



Poppy-Seed Sweet Bread

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



30

CALORIES



111 kcal

Ingredients

- 0.3 cup water (105-115°F)
- 2 large egg yolk
- 0.5 cup sugar
- 30 servings vanilla
- 2 teaspoons juice of lemon fresh
- 0.5 cup milk (105-115°F)
- 1 large egg yolk
- 1 tablespoon cup heavy whipping cream
- 1 teaspoon vanilla

- 12 oz poppy seeds canned
- 0.3 teaspoon salt
- 0.8 cup golden raisins coarsely chopped
- 0.3 cup butter unsalted softened
- 0.3 oz yeast dry ()
- 1 teaspoon lemon zest fresh finely grated
- 2 servings frangelico

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- blender
- plastic wrap
- aluminum foil
- kitchen towels
- spatula
- rolling pin
- offset spatula

Directions

- Stir together water and 1 teaspoon sugar in a small bowl.
- Sprinkle yeast over mixture and let stand until foamy, about 5 minutes. (If yeast doesn't foam, discard and start over with new yeast.)
- Beat together butter and remaining 1/2 cup sugar in mixer at medium speed until pale and fluffy.

- Add yolks, vanilla, salt, and zest, beating until combined, then add yeast mixture. Reduce speed to low and add flour (2 1/2 cups) and milk, alternating in 2 batches and mixing until combined. Increase speed to medium and beat until dough is shiny and elastic, 4 to 6 minutes. (Dough will be very soft and sticky.)
- Scrape down side of bowl and cover bowl with plastic wrap and a kitchen towel. Dust dough with 2 tablespoons flour.
- Let rise in a warm, draft-free place until doubled in bulk, 1 1/2 to 2 hours.
- Bring raisins, cream, zest, and juice to a simmer in a 1-quart heavy saucepan over moderate heat, stirring occasionally.
- Remove from heat and let stand until most of cream is absorbed, about 20 minutes.
- Stir mixture into poppy-seed filling in a bowl.
- Line a 17- by 12-inch baking sheet with parchment paper.
- Punch down dough with a lightly oiled spatula and divide into 2 equal pieces.
- Roll out 1 piece on a well-floured surface with a floured rolling pin to a 12- by 9-inch rectangle (about 1/4 inch thick) with a long side nearest you.
- Spread half of filling evenly over dough with offset spatula, leaving a 1/2-inch border all around edge. Beat together yolk and cream for egg wash and brush on long border nearest you.
- Starting with long side farthest from you, roll dough toward you into a snug log, pinching firmly along egg-washed edge to seal. Pinch ends of loaf together and arrange lengthwise on baking sheet, off center and seam side down. Tuck ends under slightly. Form a second loaf in same manner, spacing loaves about 4 inches apart. Chill remaining egg wash to use later. Loosely cover with buttered plastic wrap and let rise in a warm, draft-free place until loaves double in bulk, about 1 hour.
- Put oven rack in middle position and preheat oven to 350°F.
- Cut 3 steam vents, spaced 3 to 4 inches apart, in each loaf with a sharp knife, then brush loaves with remaining egg wash.
- Bake until crusts are deep golden brown and bottoms sound hollow when tapped, about 45 minutes.
- Transfer to a rack and cool to room temperature.
- Loaves can be baked 3 days ahead and kept, wrapped in foil, at room temperature.

Nutrition Facts



■ PROTEIN 9.46% ■ FAT 55.69% ■ CARBS 34.85%

Properties

Glycemic Index:5.66, Glycemic Load:4, Inflammation Score:-3, Nutrition Score:6.3604348107525%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 110.63kcal (5.53%), Fat: 7.06g (10.85%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 7.51g (2.73%), Sugar: 6.19g (6.87%), Cholesterol: 23.48mg (7.83%), Sodium: 25.83mg (1.12%), Alcohol: 0.39g (100%), Alcohol %: 1.63% (100%), Protein: 2.7g (5.39%), Manganese: 0.78mg (38.82%), Calcium: 173.38mg (17.34%), Phosphorus: 115.91mg (11.59%), Magnesium: 41.58mg (10.39%), Copper: 0.2mg (10.09%), Fiber: 2.43g (9.71%), Vitamin B1: 0.13mg (8.59%), Iron: 1.23mg (6.82%), Zinc: 0.99mg (6.58%), Folate: 17.57µg (4.39%), Selenium: 2.66µg (3.8%), Potassium: 121.91mg (3.48%), Vitamin B2: 0.05mg (2.69%), Vitamin B6: 0.05mg (2.62%), Vitamin E: 0.3mg (2%), Vitamin A: 85.78IU (1.72%), Vitamin B5: 0.14mg (1.44%), Vitamin B3: 0.25mg (1.25%), Vitamin D: 0.17µg (1.15%)