

# Sourdough Pandesal (vegan)

Dennis Hevener January 2020  
<http://heavenlysourdough.com>

Pandesal is a tender dinner roll with a crispy crust from the Philippines.

Enjoy hot. Eat any leftovers soon. They go stale fairly quickly. Putting them in the microwave for a few seconds will soften them up.

		Baker's percentage
Flour, all purpose.	360 grams (400 total including flour in starter)	100**
Water.	96 (136 total including water in starter)	34**
Sourdough starter, equal parts flour and water by weight.*	80	
Coconut milk	60	15
Stick margarine. I use Country Crock Plant Butter.	36	9
Sugar	50	12
Apple Cider Vinegar	12	3
Salt	8	2
Fine bread crumbs for topping (preferably homemade sourdough bread crumbs!)		
Vegetable oil for coating pan and dough.		
Spray bottle of water for misting.		

\*Sourdough starter. You can use any amount from 80 grams to 280 grams, and adjust the flour and water accordingly.

\*\*Baker's percentages include the flour and water contained in the starter. When calculating a new recipe size, weigh your starter, calculate the amount of flour and water in your starter, then add flour and water as needed.

The amount of starter is not critical. You can use any amount from 20% to 150% of the weight of the dry flour. This recipe calls for all-purpose flour to make a lighter and fluffier product. I have only bread-flour starter, so I keep the amount of starter to a minimum.

Mix ingredients and let rest for 15 minutes or a half-hour. Knead well. It doesn't take as long as normal bread.

Oil a 9 x 9" pan with vegetable oil. I prefer silicon. Even if you use a silicon pan, oil it anyway. Oil is not needed to release the finished bread from a silicon pan, but helps form the crust.

Divide dough into 12 equal pieces. This is easy with a scale. Place in the oiled 9 x 9 pan. Brush all exposed dough surfaces with oil.

Allow to rise in a warm moist environment until about 4 times the original volume. I let it rise in the oven, misting with a spray bottle of water occasionally. Use the poke test to see if it is sufficiently risen. Stick your finger in a bun. When it no longer springs back out, it is time to bake.

When rise is complete, mist with water and sprinkle liberally with fine bread crumbs.

Mist inside the oven. Set the oven to 375 degrees F (190 C). Do not preheat. Insert the bread. I baked for about a half an hour total in my convection toaster oven with the fan running. The internal dough temperature should be about 195F at this point.

Remove the foil and continue to bake until golden brown. This took about 10 minutes. The internal temperature should be about 195 F (90 C).

Remove the bread from the pan and place on a rack to cool. Brush all surfaces with vegetable oil. Pandesal is best eaten while hot, but allow a few minutes to cool.

Based on this recipe:

<https://www.foxyfolksy.com/pandesal-recipe/>

Check out Bebs' web site. There you will find a lot of other recipes, container gardening articles, home and wedding DIY projects, and pictures of her and her husband's travels in the Philippines, Germany, and elsewhere in Asia and Europe, and even has advice if you want to start your very own blog!



