

Maritozzo: A Sweet Treat from the Heart of Italy

Traditional Italian maritozzo recipe with fluffy sweet buns filled with fresh whipped cream. A classic Roman pastry perfect for breakfast or dessert.

150	15	165	6	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 4 cup flour
- 1 cup granulated sugar
- 15 g yeast
- 1 cup water
- 1 cup unsalted butter
- 3 cup whipped cream
- 1 pinch salt
- 1 orange

Instructions

- Prepare the dough**

Combine 4 cups flour, 1 cup sugar, 15g active dry yeast, and 1 pinch salt in a large mixing bowl. Create a well in the center of the dry ingredients.
- Warm milk**

Warm 1 cup milk to lukewarm (about 37°C/98°F) and pour into the well along with 1 beaten egg. Add 1 cup softened butter and mix with your hands or a wooden spoon until a shaggy dough forms.
- Knead the dough**

Turn the dough onto a lightly floured surface and knead for 8-10 minutes until smooth and elastic. The dough should spring back when gently poked.
- First rise**

Place the dough in an oiled bowl, cover with a damp kitchen towel, and let rise in a warm place for 1.5-2 hours until doubled in size.
- Shape the maritozzo**

Punch down the risen dough and divide into 6 equal pieces. Shape each piece into an oval bun about 4 inches long with slightly tapered ends.
- Second rise**

Place the shaped buns on parchment-lined baking sheets, spacing them 3 inches apart. Cover with a kitchen towel and let rise for 45-60 minutes until increased by 50% in size.
- Bake the buns**

Preheat oven to 180°C (350°F). Brush the tops of the buns with 1 beaten egg for a golden finish.

- 8 Bake for 15-18 minutes until golden brown and the internal temperature reaches 88°C (190°F). Cool completely on a wire rack, about 30 minutes.
- 9 **Prepare the filling**
Whip 3 cups heavy cream with 1 cup powdered sugar until soft peaks form, about 3-4 minutes with an electric mixer.
- 10 **Assemble and serve**
Cut each cooled bun horizontally about 3/4 of the way through to create a pocket. Fill generously with whipped cream using a piping bag or large spoon, allowing the cream to overflow slightly. Dust with additional powdered sugar and serve immediately.

Tips

Use lukewarm liquids (around 100-110°F) when activating yeast. Too hot will kill the yeast, while too cold won't properly activate it. Test your yeast before using by dissolving it in warm water with a pinch of sugar. It should become frothy within 5-10 minutes if active. Knead the dough for 8-10 minutes until smooth and elastic. Proper kneading develops gluten structure for the characteristic light, airy texture.

Create a warm environment for rising by placing the dough in an oven with just the light on, or near a sunny window covered with a damp cloth.

Shape the buns with smooth, tapered ends by rolling gently and tucking the seam underneath. This creates the traditional oval shape.

Brush the buns with beaten egg before baking for a beautiful golden color and glossy finish.

Don't overbake - remove when golden brown to prevent drying out. The internal temperature should reach 190°F.

Whip cream to soft peaks only - overwhipped cream will be too stiff and may separate inside the buns.