



## Day of the Dead Mighty Mexican Conchas Sweet Breads

By Dylan Sabuco

**Prep Time** 35 / **Cook Time** 18 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**knead:** to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**roll:** to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

**shape:** to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

### Equipment

- Oven
- Large mixing bowls (2)
- Measuring spoons
- Liquid measuring cup
- Dry measuring cups
- Wooden spoon
- Cutting board
- Clean kitchen towel

- Baking sheet
- Small bowl
- Whisk
- Large pot
- Ladle

## Ingredients

### Day of the Dead Mighty Mexican Conchas Sweet Breads

- Concha dough:
  - 1 packet active dry yeast (or 2 tsp active dry yeast)
  - 2 T warm water
  - 2 T granulated sugar
  - 1/4 C unsalted butter, softened **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance)\*\***
  - 1/2 C whole milk **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
  - 2 tsp vegetable oil **\*\***
  - 1 tsp salt
  - 1 large egg **\*\*(for EGG ALLERGY sub 1 T flax seed + 1/4 C warm water—more info below)\*\***
  - 2 C all-purpose flour + more for kneading **\*\*(for GLUTEN ALLERGY sub 2 1/2 C gluten-free flour)\*\***
  - 1 tsp ground cinnamon
- Streusel topping:
  - 1/4 C unsalted butter, softened **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance)\*\***
  - 1/3 C granulated sugar
  - 1/2 tsp pure vanilla extract **\*\*(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***
  - 1 T cocoa powder **\*\*(for CHOCOLATE ALLERGY sub carob powder)\*\***
  - 1/2 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free flour)\*\***

## Food Allergen Substitutions

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**Dairy:** Substitute dairy-free/nut-free butter, like Earth Balance for butter. Substitute dairy-free/nut-free milk for whole milk.

**Egg:** For 1 egg, substitute 1 T flax seed + 1/4 C warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

**Gluten/Wheat:** For 2 C all-purpose flour for Concha dough, substitute 2 1/2 C gluten-free/nut-free flour. Substitute gluten-free/nut-free flour in Streusel topping. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil.

**Chocolate:** Substitute carob powder for cocoa powder.

## Instructions

### Day of the Dead Mighty Mexican Conchas Sweet Breads

#### intro

Hola! A popular family holiday is Dia de Los Muertos (Day of the Dead), a celebration to remember and honor a family's ancestors on November 1st. Often this holiday is celebrated with lots of sweets, like conchas (KON-chas).

#### measure + mix

Measure **1 packet of active dry yeast** (or 2 teaspoons active dry yeast), **2 tablespoons warm water**, and **2 tablespoons sugar** and combine in a large mixing bowl. The yeast will become foamy in about 5 minutes. In a separate mixing bowl, measure **1/2 cup milk**, **2 teaspoons vegetable oil**, **1 teaspoon salt**, and **1 large egg** and whisk to combine. Add **1/4 cup softened butter** and stir that into the milk mixture. Once the yeast is foamy, pour the milk mixture into the yeast bowl. Stir gently to combine.

#### measure + knead

Measure **2 cups of flour** and **1 tsp ground cinnamon** and pour it all into the liquid mixture. Combine with a wooden spoon for 2 minutes before pouring the contents onto a floured surface and kneading. To properly knead the dough, start by coating your hands in flour, then press down on the dough with your hands, fold the dough in half, turn the dough in a half circle, and then repeat for 5 minutes.

#### rest dough + count

After 5 minutes of kneading, allow the dough to rest by placing it back in the large mixing bowl and covering with a clean kitchen towel for 5 to 10 minutes. Have your kids count to 5 in Spanish: 1 Uno, 2 Dos, 3 Tres, 4 Cuatro, 5 Cinco. See who can count the highest.

#### measure + mix

In one of the cleaned out mixing bowls, measure the ingredients for the streusel. Combine **1/4 cup soft butter, 1/3 cup sugar, 1/2 teaspoon vanilla extract, 1 tablespoon cocoa powder,** and **1/2 cup flour** until a smooth dough forms. This dough will be layered over the top of the other dough while it bakes.

### preheat + shape

Preheat the oven to 350 F. Return to the first dough that was resting. Divide the dough into as many golf ball-sized pieces as possible (roughly 2 tablespoons of dough each). Roll the dough into smooth ball shapes. Then, divide the streusel into enough pieces to cover each of the dough balls you just rolled out. Flatten the streusel dough into a flat, circular sheet and lay each streusel over the concha dough balls. Gently press the two doughs together.

### bake + serve

Place all of the dough pieces onto a greased baking sheet. Be sure to leave 1/2 inch between each dough ball. Bake at 350 F for 18 minutes. These Mexican pastries are a tasty treat, perfect to serve with a hot drink.

## Featured Ingredient: Baker's Yeast!

Hi! I'm Baker's Yeast!

"Did you know that I'm a living organism? If you add baker's yeast to dough, it will cause your bread, cinnamon rolls, doughnuts, and more to rise up! Just add me to warm water with a little sugar (which I love to eat) and wait at least five minutes until I burp some gas bubbles (excuse me!) and get foamy at the top before adding me to your flour and other ingredients!"

Yeasts are single-celled, microscopic members of the fungus kingdom. Baker's yeast is from the species *Saccharomyces cerevisiae*. It is the strain of yeast used to leaven (or raise) bread and other types of dough. It is also used in beer and winemaking.

There are several varieties of baker's yeast: active dry yeast, compressed yeast, cream yeast, deactivated yeast, instant yeast, and rapid-rise yeast. Home bakers and Sticky Fingers Cooking chef instructors generally use active dry yeast, instant yeast, or rapid-rise yeast when baking.

Active dry yeast must be activated by adding a warm liquid, like water or milk. Its granules are larger than the other dry yeasts, instant and rapid-rise, which do not have to be rehydrated (or proofed).

The word "yeast" comes from the Old English "gist," of Germanic origin, from an Indo-European root "yes-," meaning to "boil," "foam," or "bubble."

Baker's yeast has some protein, fiber, B vitamins, and potassium; however, the amount you would get from a packet of active dry yeast distributed throughout a dough would be minimal.

Nutritional yeast, a deactivated yeast, contains more protein, fiber, B vitamins, and potassium than active dry yeast. People who eat a vegan or vegetarian diet often add nutritional yeast to foods to supplement these nutrients and add a nutty or cheesy flavor to foods.