



Czech Christmas Hoska

 Vegetarian

READY IN



330 min.

SERVINGS



16

CALORIES



336 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup blanched slivered almonds
- ☐ 0.5 cup butter
- ☐ 0.5 cup candied fruit peel mixed
- ☐ 2 tablespoons confectioners' sugar
- ☐ 1 eggs beaten
- ☐ 1 egg yolk
- ☐ 6 cups flour all-purpose
- ☐ 0.5 cup golden raisins

- ☐ 1 pinch ground ginger
- ☐ 1 pinch mace
- ☐ 1 tablespoon milk
- ☐ 2 cups scalded milk
- ☐ 0.1 gram orange zest dried
- ☐ 1 teaspoon salt
- ☐ 0.3 cup warm water 110 degrees F/45 degrees C
- ☐ 0.5 cup sugar white
- ☐ 0.6 ounce cake compressed yeast fresh

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ kitchen towels

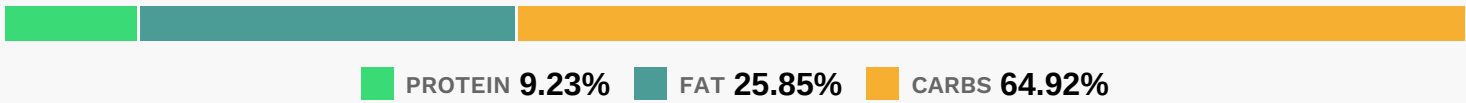
Directions

- ☐ Dissolve yeast in warm water.
- ☐ In a large bowl, cream sugar and butter.
- ☐ Add beaten egg and salt. Stir in cooled milk, and then the yeast.
- ☐ Add 1 1/2 cups sifted flour; beat to smooth batter. Cover and let rise until light, about one hour.
- ☐ Stir spices and dried orange zest into the sponge.
- ☐ Add 4 1/2 cups of flour to make a soft dough.
- ☐ Place on a lightly floured board, and knead until smooth and elastic. Knead in raisins and candied peel. Put in a well oiled bowl, and turn once to coat the surface of the dough. Cover. Set aside to rise until double in bulk, about 2 hours.
- ☐ Divide dough into ten parts, roll into desired lengths, and let rise about 15 minutes. On a heavily greased baking sheet, make a braid of three parts, beginning in the center and working braid loosely toward each end. Pinch ends together. Twist the remaining two pieces together,

and place on the base of the braid. In a small bowl, beat together egg yolk and milk; brush the loaf with this mixture.

- ☐ Sprinkle sliced almonds over the loaf. Repeat process for second loaf.
- ☐ Let rise about 45 minutes.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 minutes.
- ☐ Transfer bread to a wire rack, and cool completely. Cover while cooling with a tea towel to make a soft crust.
- ☐ Sprinkle with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:20.48, Glycemic Load:32.74, Inflammation Score:-5, Nutrition Score:10.67434795136%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 335.51kcal (16.78%), Fat: 9.69g (14.91%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 54.78g (18.26%), Net Carbohydrates: 52.38g (19.05%), Sugar: 15.26g (16.95%), Cholesterol: 41.4mg (13.8%), Sodium: 214.62mg (9.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.58%), Vitamin B1: 0.51mg (34.2%), Folate: 115.65µg (28.91%), Selenium: 18.31µg (26.16%), Vitamin B2: 0.37mg (21.93%), Manganese: 0.41mg (20.37%), Vitamin B3: 3.41mg (17.03%), Iron: 2.66mg (14.77%), Phosphorus: 122.22mg (12.22%), Fiber: 2.4g (9.6%), Vitamin E: 1.07mg (7.16%), Calcium: 71.37mg (7.14%), Magnesium: 25.99mg (6.5%), Copper: 0.13mg (6.46%), Vitamin B5: 0.57mg (5.67%), Vitamin A: 265.67IU (5.31%), Potassium: 170.88mg (4.88%), Zinc: 0.73mg (4.85%), Vitamin B6: 0.08mg (4.16%), Vitamin B12: 0.23µg (3.82%), Vitamin D: 0.46µg (3.08%)