

GUAVA STUFFED BREAD



Ingredients (yields 10 servings):

10 g of dry yeast
4 tbsp sugar
1 tsp salt
1 cup of warm milk
1/2 cup olive oil
4 cups wheat flour
10 medium guava cubes
Olive oil to taste
1 egg yolk to brush

Preparation:

1. In a bowl, mix the yeast and sugar until dissolved.
2. Add salt, milk, olive oil and mix.
3. Add the wheat flour gradually and knead until the dough is smooth and unglued from the hands. If necessary, add more wheat flour.

4. Cover the dough and let stand for 1 hour.
5. Divide the dough into 10 portions.
6. Cover again and let stand for 1 hour.
7. Open each portion in the palm and place a guava cube.
8. Close, shape balls and place in a greased baking dish.
9. Brush with the beaten egg yolk and bake in a medium oven or preheated 180° C for 30 minutes or until golden brown.
10. Let warm and serve.