

# CONCHAS

[mexican sweet bread]



18 conchas



2+ hours

## INGREDIENTS

### Bun dough:

- 1 tsp sugar
- 3 tsp yeast
- 1 cup water (110°F)
- 3.5 cups flour
- 2 eggs + 1 yolk
- 1/2 cup sugar
- 1/2 tsp salt
- 1/2 cup softened butter

### Topping :

- 1 cup flour
- 1 cup powdered sugar
- 1/2 cup softened butter
- 1/2 tsp vanilla extract
- 1/2 TBSP milk
- Pink food coloring (optional)
- 1 egg white for brushing

### Try these delightful conchas variations:

1. Chocolate: Add cocoa powder and chocolate chips for richness.
2. Cinnamon Sugar: Mix in cinnamon and sprinkle with cinnamon sugar.
3. Nutty Delight: Incorporate chopped nuts for crunch and aroma.
4. Lemon Zest: Add lemon zest and extract for a citrusy flavor.
5. Matcha: Use matcha powder for a subtle green tea taste.
6. Coconut: Fold in shredded coconut for a tropical twist.

## DIRECTIONS

Prepare the dough:

1. Dissolve 1 tsp sugar, and yeast in warm water; let rest.
2. Mix flour, sugar, and salt in a bowl.
3. Add eggs and softened butter; mix well.
4. Combine yeast mixture with dry ingredients and knead until smooth. Add flour if sticky.
5. Cover and let the dough rise for 1 hour until doubled.

Prepare the topping:

1. Mix flour, butter, powdered sugar and vanilla, knead until smooth. Optionally add food coloring.

Form the conchas:

1. Divide risen dough into even portions, about 55-60g each.
2. Arrange on a baking sheet lined with grease or parchment paper.
3. Combine egg white with 1 TBSP of water and brush the mixture over each bun. Divide the topping, flatten it, and place it on top of each bun. Use a concha press or a knife to create markings.

Bake:

1. Preheat oven to 350°F
2. Let conchas rise for an additional 30 minutes.
3. Bake for 15-20 minutes until golden brown.

Allow conchas to cool on a rack and serve with coffee or hot chocolate.

Enjoy!