

Purple Sweet Potato Bolen



PT MANUNGGA PERKASA

DOUGH A INGREDIENTS:

• KANTIL flour	600 gr
• Granulated sugar	90 gr
• Margarine	150 gr
• Butter	75 gr
• Water	240 gr

DOUGH B INGREDIENTS:

• KANTIL flour	300 gr
• Margarine	90 gr
• Butter	150 gr
• Oil	75 gr
	15 gr

FILLING & TOPPING INGREDIENTS:

• Purple sweet potato	1000 gr
• Honey	200 gr
• Egg (for brushing)	1 pce
• Liquid milk (for brushing)	as needed
• Chocolate sprinkles	as needed
• Cheese	as needed
• Sesame seeds	as needed



HOW TO MAKE:

1. Filling: Peel and wash the purple sweet potatoes, then steam until cooked. Mash the cooked sweet potatoes, add honey, and mix well. Set aside.
2. Mix all Dough A ingredients until smooth and elastic. Wrap in plastic wrap and let rest for 15 minutes.
3. Mix all Dough B ingredients until well combined. Cover with plastic wrap and refrigerate for 10 minutes.
4. Weigh Dough A into 25 g portions until all dough is used. Roll into balls.
5. Weigh Dough B into 10 g portions until all dough is used. Roll into balls. Flatten each portion of Dough A with a rolling pin, place a ball of Dough B in the center, fold the dough like an envelope. Flatten again, fold three times, then roll.
6. Flatten the rolled dough again, fill with the sweet potato filling, seal tightly, and place on a baking tray greased with margarine.
7. Brush the tops of the bolen with egg and milk mixture, then sprinkle with chocolate sprinkles, cheese, and sesame seeds.
8. Bake at around 180°C (356°F) for 45 minutes or until golden brown and cooked through.
9. Remove from the oven and serve.

Yields approximately 46 pieces.

**RECOMENDATIONS
FOR FLOUR THAT
CAN BE USED**

Cita Rasa Pangan Berkualitas

