

# Ensaymadas (Filipino Sweet Buns)



I miss Filipino bakeshops!! Have you ever been to one?? It's like a bakery that is obsessed with butter and sugar. Almost everything is topped or stuffed with a little sweet butter or sugar. Ok, maybe not really, but it's the ones with the butter and sugar I remember the most. Ensaymadas and Pianomo Rolls were my favorites since I was a little girl. Since there are zero Filipino bakeshops here in Chile, the only place I'll find them is in my very own kitchen.

Today, I'm very excited to share this ensaymada recipe. Sweet bread, topped with creamed butter and sugar. And even better when served along side a cup of hot chocolate or coffee. Enjoy!!

And don't forget to share your thoughts in the comment sections below.



## **Ensaymadas (Filipino Sweet Buns)**

*Makes 8 to 12 buns*

### *Ingredients:*

- 2 tsp. instant yeast
- $\frac{2}{3}$  cup water (lukewarm)
- 3  $\frac{1}{2}$  cups of all purpose flour
- $\frac{1}{3}$  cup of sugar
- $\frac{1}{2}$  tsp. salt
- 3 large eggs
- $\frac{1}{4}$  cup evaporated milk
- $\frac{1}{2}$  cup unsalted butter, melted (divided,  $\frac{1}{4}$  cup mixed in the dough and  $\frac{1}{4}$  cup for brushing)

### *Topping:*

- $\frac{1}{2}$  cup of creamed unsalted butter
- $\frac{1}{4}$  –  $\frac{1}{2}$  cup of sugar
- \*Optional – shredded cheddar cheese

### **Here's what you do:**

In a small bowl or directly in the measuring cup, dissolve instant yeast in  $\frac{1}{3}$  cup of lukewarm water. Set aside.



While waiting for the yeast to blossom, whisk together flour, sugar, and salt in a large mixing bowl or stand mixer. Next, add dissolved yeast mixture, eggs, evaporated milk,  $\frac{1}{4}$  cup of melted butter, and remaining  $\frac{1}{3}$  cup of water. Using a dough hook or a spatula if mixing by hand, mix on low speed for about 2 minutes, then at medium speed for an additional 5 to 7 minutes until a soft sticky dough has formed. Remember, the dough should be soft and sticky, do not over knead this dough. Transfer dough into a greased bowl and cover with plastic wrap or a clean kitchen towel. Allow dough to rest for 15 minutes.



In the meantime, line a baking sheet with parchment paper or prepare ensaymada molds.



Next, divide dough into 8 to 12 pieces. To achieve uniform sizes, you could use a scale, dividing each piece equally weighing at 60 grams each OR without a scale; an ice cream scooper will do the job too. Dust the ice cream scooper with flour, scoop out dough and release straight onto the lined baking pan or molds. This part does not have to be pretty, just scoop and release. Loosely cover the dough with plastic wrap or a clean kitchen towel and allow dough to rest for 15 minutes.



Now time to shape the ensaymadas. In a small bowl, melt  $\frac{1}{4}$  cup of butter and set aside. On a floured surface or mat, roll out or using the palms of your hands, flatten each piece of dough into a rectangle. Dust your hands with flour to help prevent dough from sticking to your fingers. Brush a little melted butter over the top of the dough. Roll dough into a long log, pinch ends together to seal. Then turn dough seam side down or seam side facing inwards, in the direction where you'll start twirling. Gently start rolling or twirling the dough inwards

into a swirl or a roll. Place it back onto the lined pan. Loosely cover buns with plastic wrap or a clean kitchen towel and let it rise until it doubles in size, about 1½ hour.



Preheat oven to 325°F. Bake rolls for 15 to 17 minutes, until lightly golden. Allow rolls to cool for 30 minutes to an hour before topping with creamed butter and sugar.

Now time to top, brush or spread the creamed butter using a butter knife over the top of the buns. Then, sprinkle sugar over butter or dip the buttered top straight into a bowl of sugar, shake off excess and it's ready to eat!! Best served at room temperature with a hot cup of coffee. Enjoy.

*\*\*If you aren't able to find creamed butter in the stores, no problem, let's cream the butter ourselves. Put ½ cup (1 stick) of softened butter in a small mixing bowl. Using an electric mixer, beat or whip butter for 3 to 5 minutes, until the butter is creamed or has a whipped like texture and lightened in color.*



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