

## Maritozzi con la Panna – Authentic Roman Recipe

These soft, slightly sweet brioche-style buns filled with whipped cream are a beloved Roman treat, often enjoyed with a coffee in the morning or as an indulgent snack.

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### Ingredients (Makes about 8 maritozzi)

#### For the Dough:

- 250g (2 cups) all-purpose flour
- 50g (1/4 cup) sugar
- 1 tsp active dry yeast
- 120ml (1/2 cup) warm milk
- 1 egg
- 40g (3 tbsp) unsalted butter, softened
- Zest of 1 orange or lemon

- 1 tsp vanilla extract

- Pinch of salt

#### For the Glaze:

- 1 tbsp honey
- 1 tbsp water

#### For the Filling:

- 250ml (1 cup) heavy whipping cream
- 2 tbsp powdered sugar (or to taste)
- Vanilla extract (optional)

### Instructions

#### 1. Activate the Yeast

In a small bowl, mix the warm milk and yeast. Let it sit for 5–10 minutes until foamy.

#### 2. Make the Dough

In a large mixing bowl, combine flour, sugar, citrus zest, and salt. Add the yeast mixture, egg, vanilla, and softened butter. Mix and knead (by hand or with a mixer) until smooth and elastic — about 10 minutes.

#### 3. First Rise

Cover the dough and let it rise in a warm place for 1.5 to 2 hours, or until doubled in size.

#### 4. Shape the Buns

Divide the dough into 8 equal pieces. Shape each into an oval roll and place them on a parchment-lined baking sheet.

#### 5. Second Rise

Cover and let the buns rise again for 45–60 minutes, until puffy.

#### 6. Bake

Preheat your oven to 180°C (350°F). Bake the maritozzi for 15–18 minutes or until golden brown.

#### 7. Glaze

Mix the honey and water. While the buns are still warm, brush them with the glaze to give them a shiny finish. Let them cool completely.

#### 8. Whip the Cream

Beat the heavy cream with powdered sugar and vanilla extract (if using) until stiff peaks form.

#### 9. Fill the Maritozzi

Slice each bun almost in half lengthwise (but not all the way through). Fill generously with whipped cream using a spoon or piping bag.

#### 10. Serve

Dust with powdered sugar if desired. Best enjoyed fresh!

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