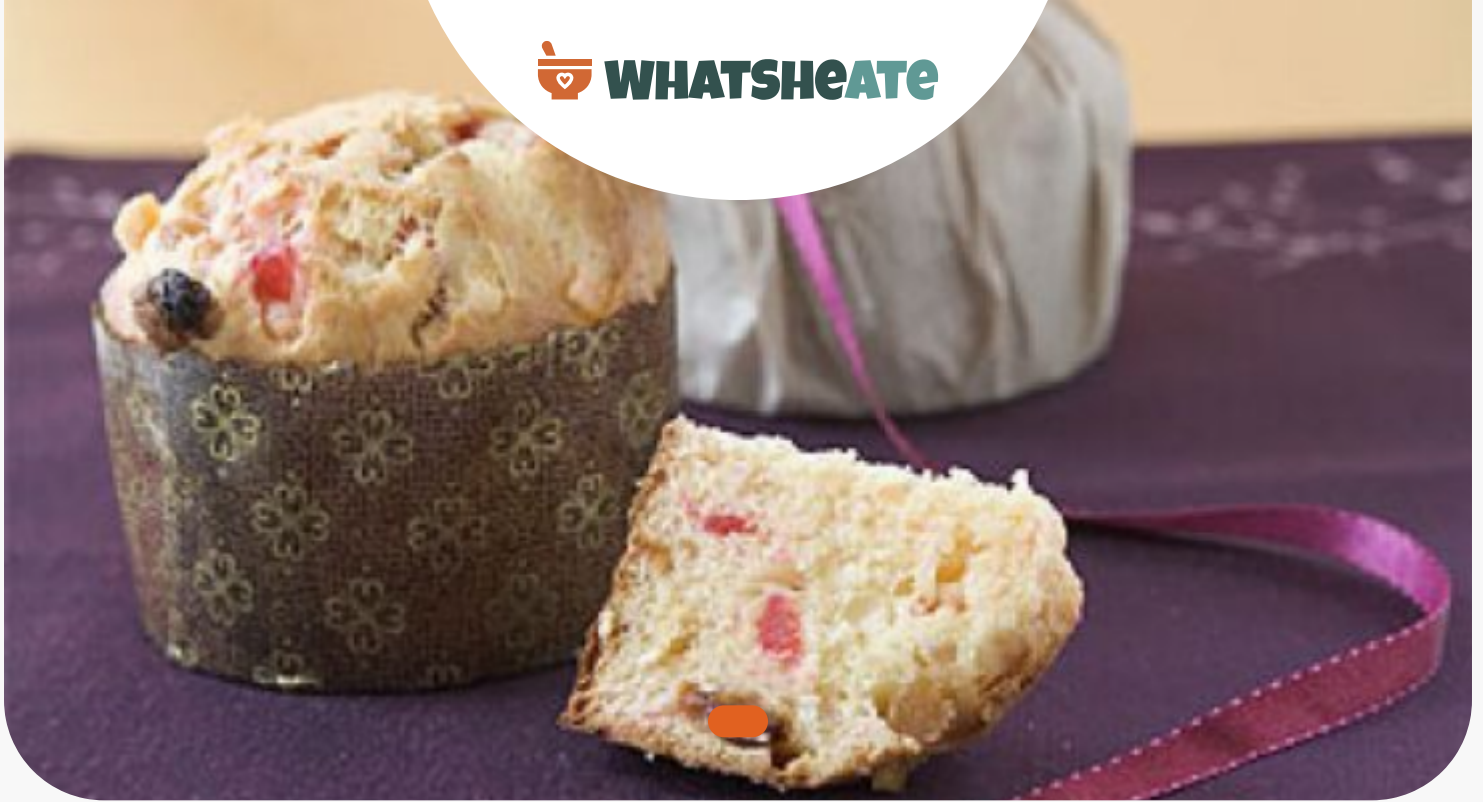




Panettone with Candied Fruit

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



3009 kcal

BREAD

Ingredients

- ☐ 1 teaspoon yeast dry
- ☐ 1 cup fruit jell-o® mix mixed diced (such as glacéed cherries and citron, orange, or lemon peel)
- ☐ 9 large egg yolk
- ☐ 3.5 cups flour
- ☐ 1 cup golden raisins
- ☐ 2 tablespoons honey
- ☐ 0.3 cup milk
- ☐ 2 teaspoons salt

- ☐ 0.8 cup sugar
- ☐ 20 tablespoons butter unsalted ()
- ☐ 1 teaspoon vanilla extract

