






PORTUGUESE SWEET BREAD

TOTAL TIME  Active 10 min Inactive 5 h 11 min	DDT  28-29°C/ 82-85°F	DIFFICULTY  Easy: mixing, shaping	OVENS  ★Convection ★Combi Home	YIELD / SHAPE  2 med boules
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INGREDIENTS	WEIGHT	VOLUME	%
For the Sponge			
Water	65 g	¼ cup	185.71
Bread flour	35 g	¼ cup	100
Nonfat milk powder	25 g	⅓ cup + 2 Tbsp	71.43
Sugar	15 g	1 Tbsp	42.86
Instant dry osmotolerant yeast	10.5 g	2½ tsp	30
For the Dough			
① Water	170 g	¾ cup	40
Instant dry osmotolerant yeast	1.5 g	¼ tsp	0.35
② Bread flour	425 g	3 cups	100
Sponge	150 g	all from above	35.29
Eggs	60 g	1 ea	14.12
Fine salt	6 g	1 tsp	1.41
③ Sugar	130 g	½ cup + 3 Tbsp	30.59
④ Butter, softened	60 g	¼ cup	14.12
Egg wash see page 40	as needed		
Pearl sugar, optional	as needed		
Yield	~1.00 kg		

For salt, flours, substitutions, and other notes, see pages x-xiii.

The salt percentage in the net contents table is lower than for other enriched breads. You can increase it to 2% if you feel like the recipe needs more salt, but your proof time will increase. Because the only way to determine whether the dough needs more salt is by tasting the baked bread, you'll have to make any adjustment the next time you bake it.

NET CONTENTS	Weight	%
Ingredients		
Flour	460 g	100
Water	291 g	63.36
Sugar	158 g	34.35
Fat	54 g	11.74
Yeast	12 g	2.61
Salt	6 g	1.3

This recipe has a large quantity of yeast, mostly because there is a high percentage of sugar. Sugar slows down fermentation due to the osmotic pressure it puts on the yeast when it absorbs water from the dough (see page 2-314).

You can use this dough to make Portuguese doughnuts called *malasadas*. Divide the dough into 75 g pieces after it has bulk fermented. Flatten each piece with your hands to resemble a pancake; the shape doesn't have to be perfectly round (these are organically shaped doughnuts). Proof the dough on a sheet pan lined with lightly greased parchment paper. Fry the *malasadas* in 175 °C / 350 °F fryer oil until a golden brown color, about 45 s on each side. Remove them from the oil, drain on paper towels, and coat them with cinnamon sugar.

Consume within 1 d, or freeze for up to 2 mo.