xepep!

Fartons

Yield: 10 pieces

Ingredients

Dough

Lukewarm water — 50 ml

Fresh baker's yeast — 25 g

Strong flour — 300 g

Egg — 1 pcs

Sugar — 50 g

Salt — 3 g

Sunflower oil — 50 ml

Glaze

Icing sugar for the glaze — 100 g

Water for the glaze — 30 ml

Steps

1. Dissolve the 25 g in the lukewarm 50 ml.
2. Sift the 300 g into a large bowl, add the 50 g and the 1 pcs, pour in the water with the yeast and knead inside the bowl.
3. When the dough comes away from the sides, add the 50 ml and the 3 g. Move it to the worktop and knead for about two minutes, until smooth. Shape it into a ball, put it back in the bowl, cover it with a cloth and leave to rest.
4. Divide the dough into 10 portions and leave them to rest for another 5 minutes, covered. Roll each one out with a rolling pin into an oval shape and roll it up along the long side.
5. Place them on a tray lined with baking paper, cover them and let them prove until they double in volume. It can take two or three hours, depending on the temperature of the kitchen.
6. With the oven preheated to 225 °C, top and bottom heat, put the tray in, lower to 200 °C and bake for 12 minutes.
7. Meanwhile, mix the 100 g with the 30 ml until there are no lumps.
8. When you take them out of the oven, brush them with the glaze while still hot, all over the surface, and leave them to cool before eating.

Sources

Cómo hacer fartons en casa (Directo al Paladar): https://www.directoalpaladar.com/postres/como-hacer-fartons-casa-receta-tradicional-valenciana-para-disfrutar-desayunos-meriendas

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