



Pan De Sal I

Jacob · 28/09/2024



Prep Time

N/A

Dificult

Medium

Servings

N/A

Description

Crispy and delicious dinner rolls from the Philippines

Ingredients

— - 2 cups warm water (110 degrees F/45 degrees C) - 2 teaspoons active dry yeast - 1/2 cup white sugar - 1/4 cup vegetable oil - 1 1/2 teaspoons salt - 6 cups all-purpose flour

Instructions

1. Put the warm water in a small mixing bowl and add the yeast and 1 teaspoon of the sugar; stir to dissolve. Let stand until creamy
2. about 10 minutes. In a large mixing bowl
3. combine the remaining 15 teaspoons of sugar and the oil and mix until smooth. Add the salt
4. 1 cup of flour and the yeast mixture; stir well. Add the remaining 5 cups flour
5. 1/2 cup at a time
6. until the dough pulls away from the sides of the bowl. Turn the dough onto a lightly floured surface and knead until smooth
7. supple and elastic; about 10 minutes. Lightly oil a large mixing bowl
8. place the dough in it and turn to coat the dough with oil. Cover with a damp towel or plastic wrap and let sit in a warm place until the dough has doubled in volume; about 1 hour. Turn the dough onto a lightly floured surface and divide into 4 equal pieces. Form each piece into a cylinder and roll out until the 'log' is 1/2 inch in diameter. Using a sharp knife
9. cut each 'log' into 1/2 inch pieces. Place the pieces
10. flat side down
11. onto two lightly greased baking sheets. Gently press each roll down to flatten. Preheat oven to 375 degrees F (190 degrees C). Cover the rolls with a damp cloth and let rise until doubled in volume
12. about 30 minutes. Bake at 375 degrees F (190 degrees C) until golden brown
13. about 20 minutes.