

DAY OF THE DEAD

PAN DE MUERTO

PLATING COMPONENTS	UNIT	AMOUNT
Dry active yeast	Tbs	2½
Water (110° to activate yeast)	Cup	1
Unbleached All purpose flour	Cups	4
Sugar	Cup	¾
Kosher salt	Tsp	¼
Anise seeds	Tbs	1
Whole eggs	Each	3
Shortening	Cups	¼
Butter (softened)	Tbs	2
Sesame seeds	Tbs	1

METHOD:

1. Mix the yeast and water in a measuring cup and allow the mix to sit for 10 minutes to activate the yeast. (the water should be at 110° to activate the yeast properly)
2. Combine the flour, sugar, salt and anise in a mixing bowl and mix well.
3. Make a well in the center of the flour mix and add the eggs, softened lard, butter and the yeast water. Mix to make sticky dough in the bowl.
4. Remove the dough from the bowl and knead the dough for 15 minutes on a surface lightly dusted with flour. (at the end the dough should not be sticking to your hands)
5. Place the dough in a lightly greased bowl, spread a small amount of lard or oil over the top of the dough to keep it from drying out and cover the dough with a damp cloth. Let the dough sit for 45 minutes to rise.
6. Punch down the dough and knead it a few more times and divide the dough into 2 oz pieces. Form the 2 oz pieces into round bread loaves and place on a floured sheet tray lined with parchment paper, allowing space between the bread for it to rise again.
7. Wet the sesame seeds with water, drain them and using your finger tips place a small amount on the top of each piece of bread. Allow the dough to rise for 15 minutes.
8. Slit the top of the bread with a sharp knife and allow to rise for another 15 minutes.
9. Bake in a pre-heated oven at 350° for 45 minutes.