

Aling Charing's Pandesal

2 c warm water (110 °F)
2 tsp active dry yeast
1/3 c white sugar
¼ c vegetable oil (not olive oil)
1 ½ tsp salt
6 c all-purpose flour
Bread crumbs

Preparation

1. Put the warm water in a small mixing bowl and add the yeast and 1 teaspoon of the sugar; stir to dissolve. Let stand until creamy, about 10 minutes.
2. In a large mixing bowl, combine the remaining 15 teaspoons of sugar and the oil and mix until smooth. Add the salt, 1 cup of flour, and the yeast mixture; stir well. Add the remaining 5 cups flour, ½ cup at a time, until the dough pulls away from the sides of the bowl. (Note: you may not need all of the remaining flour.)
3. Turn the dough onto a lightly floured surface and knead until smooth, supple, and elastic; about 10 minutes. Lightly oil a large mixing bowl, place the dough in it, and turn to coat the dough with oil. Cover with a damp towel or plastic wrap and let sit in a warm place until the dough has doubled in volume; about 1 hour.
4. Turn the dough out onto a lightly floured surface. Weigh the dough to determine starting weight. For 16 pieces of pandesal, divide the total weight by 16 and cut dough. Alternatively, if you don't have a scale, just evenly divide the dough into 16 pieces. Shape into balls. Cover and let the dough rest for 15 minutes.
5. Preheat the oven at 375°F (190°C).
6. After 15 minutes, flatten and reshape into balls. Dredge in breadcrumbs and place on baking tray. Cover with tea towel or plastic wrap and proof in a warm, draft-free place for 1 hour, or until doubled in volume.
7. Bake at 375°F (190°C) until golden brown, about 20 minutes.
8. Remove the pan from the oven. Remove the bread from the pan and let cool completely on a wire rack.