

Pandesal (Filipino Breakfast bread) or 12-pc Bread Rolls

COMMENTS:

1. Can be used for pandesal or 12-pc rolls baked in 9x12 pan
2. Use bread flour if you want a crunchy & chewy bread; all-purpose for softer texture.
3. Do not be intimidated by the details in this recipe. This recipe actually is one of a series of recipes for my baking/cooking classes meant for home baking and for people who are cooking for themselves or small family.
4. It does not require an electric mixer and only requires approximately 2 minutes of kneading. The dough acquires better texture and flavor if left in the refrigerator to proof (or ferment) for a few hours.
5. Using the "Poolish" method gives the baked bread a wonderful flavor.

INGREDIENTS	In Grams (by weight)	Cups/Teaspoons (approx.)
Bread flour or all-purpose	583	4 cups
Water	350	1 ½ cups
Sugar	29	¼ cup
Yeast, instant	11	3 teaspoons
Canola or olive oil	29	¼ cup
Poolish, fermented dough	88	½ cup
Salt	12	1 ½ teaspoons

METHOD:

1. Make poolish (fermented dough). Mix equal parts water and dough. For this recipe, 1 cup water, 1 cup flour and a pinch of instant yeast. Mix well; scrape into a covered plastic container. Leave out at room temperature for about 4 hours or keep in the fridge overnight. Unused fermented dough can be kept in the refrigerator for 3 days.
2. To make the pandesal or rolls, add water, oil and yeast in a bowl. Mix.
3. Add the rest of the ingredients. Mix thoroughly with a large wooden spoon.



4. **Knead manually for about 2 minutes until relatively smooth.**

5. **Put the dough in a greased plastic bag, preferably food-grade plastic or greased plastic container with cover.**
6. **If using the dough right away, leave out at room temperature to proof. The dough should be almost double in size after approximately 1 hour. Shape into 12 round pieces.**
7. **If not, the dough can also proof in the refrigerator overnight and can be kept in the refrigerator for up to 3 days. When ready to bake, leave the cold dough out at room temperature for about 20 minutes before shaping.**
8. **For easier removal of baked dough out of the baking pan, spray the inside rims with oil and then press parchment paper on the widest sides with some overhang for lifting.**
9. **For pandesal, shape into 12 round pieces but roll the tops on bread crumbs and place on baking sheet about 3 inches apart. Fold pieces of the dough into the middle and then flip and use your palm to roll the dough until round and smooth. For the rolls, cut the dough into approximately 12 pieces and space them**



3 x 4 in a 9x12 pan.

10. Cover the pan or sheet with plastic or non-fuzzy kitchen towel and proof for about 1 – 1 hour 30 minutes until almost double in size.
11. Preheat oven to 350°F; 400°F for pandesal about 30 minutes before baking.
12. For buns, brush the tops with canola or olive oil. This can be done after shaping.
13. Bake for approximately 20-22 minutes for buns; about 15-17 minutes for pandesal. Turn pan or sheet around 180° to even the browning approximately 10 minutes before end of baking time.

