

# Mallorca Bread Buns with Guava and Cheese

Author: Dev Amadeo

Original recipe and notes at [www.devamadeo.com](http://www.devamadeo.com)



## Details:

Yield: 6 to 8 buns

Total time: 4 hours, including idle times for rising

Active time: 20 minutes for making the dough, 15 for making the filling and assembly the buns

Baking time: about 15 minutes

Equipment: stand mixer, baking sheet, rolling pin, pastry brush

My Prep:

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## Ingredients:

- Unbleached all-purpose flour - 3 cups + 3 TBSP, 375g
- Bread flour - 1 cup, 163g
- Water -  $\frac{1}{2}$  cup, 118g
- Fine sea salt -  $1\frac{1}{2}$  Tsp, 8g
- Eggs, preferably organic, at room temperature - 2
- Egg yolks, at room temperature - 2
- Buttermilk or full fat milk, preferably organic, at room temperature -  $\frac{3}{4}$  cup, 173g

## Steps:

### Making the dough:

In a medium bowl combine the 3 cups + 3 tablespoons/375g of all purpose flour with the 1 cup/163g of bread flour using a hand whisk.

Mix 3 tablespoons of the flour mixture with the  $\frac{1}{2}$  cup/118g of water. Heat 15 seconds in the microwave. Stir. Repeat 2 - 3 more times but only for 10 seconds, until the mixture is thick and shiny with a pudding-like consistency. Let it cool down completely. If in a hurry, place it in the fridge for a few minutes to help it lose the heat.

○ Natural granulated sugar -  $\frac{1}{2}$  cup, 100g + 4 TBSP, 50g for the cream cheese

○ Instant yeast - 11g, 1 packet, 3  $\frac{1}{2}$  Tsp

○ Salted butter, preferably organic European style for a higher fat content\*, cubed and softened - 8 TBSP, 113.5g + 4 TBSP, 57g for the guava

○ Guava paste, cut in small chunks - 12 to 14 oz.

○ Water -  $\frac{1}{3}$  cup, 79g + 2 TBSP for the icing

○ Cream cheese, softened or warmed up in the microwave - 4oz, 114g

○ Extra butter to brush on baked mallorcas - 3 TBSP, about 36g

○ Confectioner's sugar - 1 cup, 120g  
Note: If not using a scale, spoon and level your measuring cup, never overpack it with flour.

\*I used Kerrygold regular butter

My recipe highlights:

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Extra notes:

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Whisk into the flour mixture the 1  $\frac{1}{2}$ /8g teaspoon of salt.

In the bowl of a stand mixer with the paddle attachment combine the 2 eggs, the 2 egg yolks, the  $\frac{3}{4}$  cup/173g of buttermilk or milk, the  $\frac{1}{2}$  cup/100g of sugar, the packet of instant yeast/11g and the cooled down flour-water mixture. Mix for 30 seconds to 1 minutes in medium slow speed (#2 in the Kitchen Aid) until everything has smoothly blended.

Add about 1 cup of the flour mixture and mix in the slowest speed (#1) until well hydrated. Change the paddle for the hook attachment. Dump the remaining flour mixture and knead in the lowest speed until all the flour has incorporated and dough starts to look smoother, 3 to 5 minutes.

Add the 8 tablespoons/113.5g of cubed and softened butter one at a time. As soon as the last piece of butter has incorporated, increase speed to level (#2) and knead for 20 minutes.

In the meantime, wipe a medium glass or ceramic bowl with vegetable or any other neutral flavor oil.

Wipe your hands with vegetable oil. Transfer dough to the greased bowl. Gently tuck the edges beneath the dough so you have a smooth even top. Cover bowl with a kitchen towel or cling paper and wrap it with a throw blanket or extra chunky kitchen towels. Place in a warm area with no cool air drafts.

Let the dough rise for 1  $\frac{1}{2}$  hours, until doubled in size.

Prepare a baking sheet with parchment paper or a silicon mat.

Making the filling:

While the dough is rising, place the guava paste with the  $\frac{1}{3}$  cup/79g in a small saucepan and cook on medium heat until. Move frequently. Use a fork to smash small chunks of guava. Keep cooking until smooth. Remove from heat and immediately add the 4 tablespoons/57g of butter.

Stir until butter has completely melted and you don't see oil separated from the paste. Let it cool down. Stir a few times while still warm to prevent it from hardening.

Mix the 40z/114g of softened cream cheese with the 4 tablespoons/50g of sugar until smooth. Making the mallorca buns:

(After the first proof, it's a good idea to place the dough in the fridge for 10 minutes for better handling.)

Preheat oven to 400°.

Punch risen dough and scrape it to a dry and well floured surface. Lightly dust your hands with flour and tap the exposed dough with a bit of flour as well, especially on areas that feel sticky (keep doing this as necessary through the whole process). Fold edges in and roll dough to turn it upside down (the side that you punched should be up again). Gently tuck in dough around until you have a rectangular shape.

Stretch dough a bit thinner than  $\frac{1}{4}$ " until you have a rectangle of about 12" to 18". Using an offset spatula spread about  $\frac{1}{2}$  cup of the melted guava paste, leaving about  $\frac{1}{2}$ " of the edges clear. Use a spoon to drop it at different spots so you don't have to drag the dough much. This should be a thin layer.

Starting from one of the shortest side, fold the dough in three equal parts. Carefully stretch it with the rolling pin to press everything down and seal the seam. Rotate 90° (now the seam should be on the side) and stretch it until you have a 16" x 12" rectangle approximately. Keep wiping your rolling pin from any guava paste coming out of the dough because it will make it sticky, messing up with the process of stretching the dough.

With a pizza cutter or sharp knife, cut a strip of about 1". Roll and tuck underneath the tip from the end side. Place bun on the lined baking sheet. Repeat with the rest of the dough, leaving about 1  $\frac{1}{2}$ " of space between buns.

Using a small round tool or with your fingers, stretch and open the center of each bun. Drop about a tablespoon of the sweetened cream cheese and a bit of guava paste on top.

Let them rise uncovered from 10 to 15 minutes, depending if it took you a long time working them (more than 20 minutes). If at any point the dough has bubbles, the dough is over proofing and you need to put them in the oven right away.

Place mallorcas in the oven, wait like 20 seconds and drop the temperature to 350°. Bake for 12 to 17 minutes, until the surface looks deep yellow and matte, not shiny. Finishing them up:

While the mallorcas are being baked, melt the 3 tablespoons of butter.

In a small bowl mix the 1 cup/120g of confectioner's sugar with the 2 tablespoons of water and about  $\frac{1}{2}$  of a tablespoon of the melted butter. This icing should be runny and a bit translucent, it's not a thick glaze.

Take mallorcas out of the oven and brush them with butter through the whole surface. Let the butter be absorbed a few minutes. Brush the glaze on top, using the brush to reach every corner of the bun. Let the glaze set a few minutes before (finally!!!) eating.

See notes on original post above on how to store, reheat and serve them.

Take a snap and tag me!! [@devamadeo](#)

