

Pan de Muerto – “Day of the Dead” Bread

1/2 cup milk
2 to 2-1/2 cups all-purpose flour
1/4 cup sugar
3/4 teaspoon yeast, fast-acting
2 eggs, room temperature
1/4 teaspoon sea salt
1 tablespoon grated orange zest
1/2 teaspoon anise
1 teaspoon orange blossom water
6 tablespoons unsalted butter, room temperature

Glaze:

1 egg, beaten with 1/2 teaspoon water
1 to 2 tablespoons raw or regular sugar

1. Put the flour into a large mixing bowl or in the bowl of an electric mixer. Make a well.
2. Heat milk to 110°F to 115°F on stovetop or in microwave.
3. Sprinkle the sugar and yeast in the well and pour warm milk over the sugar and yeast. Stir gently.
4. Close the well by flicking a portion of the flour over the milk and let sit for up to one hour. This activates the yeast (a preferment stage) and helps develop flavor, acidity and strengthen gluten structure.
5. Large spoon method: stir the ingredients. Add the eggs one at a time, then add the remaining ingredients. Continue stirring while forming a ball. Transfer to a clean work surface and knead for 10 minutes. Add the butter and knead again for 10 minutes. Electric mixer method: attach the paddle and stir the ingredients for 30 seconds. Remove the paddle and insert the dough hook. At lowest speed, add each egg separately. Next, add the remaining ingredients, except the butter. Mix for five minutes, then add the softened butter and mix for eight minutes, until butter is fully incorporated. Remove the dough from bowl and place on clean work surface. Knead for about five minutes, until dough is smooth.
6. Place dough in a buttered bowl and cover with plastic. Allow to rise in a warm spot until doubled in size.
7. Line a large or two small baking sheets with parchment paper (or butter the baking sheet).
8. Remove dough from bowl and divide the dough into three pieces (two large and one small). Wrap the small piece in plastic and store in refrigerator. Shape dough into two balls and flatten with palm of hand, forming a disk

approximately 5-inches in diameter. Cover loosely with plastic and allow to rise for one hour in a warm location.

9. Take the refrigerated dough and divide into 3 pieces. Form four logs by rolling the dough on a clean surface with your hands. Flatten the middle of the logs with your finger and make bone shapes on each side of the logs. Moisten the bottom of the logs before draping over the loaf. Take the logs and drape them in an X shape over the dough.
10. Form two small balls with remaining dough. Moisten the bottom of each ball and place it on the top of the X. Press gently so it sticks.
11. Glaze: Whisk egg and water together. Using a pastry brush, gently brush the dough, logs and ball with mixture. Sprinkle with sugar and bake at 350°F until done (20 to 23 minutes for small loaves or 25 to 30 minutes for a large loaf).

Makes 8 servings

Source: From the kitchen of Extension Master Food Volunteer, Mary Lou Jaramillo

Extension Master Food Volunteers

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Nutrition Facts

8 servings per container
Serving size 1/8 of recipe

Amount per serving
Calories 280

% Daily Value*

Total Fat 11g 14%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 95mg 32%

Sodium 110mg 5%

Total Carbohydrate 37g 13%

Dietary Fiber 1g 4%

Total Sugars 9g

Includes 9g Added Sugars 18%

Protein 7g

Vitamin D 1mcg 6%

Calcium 41mg 4%

Iron 2mg 10%

Potassium 99mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.