Equipment

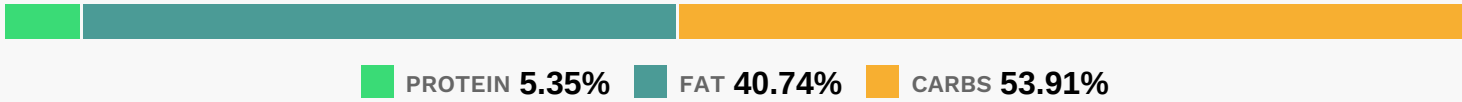
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ skewers

Directions

- ☐ In bowl of standing mixer fitted with dough hook, combine 1/3 cup warm water (105°F to 115°F) and sugar. Stir in yeast.
- ☐ Let stand until yeast dissolves, about 5 minutes.
- ☐ Add flour and mix at low speed until smooth, about 2 minutes. Cover bowl with plastic wrap.
- ☐ Let rise in warm, draft-free place until tripled in volume, about 3 hours. (Can be made 5 days ahead. Stir down starter, cover and chill. Bring to room temperature before using.)
- ☐ In small bowl, stir together 1/4 cup warm water (105°F to 115°F) and yeast.
- ☐ Let stand until yeast dissolves, about 5 minutes. Attach bowl containing biga to standing mixer fitted with dough hook, pour in yeast mixture, and mix at low speed until combined, about 2 minutes.
- ☐ Add egg yolks, sugar, and flour and mix at medium speed until shiny and smooth, about 5 minutes. Cover bowl with plastic wrap.
- ☐ Let rise in warm, draft-free place until tripled in volume, about 3 hours.
- ☐ Attach bowl containing dough to standing mixer fitted with dough hook and add flour, egg yolks, milk, honey, 1/4 cup sugar, and 10 tablespoons butter.
- ☐ Mix at medium speed until blended, about 3 minutes, then add salt, vanilla, and remaining sugar.

- ☐ Mix at medium speed until well blended, about 5 minutes more.
- ☐ With mixer running, add remaining 10 tablespoons butter, 1 tablespoon at time. (Dough will become smooth and shiny and will pull away from sides of bowl.)
- ☐ Add candied fruit and raisins and mix until blended, about 1 minute. Form dough into ball and transfer to large bowl. Cover with clean kitchen towel and let rise in warm, draft-free place until doubled in volume, about 3 hours.
- ☐ Preheat oven to 350°F. Butter 2 (8-inch) or 8 (3 1/2-inch) paper panettone molds. Punch down dough, then turn out onto work surface. Divide dough into 2 pieces and form each into ball. (If using small molds, divide dough into 8 small balls.)
- ☐ Place 1 ball in each mold. Cover with clean kitchen towel and let rise in warm, draft-free place until dough has risen past the rim and springs back when poked, about 1 hour.
- ☐ Bake until golden brown, about 45 to 50 minutes. To cool, stick 2 skewers through base of each mold and suspend bread upside down by resting skewers on 2 containers taller than bread. (This helps keep bread from deflating during cooling.)
- ☐ When loaves are cool, wrap well in plastic wrap, then in parchment or tissue paper. Store at room temperature.

Nutrition Facts



Properties

Glycemic Index:146.02, Glycemic Load:213.9, Inflammation Score:-10, Nutrition Score:53.633912895037%

Flavonoids

Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 3009.2kcal (150.46%), Fat: 137.96g (212.25%), Saturated Fat: 80.44g (502.76%), Carbohydrates: 410.81g (136.94%), Net Carbohydrates: 396.46g (144.17%), Sugar: 194.98g (216.64%), Cholesterol: 1132.08mg (377.36%), Sodium: 2477.3mg (107.71%), Alcohol: 0.69g (100%), Alcohol %: 0.11% (100%), Protein: 40.78g (81.56%), Selenium: 120.42µg (172.03%), Folate: 555.2µg (138.8%), Vitamin B1: 2.06mg (137.25%), Vitamin B2: 1.81mg (106.65%), Vitamin A: 4757.51IU (95.15%), Iron: 16.49mg (91.61%), Manganese: 1.8mg (89.99%), Vitamin B3: 14.52mg (72.61%), Phosphorus: 703.52mg (70.35%), Fiber: 14.35g (57.41%), Vitamin D: 6.68µg (44.52%), Calcium: 415.01mg (41.5%), Vitamin B5: 3.88mg (38.78%), Vitamin E: 5.46mg (36.4%), Copper: 0.68mg (34.14%), Vitamin B6: 0.66mg (32.8%), Vitamin B12: 1.95µg (32.51%), Potassium: 983.61mg (28.1%), Zinc: 4mg (26.67%), Magnesium: 86.57mg (21.64%),

Vitamin K: 13.66µg (13.01%), Vitamin C: 5.27mg (6.39%)