

# LYONNAISE SAUSAGE IN BRIOCHE ( SAUCISSON BRIOCHÉ )

## The Recipe

<https://www.cuisinedaubery.com/recipe/french-sausage-in-brioche-saucisson-brioche/>

A delicious and traditional dish from Lyon, a city some say is the food capital in France

Chef: Madame D'aubéry

Preparation Time: 40 Minutes

Cooking Time: 30 Minutes

Ready in: 5 H

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Main Dish,

## Ingredients

\*Brioche Dough

1 3/4 Cup Flour (250 grams)

1 teaspoon Dry Yeast (4 grams)

2 teaspoons Sugar (14 grams) A tablespoon

3 Eggs 1/3 Cup or 150 grams

1 pinch of Salt

2/3 Cup Butter (150 grams)

\*Sausage

A big Sausage

## Steps

### The Brioche Dough

1. Incorporate into the bowl : the Flour (1 3/4 Cup or 250 g), the Dry Yeast (1 teaspoon or 4 g), the Sugar (2 teaspoons or 14 g) and mix

If you have a stand mixer : that's perfect ! Just use the hook for the following instructions

With a bread machine : As I had to make this recipe at my friends' house, and as they didn't have a stand mixer, I had to make this recipe with their bread maker, and that proved to work perfectly as well

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By hand : You may also make the brioche by hand, with no electric appliance, just use a large bowl, a spatula and your magic hands!

2. Pour in the Eggs (3), Salt (1 pinch) and mix

3. Knead for at least 10 minutes

4. After 10 minutes, we add the Butter (2/3 Cup or 150 g) cut in pieces, and not all at once, but rather in batches. It will need some time to absorb, just patient, trust my word : the dough will absorb the Butter (2/3 Cup or 150 g)...

5. If it's the first time you're making a brioche, you may think you ruined your dough but don't panic ! The butter does not incorporate well with the dough, and that's fine ! Just leave the stand mixer or the bread maker work... The Butter will mix with the dough but that will take time. It took up to 30 minutes in my case...

### Proofing

6. Let the dough proof, until doubled in volume, approx. 45 minutes to one hour ou plus.

### Resting in fridge

7. Wrap airtight

8. After the brioche dough has doubled in volume, wrap with plastic wrap and place it in the refrigerator for 4 hours

### Cooking the sausage

For the sausage, the cooks from Lyon use either a traditional French sausage, or local "Cervelat" sausage, which will be difficult to find abroad

You may substitute with a thick sausage (2.75" (or 2 3/4" or 7 cm) wide)

If you live in the States, you may find it in gourmet stores (check the brand : Fabrique Delices, "saucisse de marteau"), or check online : [www.fabriquedelices.com](http://www.fabriquedelices.com)

9. Cook this sausage in hot water for 20 minutes

10. After the sausage has cooked, let it cool down, and peel it, then refrigerate for 1 hour

### How to avoid "the hole"

11. If you do not "prepare" the sausage, it will release humidity while baking, and will create a "hole" inside the brioche, which is not considered as pretty in Lyon... Here are 2 techniques that I learned to avoid the "hole" :

12. - Bocuse Technique : To avoid a hole between the sausage and the dough, the great Bocuse had a technique : dry out the sausage in preheated oven at 360 F / 180 C for about 10 minutes

13. - d'Aubéry Technique : Brush the sausage with egg yolk and then coat with flour (this will act like a 'glue' to adhere the dough with the sausage which will avoid the 'hole')

### Assembling

14. Roll out the Brioche dough

15. Wrap the sausage with the Brioche dough

16. Place into a loaf pan (greased with melted butter). I took the mold : "Pyrex 1.5qt Loaf Dish". To purchase online, see [HERE](#).

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17. You want to place the seam underneath the brioche

### **Proofing for the 2nd time**

18. Let the brioche proof again, covered with a wet towel (so it doesn't dry). Let it rise for 2 hours

19. After 1 à 2 hours, the brioche has risen (doubled in volume)

### **Decorating**

20. You may decorate the brioche with any pattern you like

21. I chose to decorate with a lattice pattern with this tool : To purchase online, see [HERE](#)

22. Eggwash the top of the brioche

23. I place my lattice

### **Baking**

24. Preheat the oven to 400 F / 200 C, and place in the oven for 30 minutes or until golden

25. After it's fully baked, let it cool down

26. and then unmold...