

Mallorca Bread Buns

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Original recipe and notes at www.devamadeo.com



Details:

Yield: 8 to 10 mallorca buns

Total time: 4 hours, including rising idle times

Active time: 20 minutes for preparing the dough ingredients, 10 minutes for shaping and rolling the dough

Proofing times: 1½ hour for first proofing
30 minutes for second proofing

Baking time: 15 minutes

Equipment: stand mixer with hook, baking sheet with parchment paper or silicon mat, pizza cutter, dough cutter or sharp knife, pastry brush

My Prep:

Ingredients:

- Unbleached all-purpose flour - 3 cups + 3 TBSP, 375g
- Bread flour - 1 cup, 163g
- Water - ½ cup, 118g
- Fine sea salt - 1 ½ Tsp, 8g
- Eggs, preferably organic, at room temperature - 2
- Egg yolks, at room temperature - 2
- Buttermilk or full fat milk, preferably organic, at room temperature - ¾ cup
- Natural granulated sugar - ½ cup, 100g

Steps:

In a medium bowl combine the 3 cups + 3 tablespoons of all purpose flour with the cup of bread flour using a hand whisk.

Mix 3 tablespoons of the flour mixture with the half cup of water. Heat 15 seconds in the microwave. Stir. Repeat 2 - 3 more times but only for 10 seconds, until the mixture is thick and shiny with a pudding-like consistency. Let it cool down completely. If in a hurry, place it in the fridge for a few minutes to help it lose the heat and cool down faster.

Whisk into the flour mixture the 1 ½ teaspoon of salt.

- Instant yeast - 11g, 1 packet, 3 ½ Tsp
- Salted butter, preferably organic and European style for a higher fat content (I used salted Kerrygold), cubed and softened - 8 TBSP, 113.5g, plus about 2 to 3 TBSP to be melted and brushed over mallorcas after baked

Note: If not using a scale, spoon and level your measuring cup, never overpack it with flour.

My recipe highlights:

Extra notes:

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In the bowl of a stand mixer with the paddle attachment combine the 2 eggs, the 2 egg yolks, the ¾ cup of buttermilk or milk, the ½ cup of sugar, the packet of instant yeast and the cooled down thick flour-water mixture. Mix for 30 seconds to 1 minutes in medium slow speed (#2 in the Kitchen Aid) until everything has smoothly blended.

Add about 1 cup of the flour mixture and mix in the slowest speed (#1) until well hydrated. You should have a shaggy dough. Change the paddle for the hook attachment. Dump the remaining flour mixture and knead in the lowest speed until all the flour has incorporated and dough starts to look smoother, 3 to 5 minutes.

Add pieces of butter, 1 or 2 at a time and waiting until one has incorporated before adding the next. As soon as the last piece of butter has incorporated, increase speed to level (#2) and knead for 20 minutes.

In the meantime, wipe a medium glass or ceramic bowl with vegetable or any other neutral flavor oil.

Flour your hands or wipe them with a bit of oil. Transfer dough to the greased bowl. Gently tuck the edges beneath the dough so you have a smooth even top. Cover bowl with a kitchen towel or cling paper and wrap it with a throw blanket or extra chunky kitchen towels. Place bowl in a warm area with no cool air drafts. Let the dough rise for 1 ½ to 2 hours, until doubled in size.

Prepare a baking sheet with parchment paper or a silicon mat.

Punch risen dough and scrape it to a dry and well floured surface. Lightly dust your hands with flour and tap the exposed dough with a bit of flour as well, especially on areas that feel sticky (keep doing this as necessary through the whole

process). Fold edges in and roll dough to turn it upside down (the side that you punched should be up again). Gently tuck in dough around until you have a rectangular shape.

Stretch dough $\frac{1}{2}$ " thick, trying to keep the rectangular shape as much as possible. If necessary (I certainly did) cut the borders with a pizza cutter or sharp knife to make a perfect rectangle.

Using the pizza cutter or sharp knife, cut a strip of about 1". Start rolling it towards the side, not up, tucking underneath the tip from the end side. Place the mallorca on the baking sheet. Repeat with the rest of the dough, leaving about $1\frac{1}{2}$ " of space between them. If you want, roll the cut borders as well and place them in another baking sheet. Cover again and let the mallorcas proof for 25 minutes in the same warm spot (see notes #9 to prevent over-proofing).

Preheat oven to 400°.

Place mallorcas in the oven, wait like 25 seconds and drop the temperature down to 350°. Bake for 15 to 17 minutes, until the surface looks deep yellow and matte, not shiny.

While the mallorcas are being baked, melt the 2 to 3 tablespoon of butter.

Take mallorcas out of the oven and brush them with butter through the whole surface. Let the butter be absorbed a bit before sprinkling plenty of confectioner's sugar on top if desired.

See notes above on how to store, reheat and serve them.

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