

BAKED SESAME PASTRY(家常燒餅)

(YIELD: 20-25)



INGREDIENTS

A. 水皮

1. 5 cup all-purpose flour
2. 2.5 tablespoon sugar
3. 1 teaspoon yeast
4. 400 ml water

B. 酥皮

1. 1 cup all-purpose flour
2. 80 ml oil
3. 5 ml sesame oil
4. 1 teaspoon salt

C. 沾料

1. Some syrup and water
2. 1 cup white sesame

PREPARATION

1. Knead together Ingredient A and let it rest for about 30 minutes.
2. To prepare Ingredient B: in a large bowl, combine all-purpose flour, salt, oil, and sesame oil. Blend to consistency. If the mixture is too wet, all more flour.



3. Come back to the dough that we made from ingredient A. Cut into 5 equal pieces and make each piece into a round dough. Once done, flatten each individual dough into rectangular thin pieces.



4. Spread the oily dough evenly on top of the thin pieces while leaving one of the longer sides uncovered for folding later.



5. For each of the five strips, cut into four or five more small pieces lengthwise. Seal both ends and press to form rectangular pieces again. Try not to break the oily dough so when baked later, the pastry will rise nicely.



6. Now, fold both ends into the middle line and then fold one end onto the other end. Prepare the syrup water and sesame for dipping. Brush a thin layer of the syrup water on one side of the pastry and cover it with sesame.



7. Press it down to form the final shape. Sesame side down and bake for 8 to 12 minutes at 425 degree F. Alternatively, store the unbaked pastries in the freezer and bake at 425 degrees for about 20-25 minutes when needed. Note that the high temperature is needed to create the crispy texture while leaving the inside soft.

