



Monkey Bread

20'

Hands on

90''

Hands off

40'

Cook Time

40

Portion(s)

1

Difficulty



Method

- Preheat oven to 160* C (320* F) Fan.
- Beat the water, sugar and yeast in a mixer, using the whisk attachment until the sugar completely dissolves. If you have enough time, you can wait 10-20 minutes for the yeast to activate. (You will know it has activated when small bubbles rise to the surface.)
- Add the butter, egg, salt and flour. Beat with the hook attachment for 8-10 minutes, until the dough comes together and completely pulls away from the sides of the bowl.
- Dust your hands and your working surface with flour.
- Remove the dough from the mixer, cut it in to small pieces - about 30 cm - and shape them in to small balls about 2 cm in diameter.
- Prepare the mixture for the coating.
- Combine the sugar and cinnamon in one bowl and place the melted butter in another.
- First coat the balls of dough in the melted butter and then coat them in the sugar-cinnamon mixture.
- Arrange the coated balls of dough in a 28 cm nonstick cake pan with a hole in the middle. You want the balls of dough to stick together while baking. If you don't have a nonstick cake pan, grease with some butter.
- Set aside for about 1 ½ hours, until it doubles in size.
- Bake for 30-40 minutes, until golden.
- When ready, remove from oven and set aside for 10 minutes to cool before turning it out.

For chocolate ganache

- Chop the chocolate couverture in to small pieces and set aside in a bowl.
- Heat the heavy cream in a saucepan. As soon as it starts to bowl, pour it over the chocolate immediately.
- Stir until the chocolate melts, is incorporated and becomes shiny.

To serve

Ingredients

- 250 ml water
- 1 packet active dry yeast
- 75 g granulated sugar
- 60 g butter, melted
- pinch of salt
- 1 egg
- 500 g all-purpose flour

For coating

- 100 g granulated sugar
- 60 g butter, melted
- 1 teaspoon ground cinnamon

For chocolate ganache

- 150 g dark chocolate couverture
- 150 g heavy cream 35%

Διατροφικός πίνακας

Nutrition information per portion

151 Calories (kcal)	8.2 Total Fat (g)	5.1 Saturated Fat (g)	16.9 Total Carbs (g)
8%	12%	25%	7%
8.1 Sugars (g)	1.9 Protein (g)	0.9 Fibre (g)	0.02 Sodium (g)
9%	4%	4%	0%

- Break off a piece of monkey bread, dip in to the chocolate ganache and enjoy!