

Day of the Dead Bread – Pan de Muerto

Here is a recipe for that Mary J. Andrade has allowed us to use from her book, *Day of the Dead: A Passion for Life*. – Enjoy!

Ingredients:

1 teaspoon dry yeast
¼ cup warm water
4 cups all-purpose flour
6 eggs
1 teaspoon salt
½ cup melted butter
Orange-flower water (optional)
egg wash (1 egg white plus ½ egg yolk)
powdered or granulated sugar for sprinkling
¼ teaspoon of aniseed
¼ teaspoon nutmeg

Preparation:

Combine yeast and water and 1/3 cup of flour. Let mixture stand until it doubles in volume.

Place remaining flour in a large bowl and dig a hole in the center. Place eggs, salt, sugar, aniseed, nutmeg, butter and orange-flower water inside hole.

Beat together, then add yeast mixture, combining it with the dough. Knead on a floured board for 15 minutes or until the dough no longer sticks to the surface. Add flour as needed.

Place the dough in a greased bowl. Cover with a cloth and let rise in a warm, draft free area for three hours or until the mixture doubles in volume.

Preheat the oven to 450 degrees F. Pinch off one third of the dough and form two-inch balls. Roll each ball into a long rope. Mold pieces of the rope to resemble little bones and set aside.

Shape the remaining dough into a round loaf and lightly brush it with egg wash. Place the loaf on a cookie sheet and arrange dough “bones” in a pattern on the loaf. Brush with the remaining egg wash.

Bake for 10 minutes. Lower the temperature to 350 degrees F and continue baking for 30 minutes.

Sprinkle with sugar and serve at room temperature.