



Pan Dulce

SERVINGS 15  **PREP TIME** 1 hr **COOK TIME** 30 min

INGREDIENTS

- 1 lb wheat flour, sifted
- ½ cup lukewarm water (at 97 F / 36 ° C)
- ½ teaspoon anise seeds , or more to taste
- 1 cup milk , or more (at 97 F / 36 ° C)
- ½ oz active dried yeast (or 1 oz / 20 g fresh baker's yeast)
- 2 eggs, lightly beaten
- ½ cup **La Fe Brown Sugar**
- 2 tablespoons melted butter
- 1 teaspoon salt

For brushing

- 1 egg, beaten
- 2 tablespoons melted butter
- 3 tablespoons **La Fe Brown Sugar**

DIRECTIONS

1. Activate the yeast by mixing it in a large bowl with half the milk, 1 tablespoon of caster sugar and 1 tablespoon of flour. Let the mixture sit for 30 minutes in a warm, draft-free place.
2. In a bowl, combine ½ cup (100 ml) of lukewarm water and the anise seeds and let stand for 10 minutes. When the yeast mixture has finished blooming, place the flour and remaining sugar into the bowl of a stand mixer, and mix together.
3. Make a well in the center of this mixture then add the yeast mixture, eggs, and 2 tablespoons (40 g) of melted butter. Finally add the anise seeds and the water in which they have infused. While gradually incorporating the milk, start mixing at low speed using the dough hook. Mix for 5 minutes then add the salt.
4. Increase the speed to medium, and knead for 5 minutes. If the dough is dry, add a little more water or lukewarm milk; it should be smooth and homogeneous but it should be very soft. Increase the speed to medium / high, and knead again for 5 minutes.
5. Transfer the dough to a lightly floured work surface. Knead by hand for 2 minutes then cover, and place it back in the mixer bowl. Cover the bowl with a cloth and let the dough rest for 1 hour in a warm place, away from drafts. After an hour, place the dough again on a lightly floured work surface and, using floured hands, knead for 2 minutes, knocking out the air.
6. Divide the dough into about 15 to 17 pieces of 3-4 oz (90 to 100 g) each, and roll them out by kneading them. Evenly space the balls of dough on a baking sheet lined with parchment paper, leaving a small gap between each one, and brush the tops with melted butter. Leave to rest for 20 minutes.
7. Preheat the oven to 340 F (170 ° C.) Finally, brush the buns with beaten egg, then sprinkle with crystal sugar, and bake for 25 to 30 minutes or until the buns are golden brown.