

Pan de Muertos (Mexican Bread of the Dead) allrecipes.com



Rated: ★★★★★

Submitted By: Lola

Photo By: apurpleocean

Servings: 15

"This is a version of the bread that is made for the November 2 celebration known as the Dia de los Muertos (Day of the Dead) in Mexico. "

INGREDIENTS:

1/4 cup margarine	2 teaspoons anise seed
1/4 cup milk	1/4 cup white sugar
1/4 cup warm water (110 degrees F/45 degrees C)	2 eggs, beaten
3 cups all-purpose flour	2 teaspoons orange zest
1 1/4 teaspoons active dry yeast	1/4 cup white sugar
1/2 teaspoon salt	1/4 cup orange juice
	1 tablespoon orange zest
	2 tablespoons white sugar

DIRECTIONS:

1. Heat the milk and the butter together in a medium saucepan, until the butter melts. Remove from the heat and add them warm water. The mixture should be around 110 degrees F (43 degrees C).
2. In a large bowl combine 1 cup of the flour, yeast, salt, anise seed and 1/4 cup of the sugar. Beat in the warm milk mixture then add the eggs and orange zest and beat until well combined. Stir in 1/2 cup of flour and continue adding more flour until the dough is soft.
3. Turn the dough out onto a lightly floured surface and knead until smooth and elastic.
4. Place the dough into a lightly greased bowl cover with plastic wrap and let rise in a warm place until doubled in size. This will take about 1 to 2 hours. Punch the dough down and shape it into a large round loaf with a round knob on top. Place dough onto a baking sheet, loosely cover with plastic wrap and let rise in a warm place for about 1 hour or until just about doubled in size.

DIRECTIONS: *(continued)*

5. Bake in a preheated 350 degrees F (175 degrees C) oven for about 35 to 45 minutes. Remove from oven let cool slightly then brush with glaze.
6. To make glaze: In a small saucepan combine the 1/4 cup sugar, orange juice and orange zest. Bring to a boil over medium heat and boil for 2 minutes. Brush over top of bread while still warm. Sprinkle glazed bread with white sugar.

