



Drunken Monkey bread

20'
Hands on

90''
Hands off

50'
Cook Time

50
Portion(s)

2
Difficulty



Method

For the dough

- In a mixer's bowl, add the yeast, sugar and milk. Whisk and set aside for 10 minutes to allow the yeast to activate.
- Add the butter, eggs, whiskey, flour and salt. Beat with the whisk attachment for 5-6 minutes, until you create a thick dough.
- Transfer dough to a bowl, cover with plastic wrap and allow to rise for 1 hour.
- Divide the dough into 50 equal sized pieces and shape into balls.
- Grease a cake pan (with a 28 cm hole in the middle) with butter and sprinkle with a bit of sugar.
- In a bowl, combine the sugar and ground cinnamon to make the coating.
- Dip each ball of dough into the melted butter and then directly into the coating mixture.
- Place in the cake pan and repeat the same process for each ball of dough, until the bottom of the cake pan is full.
- Add the white couverture and walnuts over them.
- Repeat the same process until you have 3 layers of dough balls, white couverture and walnuts.
- Pour the melted butter over the top and sprinkle with the leftover sugar.
- Cover with a kitchen towel and allow to rise for 45-60 minutes.
- Preheat oven to 160* C (320* F) Fan.
- Bake for 50 minutes, until golden.
- When ready, remove from oven and allow to cool.

For the sauce

- Place a pan over high heat.
- Add the sugar, honey, whiskey and butter.
- Boil for 5-8 minutes.
- Transfer to a bowl and allow to cool.
- Pour sauce over monkey bread and serve.

Ingredients

For the dough

- 14 g yeast
- 50 g granulated sugar
- 270 g milk, at room temperature
- 50 g butter, melted
- 2 eggs, medium
- 2 tablespoon(s) whiskey
- 700 g hard flour
- 1 pinch salt

For coating

- 250 g granulated sugar
- 1 tablespoon(s) cinnamon
- 120 g butter, melted

For the filling

- 200 g white chocolate couverture
- 150 g walnuts

For the sauce

- 100 g dark brown soft sugar
- 100 g honey
- 150 g whiskey
- 50 g butter

Διατροφικός πίνακας

Nutrition information per portion

175 Calories (kcal)	7.5 Total Fat (g)	3.5 Saturated Fat (g)	22.0 Total Carbs (g)
9%	11%	18%	8%
12.0 Sugars (g)	3.2 Protein (g)	0.7 Fibre (g)	0.04 Sodium (g)
13%	6%	3%	1%