

Conchas Mexican Sweet Bread

Oscar · 29/09/2024



Prep Time

1 hr 45 mins

Difficult

Medium

Servings

2 hrs 25 mins

Description

Conchas are Mexican sweetened bread rolls with a crunchy topping. Always a crowd favorite. I got this recipe from my friend's mom who owns a Mexican bakery. They made these one day for my family and they loved them, even my brother who is so picky. Now they ask for them all the time. Although these are a bit time-consuming, they're well worth it in the end.

Ingredients

- ½ cup warm water - 2 ½ teaspoons yeast - 4 cups all-purpose flour - ½ cup evaporated milk - ½ cup white sugar - ½ cup butter
- melted - 1 large egg - 1 teaspoon salt - ½ teaspoon ground cinnamon - ½ cup white sugar - ½ cup butter
- softened - 1 cup all-purpose flour - 2 teaspoons ground cinnamon - 1 teaspoon vanilla extract

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios To make the bread: Stir warm water and yeast together in a large bowl; let stand until yeast softens and begins to form a creamy foam
2. about 5 minutes. Dotdash Meredith Food Studios Mix in 2 cups flour
3. milk
4. sugar
5. melted butter
6. egg
7. and salt until combined. Dotdash Meredith Food Studios Gradually mix in remaining 2 cups flour and cinnamon until dough comes together. Dotdash Meredith Food Studios Turn dough out onto a floured surface and knead until smooth and elastic
8. 6 to 8 minutes. Place in a large greased bowl; turn dough to coat. Dotdash Meredith Food Studios Cover and let rise in a warm place until doubled
9. about 1 hour. Dotdash Meredith Food Studios Meanwhile
10. make the topping: Beat sugar and butter in a medium bowl with an electric mixer until light and fluffy. Dotdash Meredith Food Studios Stir in flour until a thick paste forms. Dotdash Meredith Food Studios Transfer 1/2 of the paste to a separate bowl. Mix cinnamon into one half and vanilla into the other half. Dotdash Meredith Food Studios Divide dough into 12 equal pieces. Shape into balls and place 3 inches apart on a greased cookie sheet. Dotdash Meredith Food Studios Divide each bowl of topping into 6 balls; pat flat. Place circles of topping on top of dough balls
11. patting down lightly. Use a knife to cut grooves in the topping like a seashell. Dotdash Meredith Food Studios Cover and let rise until doubled
12. about 45 minutes. Dotdash Meredith Food Studios Preheat the oven to 375 degrees F (190 degrees C). Bake in the preheated oven until lightly golden brown
13. about 20 minutes. Dotdash Meredith Food Studios