



Pan de Muerto

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



616 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon yeast dry
- ☐ 4 egg yolk beaten
- ☐ 3 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 orange zest grated
- ☐ 1.3 teaspoons sea salt
- ☐ 0.3 cup sugar

- ☐ 4 tablespoons butter unsalted melted
- ☐ 0.3 cup water

Equipment

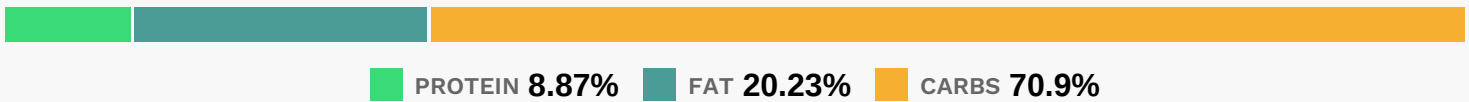
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Combine the flour, sugar, yeast, and salt in a large bowl.
- ☐ Add the water and eggs and beat for about 5 minutes.
- ☐ Place the dough in a buttered bowl and allow it to rise in a warm place until it has doubled in size, about 2 hours.
- ☐ When the starter has risen, give it a light blow to deflate it, and then break it into pieces and place in a mixing bowl.
- ☐ Mix in the sugar, butter, and orange zest. Beat in the flour and the eight egg yolks. Slowly mix in the water until the dough is slightly sticky but smooth.
- ☐ Add additional water or flour if needed.
- ☐ Lightly knead the dough on a floured work surface, then form it into a round dome. Butter and flour a mixing bowl and place the dough in it, cover, and let sit in a warm place until it has doubled in size, about 2 hours.
- ☐ When the dough has risen, punch it down. Set aside one-quarter of the dough. Mound the remaining dough on a floured work surface. Press fist-size balls of dough into 6-inch rounds. Cover and let rise for 1 hour.
- ☐ Count the number of dough rounds you have prepared, and divide the reserved dough into that number of parts. Shape each part into two bone-shaped logs, each roughly 7 inches long, pinching in the center so that the ends are wider than the middles. Set on a baking sheet and let rise until the cakes are done rising.
- ☐ When the dough has risen, set two bones on top of each round, intersecting in the middle to form a crossbones.
- ☐ Brush the cakes with the beaten egg yolks.

- ☐ Preheat the oven to 325°F. Butter two baking sheets.
- ☐ Transfer the cakes to the sheets and bake for 15 to 20 minutes, until the cakes are golden and springy. Open the oven door and let sit for 5 minutes.
- ☐ Remove the cakes from the oven.
- ☐ Brush the surface of each one with melted butter, and sprinkle with sugar.
- ☐ Let cool before serving.
- ☐ Rosca de Reyes (for the Day of the Dead)Prepare the dough and shape into a ring, reserving some dough to make bones. Shape 5 bones, as described in the recipe, and top the ring with the bones, candied figs, and candied fruit strips.
- ☐ Excerpted from A World of Cake: 150 Recipes for Sweet Traditions from Cultures Near and Far by Krystina Castella. © 2010 by Krystina Castella. Published by Storey Publishing. Photography © Renee Anjanette Photography, used with permission from Storey Publishing.

Nutrition Facts



Properties

Glycemic Index:35.86, Glycemic Load:77.03, Inflammation Score:-6, Nutrition Score:17.025651931763%

Nutrients (% of daily need)

Calories: 615.57kcal (30.78%), Fat: 13.86g (21.32%), Saturated Fat: 6.77g (42.28%), Carbohydrates: 109.23g (36.41%), Net Carbohydrates: 106.59g (38.76%), Sugar: 44.73g (49.71%), Cholesterol: 231.51mg (77.17%), Sodium: 525.51mg (22.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.33%), Selenium: 42.16µg (60.23%), Vitamin B1: 0.76mg (50.69%), Folate: 196.84µg (49.21%), Vitamin B2: 0.62mg (36.21%), Manganese: 0.59mg (29.33%), Vitamin B3: 5.23mg (26.15%), Iron: 4.64mg (25.77%), Phosphorus: 187.27mg (18.73%), Vitamin B5: 1.17mg (11.71%), Vitamin A: 533.48IU (10.67%), Fiber: 2.64g (10.57%), Vitamin D: 1.23µg (8.19%), Zinc: 1.22mg (8.11%), Copper: 0.16mg (7.82%), Vitamin B12: 0.45µg (7.44%), Vitamin B6: 0.13mg (6.49%), Magnesium: 22.67mg (5.67%), Vitamin E: 0.81mg (5.41%), Calcium: 47mg (4.7%), Potassium: 146.44mg (4.18%), Vitamin C: 2.72mg (3.3%), Vitamin K: 1.06µg (1.01%)