



Felipe Benjamin Abrahão

Benjamin Abrahão Mundo dos Pães

The Benjamin Abrahão family have been bakers in **Sao Paulo** for 40 years, supplying discerning paulistas with a huge range of breads, pastries and cakes. Aged just 22, Felipe Benjamin Abrahão has followed in the footsteps of his grandfather, master baker Benjamin Abrahão, and now runs the family business. As a child, Felipe loved to spend weekends at the bakery watching Benjamin work and here Felipe gives his recipe for his famous *sonhos* - a favourite afternoon treat in the Abrahão bakeries.

SONHOS

(Makes 25 buns)



Preparation time: 20 minutes
Cooking time: 25 minutes, plus cooling

For the dough
500g plain flour
17g dried active yeast
100g margarine

100g sugar
2 eggs, beaten
Pinch salt
5ml (1tsp) vanilla extract
250ml tepid water
Icing sugar, for dusting

For the vanilla custard filling

75g plain flour, sieved
250g caster sugar
4 egg yolks, lightly beaten
½ litre milk
5ml (1tsp) vanilla extract

Preheat the oven to 180°C, 350°F, gas mark 4. In a small bowl, place 50g of the flour, with the yeast and a pinch of the sugar. Blend together with some of the water. Leave it to rest for 15 minutes, until the mixture starts to froth.

In a large bowl, place the remaining flour, margarine, sugar, salt and eggs. Stir in the yeast mixture and remaining water and stir to make a smooth dough.

Leave the mixture to rise for 10 minutes. Then make into balls of 30g each and put into lightly greased small oval baking dishes. Cover with a cloth and leave until almost doubled in size.

Cook for 15–20 minutes until risen and golden. Remove from the tins and allow to cool. Meanwhile make the vanilla custard: Blend the flour, with half the sugar, the egg yolks and some of the milk, to make a smooth paste.

Place the remaining milk, sugar and vanilla extract in a saucepan heat slowly until hot, but not boiling. Gradually, pour the warm milk over the mixture in the bowl, whisking continuously to prevent any lumps forming. Return to the pan and cook for 3–4 minutes, whisking continuously to make a smooth, thick custard. Cover with cling film, to prevent a skin forming and allow to cool.

Cut the buns down the middle then pipe or spoon in the custard. Dust with icing sugar.