



Molletes de Antequera

Molletes are a small bread/roll typical of southern Spain. This recipe hails from Antequera in the province of Málaga, Andalusia. They tend to be slightly under-baked, as they are designed to be toasted before serving.

They make excellent burger buns, my favorite.

Ingredients

600 grams - strong bread flour

60 ml - milk

7 grams - dry yeast

250 ml - water (tepid)

40 ml - olive oil

10 grams - salt

Preparation

1. Make pre-ferment - mix 100 grams of the flour with the milk & yeast. Mix well, form a ball
2. Put the pre-ferment on a pot of room temperature water, when it rises to the surface, it is ready to use.
3. Mix the pre-ferment & remaining 500 grams of flour with the oil, water & salt, mix well, knead gently for a minute or two.
4. Form a ball and leave to proof in a covered bowl for about 1 hour - should double in size (more or less).
5. Knead gently to knock it down.
6. Separate into 100 gram pieces, form a ball of each piece and flatten on a floured surface
7. Pre-heat oven to 200°C (390°F) with a pan of water in the lower part of the oven to keep up the humidity.
8. Bake on floured sheet pan for 15 minutes. Take care not to over cook - they should be pale colored, barely done as they're designed to be toasted.



[Download in PDF](#)

[Recipe List](#)

[Recipe List](#)