

Mabhanzi ('ma buns') 🇿🇼

Mabhanzi are sweetened dinner rolls popular in Zimbabwe, often enjoyed with a cup of tea!

Makes 12

Dough

2 tsp instant yeast

4 tbsp sugar

225ml warm milk

50g butter, melted

1 egg

450 g flour (keep back a little of this quantity for dusting the work surface)

1 tsp salt

2 tbsp milk powder

Glaze

2 tbsp sugar

2 tbsp water

Combine the yeast, sugar and warm milk in a small bowl and let stand for five minutes or until the yeast has started to foam.



Meanwhile, in another bowl sift together the flour, salt and milk powder and make a well in the centre.

Add the egg and melted butter to the yeast, sugar and milk mixture and whisk briefly to combine.

Add the wet mixture to the dry ingredients and combine until a dough is formed.

Turn the dough out onto a floured work surface.

Knead until it is smooth and stretchy.

Place under a damp cloth and allow to rise until the dough has doubled in size (about an hour).

While the dough is rising, line a 20 x 30 cm rectangular tin or baking dish with baking paper.

Once the dough has risen, knock the air out and divide it into 12 portions.

Roll these into smooth balls.

Place the balls in your lined tin, spacing them evenly in three rows of four.

Cover and let the dough rise and expand again for about 40 minutes.

Bake in a 200°C oven (conventional) for 20–25 minutes.

To make the glaze mix the sugar and water together and heat briefly over low heat until the sugar has dissolved.

When you have removed the buns from the oven, brush the tops with the sugar glaze.