

## Piaya



### Makes:

8 flatbreads, 1 per serving

### Utensil:

Flatbread Pan

small mixing bowl

medium mixing bowl

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### Recipe:

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### Recipe Description:

Piaya is an unleavened sweet bread served for dessert or as a sweet snack that is filled with a rich and gooey filling made with muscovado sugar. A product of the Negros provinces, the sugar capital of the Philippines, muscovado sugar is a partially refined to unrefined dark brown sugar rich in molasses.

Piaya are easy to prepare and can be stored in the refrigerator until ready to cook. Cook up these tasty little treats in just a few minutes on the Saladmaster 316Ti Flatbread Pan.

1 cup  
all-purpose unbleached flour  
(125  
g)  
pinch of natural salt  
3 tablespoons  
salted butter, chilled, cut into pieces  
(43  
g)  
6 tablespoons  
water, cold  
(90  
mL)  
½ cup  
muscovado sugar  
(96  
g)  
1 teaspoon  
molasses  
(7  
g)  
2 tablespoons  
sesame seeds

(16  
g)

**Directions:**

1. Place and salt in mixing bowl and whisk to combine.
2. Add chilled butter cubes to flour mixture and work butter into flour with the back of a fork or your fingers until it is approximately the size of crumbs.
3. Add ice cold water to mixture, 1 tablespoon (15 mL) at a time until it forms a dough.
4. Place dough onto a lightly floured work surface and knead until dough is smooth and all of the flour is incorporated.
5. Divide dough into 8 even portions and form each into a ball. Cover with damp kitchen towel or plastic wrap and let rest approximately 15 - 20 minutes.
6. Flatten dough ball with the palm of your hand or a rolling pin. In small bowl, combine muscovado sugar and molasses. Place 1 tablespoons of sugar mixture in middle of dough circle and fold dough edges into the center to cover the sugar. Pinch dough with fingers to seal.
7. Carefully flatten dough with rolling pin and roll into a 3-inch (7.6 cm) round. Sprinkle sesame seeds on each side of dough and lightly press into dough with rolling pin. It is very important that there are no holes in the dough. If there are, pinch them together with your fingers before cooking.
8. Preheat pan over medium heat until several drops of water sprinkled on pan skitter and dissipate.
9. Cook Piaya for approximately 2 - 3 minutes on each side until browned and crispy. Serve Piaya warm.

**Tips:**

- Muscovado sugar can be replaced with dark brown sugar.
- If made in advance, Piaya can be reheated on preheated Flatbread Pan for 1 minute on each side.

Nutritional Information per

▼ Serving

**Calories:** 156  
**Total Fat:** 6g  
**Saturated Fat:** 3g  
**Cholesterol:** 12mg  
**Sodium:** 68mg  
**Total** 24g  
**Carbs:**  
**Dietary Fiber:** 1g  
**Sugar:** 13g  
**Protein:** 2g