

# Cheesy Ensaymada



A traditional Filipino sweet brioche-like bread that is baked with butter and topped with grated U.S. cheddar cheese and sugar. Simply rich in flavor and perfect for sharing with your loved ones.

### Nutrition Content Per 100g:

Calories 364kcal; Total Fat 15.9g; Saturated Fat 10.2g; Trans Fat 0.8g; Cholesterol 86.6mg; Total Carbohydrates 45.5g; Dietary Fiber 0.7g; Sugars 13.1g; Protein 9.6g; Calcium 116mg; Magnesium 25.6mg; Phosphorus 163mg; Potassium 157mg; Sodium 96.4mg; Iron 0.9mg; Vitamin A 524IU; Vitamin C 0mg

### Benefit of Using U.S. Permeate:

- Contributes to browning and a softer texture in bread products.

## For the Dough

### Ingredients:

|                                 |              |
|---------------------------------|--------------|
| Bread Flour                     | 150g         |
| Plain Flour                     | 340g         |
| Instant Yeast                   | 10g          |
| Castor Sugar                    | 90g          |
| <b>U.S. Skimmed Milk Powder</b> | <b>10g</b>   |
| <b>U.S. Permeate</b>            | <b>30g</b>   |
| Egg Yolk                        | 50g          |
| Water                           | 240g         |
| Butter (Unsalted)               | 120g         |
| <b>Total</b>                    | <b>1040g</b> |

### Preparation:

1. Place flour, yeast, sugar, skimmed milk powder and permeate in the mixer bowl. Mix lightly with a spatula.
2. In a small saucepan, melt butter and add in water. Heat it until it is slightly warm at 40 to 45°C.
3. Pour the melted butter mixture over the flour in the mixing bowl and add in the egg yolks.
4. Mix with the dough hook at low speed for 1 to 2 minutes until all is well incorporated.
5. Increase to medium high speed and knead for 8 to 10 minutes.
6. Place the dough in a lightly greased bowl and cover with plastic wrap.



### Preparation:

7. Allow it to proof for about 45 to 60 minutes until it doubles in size.
8. Turn the dough onto a clean work surface and gently press to deflate.
9. Divide the dough and form each piece into a ball of 60g.
10. Roll out the piece thinly into 6" x 3" rectangle and brush surface with butter.
11. Roll into a long rod and twirl into shape locking ends to seal.
12. Place each piece in a greased ensaymada mould and let the dough rise until it doubles in size.
13. Bake at 180°C for 15 to 20 minutes until golden brown.
14. Allow the bread to cool before removing from the mould.

### For the Toppings on each Ensaymada

#### Ingredients:

|   |            |
|---|------------|
| Butter (Unsalted)                           | 60g        |
| <b>U.S. Cheddar Cheese (White), grated</b>  | <b>90g</b> |
| <b>U.S. Cheddar Cheese (Orange), grated</b> | <b>90g</b> |
| Castor Sugar                                | 40g        |

#### Preparation:

15. Brush the top of each ensaymada with creamed butter. Sprinkle with castor sugar and grated U.S. Cheddar Cheese (white and orange).

#### Tips:

- For an equally satisfying variation, spread with U.S. cream cheese instead of butter and sprinkle with cinnamon sugar.

Developed by U.S. Dairy Export Council Southeast Asia.

For additional information and recipes using U.S. dairy ingredients, visit: [www.ThinkUSAdairy.org/SEAsia](http://www.ThinkUSAdairy.org/SEAsia)