



Colombian Coconut Buns

BY CHEF ADRIANA URBINA

SERVES 4

INGREDIENTS →

- 1 Colombian Coconut Buns Seasoning Card:
 - 1 tsp (2 pods) Caraway Powder
 - 1 tsp (2 pods) Fennel Powder
 - 1 tsp (2 pods) Coriander Powder
 - 1 tsp (2 pods) California Garlic Powder

FRESH

- 2 large eggs

PANTRY

- 1 cup unsweetened coconut milk
- 2 tsp active dry yeast, or about 1 small packet
- ¼ tsp granulated white sugar, for wet ingredients
- 6 Tbsp melted butter
- 4 cups bread flour or all purpose flour, plus more if kneading dough by hand
- ½ cup granulated white sugar, for flour mixture
- 1 tsp salt
- ½ cup grated coconut
- 1 tsp coconut oil for greasing

SERVE WITH →

- Optional: Garnish with fresh cilantro, lemon zest
- Hispanic-Caribbean Sunday Skirt Steak

RECIPE SEASONING CARDS
BY CHEF ADRIANA URBINA
AVAILABLE AT EATOCCO.COM

INSTRUCTIONS

1. MIX THE WET INGREDIENTS: Mix coconut milk, yeast, and ¼ tsp granulated white sugar in a small bowl and let it stand for about 5-8 minutes, or until a foam forms on top. This indicates that the yeast is activated. Add 1 egg and melted butter to the foamy broth and stir together. Set aside.

- **IF USING A STANDING MIXER:** In a standing mixer bowl, add flour, ½ cup granulated white sugar, and salt, and whisk by hand to combine. Add the wet ingredients mixture and spice pods. Start mixing with the mixer's dough hook at low speed for 3 minutes, then increase to medium speed and let it work the dough for about 8-10 minutes, or until the dough is smooth and elastic. Continue the recipe at Let it rise.

- **IF NOT USING A STANDING MIXER:** In a large bowl, add flour, ½ cup granulated white sugar, and salt and whisk together to combine. Add wet ingredients mixture and the spice. Stir with a wooden spoon or spatula until a dough forms that easily pulls away from the sides of the bowl. Place the dough on a flat, floured surface and knead with the palm of your hand for about 8-10 minutes, or until the dough is smooth and elastic. (For tips on kneading dough by hand, check out [this video](#) 7.)

2. LET IT RISE: Roll the dough into a spherical shape and place it in the greased bowl. Cover the bowl with plastic wrap and let the dough rise in a warm place for 1-1½ hours. To help the dough rise faster, microwave the dough for 1 minute before covering with plastic wrap.

3. FORM THE BUNS: Once the dough has risen, it will resemble a fluffy ball. Flour a clean, flat surface and cut the dough ball in half. Using your hands, shape each half into a log and cut into 6 equal pieces, netting 12 total pieces. Flatten each piece into a circular disc about 2 inches high. Gently pull the edges of the disc toward the center, pinching the edges together in one spot to create a smooth ball on the remaining surface area, almost like an inflated balloon complete with the end tied off. You can gently roll the rounded balloon portion against the counter to even out into a spherical shape.

4. BAKE: Place all 12 balls, seam side down, on a greased baking pan and cover loosely with plastic wrap. Allow the buns to rise in a warm place for about 45 minutes. You can microwave them for 1 minute to help them rise faster (about 20 minutes) before covering with plastic wrap. Beat 1 egg with 1-2 Tbsp water to make an egg wash and brush the rolls with the egg wash. Finally, sprinkle each bun with grated coconut. Bake at 350°F for about 20-25 minutes, or until the tops are golden brown. Serve immediately and eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, "FOOD COMA." OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*