Ensaimadas from Mallorca



Consejo del chef

Remember, rising can be shorter during the summer and perhaps you need to use less yeast. With ensaimadas, the longer the fermentation is, the tastier the ensaimadas will be.

Raciones para

- ❏ **250 gr** Strong flour
- ❏ **80 ml** Lukewarm water
- ❏ **1** Large egg (55 g)
- ❏ A pinch of salt
- ❏ **75 gr** Sugar
- ❏ **8 gr** Fresh yeast
- ❏ Lard (1 teaspoon for each ensaimada)
- ❏ Sobrasada (spicy pork sausage cream, if we want to fill the ensaimadas)
- ❏ Icing sugar

1. Mix all the ingredients together in the mixer and knead with the hook for 20-25 minutes until the dough is smooth and a bit sticky.
2. Shape the dough into a ball and let it rise in a bowl previously greased. Cover with a cloth. In cold weather, the dough will double in size in around four hours. When the dough has risen, we continue with our recipe. Divide the dough into six portions and shape them into small balls. Cover them with a clean cloth and let them rest for 15 minutes.
3. For yummy ensaimadas, we need to make the dough really thin. Work the dough on a greased wooden surface. Stretch the dough into a rectangular shape and spread the lard all over (remember to remove it from the refrigerator a few minutes before).
4. Then, we roll the dough, beginning with the long part of the rectangle. If you want to fill it with sobrasada, spread some on the upper side of the dough before rolling it.
5. Let the rolls rest for 10 minutes and then try to stretch them a bit more, making them longer, or simply put them from one hand to the other to make them longer.
6. Place the rolls on an oven tray. Shape the rolls into spirals, leaving some room each time you turn the roll over itself because the dough will rise again. Be sure you put the end of the roll right under the ensaimada.
7. Let them rest for 12 hours in a warm, draft-free place. You can place it in the oven overnight.
8. After 12 hours, preheat the oven to 190 °C and bake the ensaimadas on top and bottom heat for 16 minutes.
9. Sprinkle the ensaimadas with icing sugar all over, enjoy this genuine recipe at home.

Chef's Notes

https://cookinglovers.teka.com/en/receta/ensaimadas-de-baleares/