



Italian Easter Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



405 kcal

BREAD

Ingredients

- 0.5 cup flour ()
- 0.3 teaspoon almond extract
- 0.5 cup almonds whole
- 1.3 cups almonds sliced
- 10 ounces candied orange peel chopped
- 1.5 teaspoons yeast dry
- 3 large egg whites
- 4 large egg yolk

- 1 tablespoon honey
- 16 servings powdered sugar
- 1.5 teaspoons sea salt fine
- 1 cup sugar
- 2 cups unbleached all purpose flour
- 1 cup butter unsalted soft cut into 12 pieces room temperature (2 sticks) (very)
- 2 teaspoons vanilla extract
- 0.5 cup water
- 3 tablespoons water
- 3 tablespoons milk whole lukewarm

Equipment

- bowl
- baking sheet
- oven
- blender
- plastic wrap
- spatula
- springform pan
- skewers

Directions

- Combine water and sugar in bowl of heavy-duty mixer. Stir in yeast.
- Let stand until yeast dissolves, about 10 minutes. Using rubber spatula, mix in flour (dough will be firm). Cover bowl with plastic wrap.
- Let starter rise until puffy, about 45 minutes. (Initially, the starter, or biga is firm and compact, but it softens and becomes puffy and spongy after rising.)
- Attach dough hook to mixer.

- Add all ingredients in step 2 to starter. Beat until blended, scraping down sides of bowl often, about 5 minutes (dough will be soft and thick). Scrape dough off hook; remove hook. Cover bowl with plastic.
- Let dough rise at room temperature until puffy and bubbly on top, about 1 hour. The dough will look thick, shiny, and slightly puffed.
- Reattach clean dough hook.
- Add first 5 ingredients in step 3 to dough; beat until blended.
- Add flour. Beat at low speed until smooth, scraping down bowl and hook often, about 5 minutes (dough will be firm and compact). Scrape dough off hook; remove hook. Cover bowl with plastic; let dough rise at room temperature until lighter in texture and slightly puffed, about 3 1/2 hours. The dough will double in volume and become lighter in texture but less glossy.
- Reattach clean dough hook.
- Mix water and yeast in small cup.
- Let stand until yeast dissolves, about 10 minutes; add to dough.
- Add 1 1/3 cups flour, half of butter, sugar, and 2 yolks; beat until dough is smooth, about 3 minutes. Scrape down dough hook and sides of bowl.
- Add remaining 2 yolks, milk, vanilla extract, and salt. Beat at low speed until blended, about 3 minutes. Scrape down hook.
- Add remaining 2/3 cup flour, remaining butter, and orange peel. Beat dough until well blended, about 5 minutes. Scrape dough into very large (at least 4-quart) buttered bowl. Cover with plastic.
- Let dough rise at room temperature until doubled and indentation remains when 2 fingers are pressed about 1/4 inch into dough, 8 to 10 hours.
- Sprinkle 1/2 cup flour onto work surface. Scrape dough out onto floured work surface (dough will be soft and sticky). Gently toss dough in flour until easy to handle.
- Brush away excess flour. Divide dough into 3 equal pieces. Divide 1 piece in half; shape each half into 10-inch-long log. Arrange 1 log crosswise in each paper baking mold, curving ends to fit.
- Roll each remaining dough piece into 11-inch-long log, slightly tapered at ends.
- Place 1 log across dough in each mold. (If using 2 springform pans, divide dough in half; place half in each prepared pan). Cover molds (or pans) with plastic.

- Let stand at room temperature until dough rises to top of each mold and indentation remains when 2 fingers are pressed about 1/4 inch into dough, about 3 1/4 hours.
- Position rack in bottom third of oven and preheat to 375°F. Finely grind sugar and whole almonds in processor.
- Add egg whites and almond extract; blend 10 seconds. Peel plastic off dough in molds. Spoon half of almond glaze over top of each.
- Sprinkle each with sliced almonds. Sift powdered sugar over. Slide rimless baking sheet under molds; slide molds directly onto oven rack.
- Bake breads until brown on top and slender wooden skewer inserted into center comes out clean, about 45 minutes. Cool breads completely on rack. (Can be made ahead. Wrap; let stand at room temperature up to 2 days or freeze up to 1 week.)
- * Candied orange peel can be found in some specialty foods stores. Dove-shaped paper baking molds can be found at Sur La Table (800-243-085
- and some other cookware stores, or you can order the molds, along with fine-quality candied orange peel, from Emporio Rulli (888-887-8554).

Nutrition Facts

PROTEIN 6.13% **FAT 41.45%** **CARBS 52.42%**

Properties

Glycemic Index:15.96, Glycemic Load:11.61, Inflammation Score:-5, Nutrition Score:8.6521738357032%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 404.53kcal (20.23%), Fat: 19.06g (29.32%), Saturated Fat: 8.24g (51.51%), Carbohydrates: 54.22g (18.07%), Net Carbohydrates: 51.81g (18.84%), Sugar: 36.54g (40.6%), Cholesterol: 76.74mg (25.58%), Sodium: 251.88mg (10.95%), Alcohol: 0.19g (100%), Alcohol %: 0.22% (100%), Protein: 6.34g (12.67%), Vitamin E: 3.59mg (23.95%), Manganese: 0.44mg (21.92%), Vitamin B2: 0.31mg (18.22%), Selenium: 11.19µg (15.99%), Vitamin B1:

0.22mg (14.69%), Folate: 54.81µg (13.7%), Phosphorus: 106.04mg (10.6%), Magnesium: 39.64mg (9.91%), Fiber: 2.41g (9.64%), Vitamin B3: 1.73mg (8.65%), Copper: 0.17mg (8.53%), Iron: 1.54mg (8.53%), Vitamin A: 424.19IU (8.48%), Calcium: 52.42mg (5.24%), Zinc: 0.68mg (4.52%), Potassium: 146.87mg (4.2%), Vitamin B5: 0.35mg (3.48%), Vitamin D: 0.47µg (3.15%), Vitamin B6: 0.05mg (2.37%), Vitamin B12: 0.13µg (2.13%), Vitamin K: 1.14µg (1.09%)