

Chef Ibiju's Upful Ital Recipe #4: Ital Fruity Coconut Bread (Yields 12 buns or 4 medium loafs)

INGREDIENTS:

- 1 cup all purpose flour
- 2 cups bread flour
- 1 tsp dry yeast
- 1 small banana
- 6 prunes
- ½ cup turbinado sugar
- ½ cup of melted and cooled vegan butter
- 2 pinches of sea salt
- 1 tsp cinnamon powder
- 3 grates of whole nutmeg
- ½ of a brown coconut blended with 1 cup of warm water
- Simple syrup (½ cup water and 2 tbsp turbinado sugar reduced down to half on stove and set aside until bread is finished baking)



PROCEDURE:

Combine in a large bowl: flour, sugar, yeast, salt, butter, cinnamon and nutmeg. Blend prunes with coconut mix and add into your large bowl ingredients. Knead all ingredients until texture is firm yet flexible. Cover and sit in a warm area to proof for 1 hour.

Knead dough a second time and let sit for 2 hours. Make and set aside the simple syrup.

Portion dough into buns or loafs and place on a pre-oiled sheet or in pans. Let sit for 1 hour. Preheat the oven to 350. Place bread in a hot oven for 25 minutes. Toothpick test bread readiness (may rest in the cooling oven with no added heat). Ready bread can be set out to cool a bit before brushing on simple syrup.