

Mexican Conchas

From the kitchen of Jurni

Ingredients for bread:

- 2 Tablespoons of active dry yeast
- 1 teaspoon of sugar
- ¾ cups of warmed milk
- 3 cups of flour
- ½ cup sugar
- ½ Tablespoon of baking powder
- ½ tsp salt
- 2 large eggs, room temp
- 1 Tablespoon of vanilla paste extract
- ¼ cup salted butter, room temp

Ingredients for topping:

- 1 cup of flour
- 1 cup vegetable shortening
- 1 cup powdered sugar
- 2 Tablespoons of extract (vanilla, almond, strawberry etc)
- Food coloring
- Extra powdered sugar for dusting

Directions:

1. Mix together your warm milk, 1 teaspoon of sugar, and yeast. Set aside to bloom 5-10 minutes.
2. Mix together all dry ingredients in the bowl of your stand mixer (or by hand).
3. Make a well in the middle of your flour and add in your eggs, butter, vanilla, and yeast.
4. Turn your mixer on low and allow it to knead for 4-6 minutes (8 mins by hand)
5. Turn the mixture onto a well floured surface and work in more flour until the dough isn't sticky.
6. Knead the dough into a ball and place inside a well oiled bowl. Cover and let rise for 1-2 hours or until doubled in size.
7. When the bread has doubled, make your topping. Combine topping ingredients together into a moldable paste based on your preferences and flavors. You will need to add more flour and or powdered sugar in order to get your paste into a good consistency.
8. Tip your dough onto a well floured surface and portion into 80-90g balls, stretching and making the tops nice and taught. Place onto a baking sheet.
9. Portion your topping into golf ball sized balls, and press out into a disc large enough to cover the top of your dough ball. Lay your disc over the top of your dough and tuck around the sides.
10. Score the paste/topping with a lame (or sharp knife without serrations), being mindful not to slice the bread but only the topping. Traditional scoring is a conch shell.
11. Cover and allow to rise 30-45 minutes. You should see the buns rise and separation between the scored lines now.
12. Preheat the oven to 350°F at the end of the proofing time.
13. Bake for 20-22 minutes or until Conchas are golden brown under the paste.
14. Cool at least 10 minutes before enjoying with a cup of coffee, hot cocoa, or glass of milk.