

Meol (Coconut Bun)

by Lemon Drop from A Recipe Reborn

- Prep time: 1 hour
- Cook time: 25 minutes
- Proof time: 2 hours + 15 minutes
- Yields 6 buns



Dough

US	Ingredients	Metric
1+1/3 cup	milk	300 mL
2 tsp	active dry yeast	6 g
1/8 cup	sugar	30 g
3 cups	bread flour	400 g
2 tsp	kosher salt	10 g
3 tbsp	butter, softened	40 g

non-stick spray

1. Stir together the milk, yeast, sugar and let it sit for 5 minutes to activate the yeast.
2. In a large bowl, combine the flour and the milk mixture until it starts to come together. Use a stand mixer if you prefer.
3. Add the salt and the butter and knead until the dough is smooth is smooth, about 5 minutes.
4. Transfer the dough to a greased bowl, cover with plastic wrap and let it rise in a warm place until doubled in size, approximately 2 hours.

Filling

US	Ingredients	Metric
½ cup	white chocolate chips, melted	90 g
3 tbsp	cake flour	20 g
¼ cup	powdered milk	40 g
1 cup	dry unsweetened shredded coconut	120 g
a pinch	salt	a pinch
½ cup	milk	120 mL
1 tsp	lemon juice	5 mL

1. Put all the ingredients in a medium bowl and stir to combine.
2. Put the bowl in the freezer to chill for 20 minutes.
3. Divide and roll the filling into 6 equal balls.
4. Place the balls on a pan lined with parchment paper and chill in the freezer for 20 minutes.

Assembly and baking

Ingredients
dough
filling
non-stick spray
rice flour for dusting

1. Cut the dough into 6 equal pieces.
2. Roll one piece of dough into a ball and flatten it into a circle.
3. Place a ball of filling into the middle of the dough and wrap the dough around it.
4. Pinch the seams closed and roll the dough on a work surface to smooth it out.
5. Place the filled dough on a parchment paper lined baking pan.
6. Repeat steps 3 through 5 for the remaining dough.
7. Spray one side of a piece of plastic wrap and cover the pan loosely.
8. Pre-heat the oven to 170°C/338°F.
9. Let the dough rise for 15-20 minutes until they reach the desired palm size.
10. Remove the plastic wrap and press a chop stick into the center of each bun.
11. Dust the tops of each bun with rice flour.
12. Place the buns into the oven and set the heat to 140°C/284°F
13. Bake for 25 minutes, rotating and switching the pans around half way through.
14. Remove the buns from the oven and dust off the excess flour.
15. Allow the buns to cool for 15 minutes before enjoying.

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