



# COMMUNITY KITCHEN

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**WELCOMING  
WEEK**  
**SEPTEMBER  
12-21**

## PANDESAL A CLASSIC FILIPINO BREAD ROLL

**Ingredients: 8**

**Yields: 12**

### Ingredients

**3 cups all-purpose flour  
(see NOTE 1 about bread flour  
¼ cup sugar  
1 teaspoon salt  
1 cup milk – lukewarm  
1 egg  
2 tablespoon butter – melted  
1½ teaspoon instant dry yeast  
¼ cup breadcrumbs**

### FUN FACTS ABOUT PANDESAL

Pandesal is the most popular breakfast bread in the Philippines, often paired with coffee, hot chocolate, or simple spreads.

The name comes from the Spanish words pan de sal, meaning “bread of salt,” but the taste is actually slightly sweet.

It has been part of Filipino food culture since the 16th century, introduced during Spanish colonization.

Traditionally, pandesal is baked fresh early in the morning in neighborhood bakeries, with families lining up at dawn to buy warm rolls.

In some towns, pandesal is still delivered by vendors on bicycles, often with bells or calls to announce their arrival.

It is loved for its versatility—delicious on its own, dipped in coffee, or filled with cheese, butter, sardines, corned beef, peanut butter, or even ice cream.

## Directions

1. In a large bowl, mix together flour, sugar, and salt.
2. Pour in milk, beaten egg, and melted butter. Mix until well blended.  
(Make sure the milk is warm, not hot.)
3. Add the instant dry yeast and fold in until a sticky dough forms.
4. Transfer dough to a floured surface and knead until smooth and elastic, about 5–10 minutes.
5. Shape the dough into a ball, lightly coat with oil, and place in a bowl. Cover with a kitchen towel or plastic wrap. Let rise in a warm place until doubled in size (30 minutes to 1 hour).
6. Punch down the dough and divide into 2 equal parts. Roll each into a log and cut into 6 pieces.
7. Shape each piece into a ball, then roll in breadcrumbs to coat all sides.
8. Arrange on a baking sheet, leaving at least 1 inch of space between pieces. Let rise a second time until doubled in size.

Preheat oven to 370°F (185°C). Bake for 15 minutes, or until lightly browned on the sides.

**Remove from oven and serve while hot!**

**Note:** You can also use bread flour if you want it on the chewy side or 50/50 APF and bread flour for soft but slightly chewy bite.

