



## Overnight Citrus Ginger Ring

 Vegetarian

READY IN



705 min.

SERVINGS



12

CALORIES



451 kcal

SIDE DISH

### Ingredients

- 4 ounces apricot preserves
- 6 ounces buttermilk room temperature
- 1 ounce candied ginger finely chopped
- 2 tablespoons candied ginger finely chopped
- 4 large egg yolks room temperature
- 5 ounces flour all-purpose
- 20 ounces flour for dusting all-purpose
- 2 tablespoons ginger fresh minced

- 1 package yeast dry instant
- 1.3 teaspoons kosher salt
- 2 medium lemon zest
- 2 ounces sugar
- 8 ounces sugar
- 1 ounce butter unsalted melted
- 3 ounces butter unsalted melted
- 1 ounce water
- 1 eggs whole beaten
- 1 large eggs whole room temperature

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- plastic wrap
- kitchen thermometer
- stand mixer
- kitchen scissors

## Directions

- For the dough: in the bowl of a stand mixer with the whisk attachment, whisk the egg yolks, whole egg, sugar, butter, and buttermilk.
- Add approximately 2 cups of the flour along with the yeast and salt; whisk until moistened and combined.
- Remove the whisk attachment and replace with a dough hook.

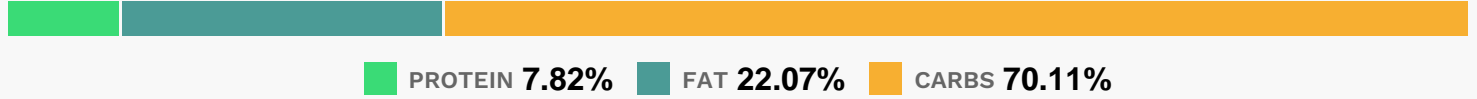
- Add all but 3/4 cup of the remaining flour and knead on low speed for 5 minutes. Check the consistency of the dough and add more flour if necessary; the dough should feel soft and moist but not sticky. Knead on low speed 5 minutes more or until the dough clears the sides of the bowl. Turn the dough out onto a lightly floured work surface; knead by hand about 30 seconds. Lightly oil a large bowl.
- Transfer the dough to the bowl, lightly oil the top of the dough, cover and let double in volume, 2 to 2 1/2 hours.
- For the filling, combine the 8 ounces of sugar, lemon zest, fresh ginger, the 2 tablespoons candied ginger and the 5 ounces flour in a medium bowl.
- Mix until well combined. Set aside until ready to use.
- Lightly grease a baking sheet and set aside. Turn the dough out onto a lightly floured surface.
- Roll into a 12 by 24-inch rectangle.
- Brush the 1-ounce of melted butter onto the dough and sprinkle the filling over the dough; press the filling lightly so it sticks to the dough. Beginning with the long edge nearest you, roll the dough into a tight cylinder.
- Brush the beaten egg along the edge for a secure seal. Firmly pinch the seam to seal and roll cylinder seam side down.
- Brush the 2 ends with a little of the beaten egg and bring together to shape into a ring and firmly press together.
- Place on the baking sheet, cover with plastic wrap and refrigerate overnight or up to 16 hours.
- Remove the ring from the refrigerator, remove the plastic wrap and snip the top with scissors every 2 inches.
- Place in an oven that is turned off. Fill a shallow pan 2/3 full of boiling water and set on the rack below the ring. Close the oven door and let the dough rise until the ring looks slightly puffy, approximately 30 minutes.
- Remove the ring and the shallow pan of water from the oven.
- Preheat the oven to 350 degrees F.
- When the oven is ready, place the ring on the middle rack and bake until golden brown, or until the internal temperature reaches 190 degrees F on an instant-read thermometer, approximately 30 minutes.
- While the ring is baking, make the glaze by combining the jam, 1-ounce candied ginger, and the water in a small saucepan over medium heat. Bring to a simmer. Stir and cook until the jam is melted and well mixed with the water, about 3 to 5 minutes. Continue to simmer until

reduced and thickened slightly, about 3 to 5 minutes.

Brush over the warm ring.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:28.02, Glycemic Load:49.34, Inflammation Score:-5, Nutrition Score:11.66608688624%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 451.04kcal (22.55%), Fat: 11.11g (17.09%), Saturated Fat: 6.01g (37.57%), Carbohydrates: 79.42g (26.47%), Net Carbohydrates: 77.52g (28.19%), Sugar: 31.71g (35.23%), Cholesterol: 112.22mg (37.41%), Sodium: 278.44mg (12.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.72%), Selenium: 26.61µg (38.02%), Vitamin B1: 0.55mg (36.6%), Folate: 135.03µg (33.76%), Vitamin B2: 0.42mg (24.48%), Manganese: 0.42mg (20.94%), Vitamin B3: 3.76mg (18.81%), Iron: 3.13mg (17.37%), Phosphorus: 120.23mg (12.02%), Vitamin A: 403.43IU (8.07%), Fiber: 1.91g (7.64%), Vitamin B5: 0.7mg (6.99%), Copper: 0.12mg (5.89%), Vitamin D: 0.79µg (5.26%), Zinc: 0.77mg (5.13%), Vitamin B12: 0.26µg (4.36%), Calcium: 43.17mg (4.32%), Magnesium: 17.2mg (4.3%), Vitamin B6: 0.08mg (3.94%), Potassium: 121.4mg (3.47%), Vitamin E: 0.51mg (3.41%), Vitamin C: 2.18mg (2.64%)