



TRADITIONS IN THE KITCHEN

Food Inspired by
Faith

Pan de Muerto

Ingredients

¼ cup warm milk	2 eggs
0.4 oz dry yeast	1 tablespoon orange blossom extract (optional)
4 cups flour	1 teaspoon orange zest
1 cup sugar	7 tablespoons butter, cut into pieces
½ teaspoon salt	9 oz sour cream

"bread of the dead"
to celebrate
Día de los Muertos

Instructions


Dissolve yeast by combining with the milk in a glass

In a mixing bowl using a standing or hand mixer affixed with a dough hook, combine the flour, sugar, salt and egg. Then add in yeast mixture, orange blossom extract, orange zest, butter and sour cream. Combine to form a dough and mix for 15 minutes.

Grease a bowl with vegetable oil and turn dough into it. Cover with plastic wrap and let it rest to rise for one hour in a warm place. Preheat oven to 350 degrees.

Add a little flour to your cooking surface and cut the dough into seven equal parts, forming six of the parts into round loaves, and saving one for "decorations."

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The bread is shaped like a skull and crossbones, but the sugar reminds us that life is sweet! 

With the decorations portion of the dough, cut 12 small pieces and roll into ropes, forming "bones" by pressing your fingers into the dough as you roll. Place two bones crossways over each loaf, adhering with dabs of water. Make six small balls with remaining dough and place in the center of each loaf, adhering with dabs of water.

Beat an egg yolk with a little water to make an egg wash and brush over each loaf. Sprinkle generously with sugar or if preferable, ice after baking using icing recipe below.

Place the loaves on a parchment or silicone-lined cookie sheet and let rest for 15 minutes. Bake at 350 degrees for 20 minutes.

Pan de Muertos- Icing

Ingredients

2 cups powdered sugar
4 tablespoons of milk

Directions

In a mixing bowl, whisk powdered sugar and milk to make a smooth icing
Pour icing over each loaf and let dry.

Add food colorings of your choosing to remaining icing. Decorate the loaves or "pans" by piping flowers, swirls or designs to honor your loved ones