



INGREDIENTS

STARTER

- 1/3 cup of warm water (100 DF)
- 1 TSP of granulated sugar
- 1 TSP of active dry yeast
- 1/3 cup of AP flour

WET INGREDIENTS

- 1 TSP of active dry yeast
- 75 ML. of warm full fat milk (100 DF)
- 1 TBSP of honey
- 2 TBSP + 1 TSP of granulated sugar
- Zest of 2 large oranges
- 45 ML. of olive oil
- 1 large egg
- 1 vanilla bean pod or 2 TSP of vanilla bean extract

DRY INGREDIENTS

- 1 ½ cups + 2 TBSP of AP flour
- 2 Pinches of kosher salt



MARITOZZI (PART 1)

By Caterina Romano's kitchen

DIRECTIONS

1. To prepare the starter, add the sugar to the water. Add the yeast and flour. Mix well. Cover with plastic cling and place in a warm place for 2 hours.
2. In a large glass container, combine the yeast with the water and honey. Mix until all the ingredients are well combined. Set aside.
3. Use a stand mixer with a paddle. In the bowl, beat together the orange zest and sugar for 2-3 minutes.
4. Add the olive oil, the starter and the egg.
5. Add the egg. Squeeze the vanilla pod releasing the seeds. Cut the pod in half and using a knife scrape off remaining seeds and add them to the yeast mixture. Mix until well combined.
6. Add the yeast mixture to the mixer bowl. Allow the mixer to mix for 5 min.
7. In a large bowl stir together the flour and salt.
8. Change for the paddle to a dough hook. Add the dry ingredients to the wet one tablespoon at a time. The dough is ready, when it collects around the dough hook.
9. Grease a large bowl with cooking spray. Transfer the dough to the bowl. Cover with plastic cling.
10. Allow the dough to rise at room temperature for 3 hours. Then refrigerate for 14 hours. Take out the dough 2 hours prior to forming the Maritozzi. Or you can allow the dough to rise at room temperature for 3 hours. Form the Maritozzi and place them on a baking tray lined with parchment paper. Cover with a napkin and allow the buns to rise for 1.5 hours.
11. Place bench flour on your working surface. Transfer the dough to a work bench. Stretch and roll the dough into a rope. Weigh each Maritozzi to 7 grams. Roll into an oval shape and form each Maritozzi. Place them on a baking tray lined with parchment paper.
12. Cover the tray with plastic cling and set aside for a second rising.