

Pineapple Buns (Bo Lo Bao)

Ingredients for the bread dough	Ingredients for the topping dough	Coating for the top of the buns
80 ml heavy cream 125 ml milk 50 ml sugar 7 ml active dry yeast 25 ml liquid whole egg 60 ml cake flour 435 ml bread flour 3 ml salt	30 ml margarine 15 ml egg yolk 1 ml vanilla extract 15 ml milk 30 ml dry milk powder 150 ml all-purpose flour 1ml baking soda 1 ml baking powder 80 ml powdered sugar	15 ml egg yolk

INSTRUCTIONS

Day 1 – Making the Bread Dough

1. Add the heavy cream and milk to a liquid measure and heat in the microwave until very warm (about 40 seconds). Add the sugar and stir until it's dissolved. Then add the yeast and set aside to proof for 5 to 10 minutes.
2. In a large bowl, mix together the dry ingredients: cake flour, bread flour and salt.
3. Once the yeast has proofed, pour the yeast mixture into the bowl of the stand mixer and add the liquid egg. Using the dough hook attachment, turn the mixer to "stir". Add the dry ingredients and let it go for 15 minutes. Occasionally stop the mixer and push the dough together.
4. Lightly spray the inside of a Ziploc bag with cooking spray and place your dough inside. Set aside for proofing.

Day 2 – Making the Topping Dough and Assembling the Bun

1. Knead the dough on a lightly floured surface for a few minutes to get rid of air bubbles.

2. Cut the dough into 6 equal pieces. Form each piece into a circular bun, and place on a cookie sheet lined with parchment paper. Put into the proofer for 30 minutes.
3. Preheat the oven to 350°F.
4. While the buns are proofing, make the topping dough. In a mixing bowl, cream the margarine, egg yolk and vanilla. Add the milk, dry milk powder, all-purpose flour, baking soda, baking powder, and powdered sugar and mix well. Use your hands to mix everything together and form the dough. If it's too dry add a teaspoon of milk at a time until it comes together.
5. Separate the topping dough into 6 equal pieces and roll them into balls. On a clean surface (do not flour), roll out each ball into a flat circle.
6. Once the buns are done proofing, place the flattened topping dough on top of each bun.
7. Brush with egg yolk and bake for 15-16 minutes.