

# MOSBOLLETJIES

*from Shove it in Your Mouth and Chew*

## INGREDIENTS

- 1kg bread flour
- 150g sugar
- 10 ml (2 tsp) table salt (fine granules)
- 14g (two sachets) fast-acting yeast
- 15 to 20g anise seeds
- 100g butter, room temperature
- 250ml white grape juice
- 100ml water, room temperature
- 200ml milk, room temperature
- 1/4 cup sugar
- 1/4 cup water
- Flour, for dusting
- Butter or oil, for greasing

## METHOD

1. Pour grape juice and water into a small saucepan and drop in the butter. Place over medium-low heat and gently heat until the butter melts and remove from heat. Allow to cool slightly.
2. Weigh and measure the dry ingredients (flour, 150g sugar, salt, and yeast) together, mix gently with a fork to combine. Into a large bowl, or the work bowl of a stand mixer, sift the dry ingredients. Sprinkle anise seeds on top. If mixing by hand, gently mix in with a fork to make sure all ingredients are evenly combined.
3. Pour the milk into the other wet ingredients and whisk thoroughly to combine. If using a stand mixer, fit it with the dough hook and turn speed to low. Give it a second to incorporate the anise seeds. Then slowly pour in the wet ingredients. When fully incorporated (about 30 seconds to a minute), turn speed to medium and let knead for five to seven minutes, until the dough is springy and smooth. If mixing by hand, make a well in the centre of the dry ingredients. Pour in the wet ingredients and stir with a wooden spoon to combine. Let rest for two minutes. Turn dough out onto a lightly floured surface. Using a pastry cutter, fold into thirds. Pick dough up and, holding one end, firmly whack onto the counter, allowing dough to stretch out. Scrape up, fold over again, and slap onto the worktop again. Knead this way for about two minutes. Allow to rest two minutes. Then continue kneading in this way for about another ten minutes, until springy and smooth.
4. Butter or oil a large bowl. Shape dough into a ball, place into the bowl, and cover with a moist tea towel or cling film. Place in a warm, draft-free area and allow to rise for an hour, or until doubled in volume.
5. Grease two loaf tins with butter or spray with cooking spray (preferably a baking spray).

6. Uncover dough and punch down to deflate. Turn out onto a floured work surface and shape into a log, popping any large bubbles. Using a very sharp knife, cut the log in half, then half each half. Finally, half each quarter so that you have 16 evenly sized lumps of dough.
7. Grease hands with a bit more butter or oil. Form each lump into a ball, stretching the smoothest part of the surface around so that the outside is uniformly smooth. Twist the bottom a bit and pinch together to hold its shape, then place into the greased tins (pinched/twisted side down). Continue until you have eight balls in each tin, re-greasing hands as needed along the way.
8. Cover tins with tea towels or cling film and place back in the warm, draft-free area. Allow to rise one more hour, or until roughly doubled in volume. If using cling film, watch carefully near the end and remove the plastic before the dough comes into contact with it. If the dough sticks to the cling film, it may deflate when you remove it.
9. When the dough is nearly fully risen, preheat the oven to 180°C (350°F). Uncover and bake 35 - 40 minutes, or until lightly browned on top. Keep an eye on them from 30 minutes--depending on your oven, they may be done sooner. They're done when they're the colour of a store-bought hamburger bun and sound hollow when flicked or tapped.
10. While the mosbolletjies are baking, mix together 1/4 sugar and 1/4 piping hot water until the sugar is completely dissolved to make a simple syrup.
11. When the mosbolletjies are ready, remove them from the oven and let cool in the tins for a moment while you get the cooling rack out. Place the rack on a clean baking sheet or on top of a piece of foil. Turn both sets out onto the cooling rack and stand right-side up.
12. While still hot, generously brush the tops of the buns with the syrup. Don't use it all--just enough so that the tops are completely covered (which will achieve a glossy sheen) and a bit has dripped down the sides. Discard or use the remaining syrup elsewhere.

Best eaten a few minutes after the syrup has soaked in, while they're still piping hot! Serve with a bit of butter or on the side for saucy or gravy-laden meals. Perfect with bobotie. Mosbolletjies are best stored at room temperature in a sealed container (such as a large, heavy-duty zipper freezer bag or a large Tupperware container). Keep for up to three days, but good luck keeping them that long.