Khaliat Nahl (Honeycomb Bread)

INTERMEDIATE • 2 HOURS 15 MINS

Soft, pull-apart buns baked snugly together like a honeycomb, Khaliat Nahl is as beautiful as it is comforting. Capilano Pure Honey adds a delicate sweetness that soaks into the warm bread. Tear, share and enjoy while it's fresh from the oven!

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Intermediate	25 mins	20 mins + 1 hour 30 mins to rest	45 buns

Ingredients

- 3 ½ cups all-purpose flour
- ½ tsp salt
- 1 cup warm milk

Method

1. Preheat the oven to 180°C.
2. Prepare the bread dough by mixing together flour and salt with a stand mixer.

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- ¼ cup warm water (more, if needed)
- ¼ cup sugar
- 2 tsp yeast
- 1 egg
- ⅓ cup unsalted butter, softened
- 225g cream cheese squares, cut into chunks
- Egg wash: 1 egg mixed with 1 Tbsp milk
- Toppings: Sesame seeds

SUGAR SYRUP GLAZE

- 1 cup sugar
- 1 cup water
- 1 tbsp Capilano Pure Honey
- Pinch of saffron

Used in this recipe

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

3. In a cup, add the lukewarm water, milk, yeast and sugar. Stir and let it sit for 10 minutes to activate the yeast.

4. After it forms bubbles on the top, pour the yeast mixture into the flour and start forming the dough with a hook attachment on medium-low speed.

5. After the dough comes together slightly, add the egg and the butter and let it knead on high for about 5-10 minutes. You can also do this by hand. Knead it well to ensure a soft texture.

6. Let the dough sit in the bowl covered with a towel for about an hour to double in size. After it's risen, punch it down and divide the dough into 45 small pieces.

7. Stuff a chunk of cream cheese into the centre of the divided dough, and roll it into a ball. Add each ball to a large, greased baking pan. Allow 1-2cm of space between each ball of dough.

8. Cover the pan, and allow the dough to rise for 30 minutes.

9. Give the buns an egg wash, top them with sesame seeds and bake for 20-25 minutes (or until the tops are golden)

10. To make the sugar glaze, add sugar and water to a saucepan on medium-high heat. Stir continuously until the sugar is dissolved and the mixture starts to bubble. Let it boil for 5-10 min and remove from heat.

11. Mix in the honey and saffron into the sugar syrup. Let it cool slightly before pouring it over the baked honeycomb bread.

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