piece of dough.

If it stretches thin enough to see light through it without breaking, the gluten is ready.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-ultimate-chocolate-swirl-milk-bread-a-bakery-style-pain-au-lait-recipe/>