

Honduran Coconut Bread

Ingredients

1/4 c Warm Water
1 t Sugar (plus 1/4 cup)
2 1/4 t Yeast
3 1/4 c Flour
2 t Salt
1 c Coconut Milk
2 T Coconut Oil
1 T Unsalted Butter (melted)

Instructions

1. In a large mixing bowl of a stand mixer, dissolve the yeast in warm water and add 1 teaspoon of sugar. Stir and set aside for 5 minutes.
2. Place the coconut milk, coconut oil, flour, 1/4 cup sugar, and salt into the mixing bowl. Attach the dough hook and mix at the lowest speed for 2 minutes, or until the dough clings to the hook and clears the sides of the bowl.
3. Knead at this same speed for another 5 minutes until the dough is smooth and elastic. It will be sticky to touch. Lightly grease a large bowl, place the dough in it and turn the dough over once to grease the top. Cover with a towel and keep warm until the dough doubles, about 1 to 2 hours.
4. Place the dough on a floured surface and divide

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into 12 equal portions. Roll each portion between the palm of your hands and shape into rolls.

Grease a 9—13 inch baking pan. Arrange rolls in prepared baking pan, cover with a towel and let them rise for 30 minutes.

5. Preheat oven to 375F. Bake for 20-25 minutes or until golden brown on top. Brush with melted butter. Let them cool in the pan for 5 minutes before removing.