



Russian Easter Bread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



129 kcal

Ingredients

- ☐ 2.5 teaspoons active yeast dry (from a)
- ☐ 4 large eggs
- ☐ 1 pinch saffron threads crumbled
- ☐ 2 teaspoons salt
- ☐ 0.5 cup sugar plus a pinch
- ☐ 0.8 cup butter unsalted
- ☐ 0.3 cup water lukewarm (105–115°F)
- ☐ 1 cup milk whole

Equipment

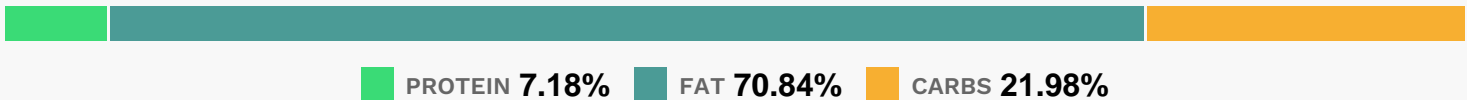
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen towels

Directions

- ☐ Heat milk, sugar, butter, saffron, and salt in a 1-quart heavy saucepan over moderate heat, stirring occasionally, until butter is melted and sugar is dissolved, about 2 minutes.
- ☐ Remove from heat and cool to lukewarm.
- ☐ Meanwhile, stir together yeast, warm water, and pinch of sugar and let stand until foamy, about 5 minutes. (If mixture doesn't foam, discard and start over with new yeast.)
- ☐ Put flour in a large bowl and make a large well in center. Lightly beat 3 eggs and add to well along with milk and yeast mixtures. Carefully stir together with a wooden spoon, gradually incorporating flour, until a soft dough forms.
- ☐ Transfer dough to a lightly floured surface and knead, dusting with just enough flour to keep dough from sticking, until smooth and elastic, about 10 minutes. Put dough in a lightly oiled large bowl, turning to coat with oil, and let rise, covered with a clean kitchen towel, in a draft-free place at warm room temperature until doubled in bulk, about 3 hours.
- ☐ Punch down dough and let rise again, covered with towel, until doubled in bulk, about 1 hour.
- ☐ Generously butter soufflé dishes. Punch down dough and divide in half. Loosely wrap 1 piece in plastic wrap and set aside.
- ☐ Cut away one third of remaining piece of dough and reserve, then roll remaining two thirds into a large ball and transfer to a soufflé dish.
- ☐ Roll reserved piece of dough into an 18-inch-long rope on work surface with palms of your hands.
- ☐ Cut rope into 3 equal pieces and lay pieces vertically side by side on work surface, about 1/4 inch apart. Gather 3 ends farthest from you and press them together, then braid strands, pressing together other ends to secure braid.
- ☐ Lay braid over top of dough in soufflé dish (trim braid if using coffee cans). Form another loaf with remaining dough in same manner.

- ☐ Cover loaves with clean kitchen towel and let rise in draft-free place at warm room temperature until doubled in bulk, about 1 1/2 hours (loaves will rise about 1 inch above rims of dishes).
- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Lightly beat remaining egg with a large pinch of salt, then brush egg over top of each loaf.
- ☐ Bake loaves until golden brown and bread sounds hollow when tapped on bottom, about 1 hour. Turn loaves out onto a rack, then turn right side up and cool completely.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:4.64, Inflammation Score:-3, Nutrition Score:2.6013043328472%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 128.97kcal (6.45%), Fat: 10.36g (15.95%), Saturated Fat: 6.15g (38.41%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 7.11g (2.58%), Sugar: 7.02g (7.8%), Cholesterol: 71.21mg (23.74%), Sodium: 315.9mg (13.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin A: 358.13IU (7.16%), Selenium: 4.31µg (6.16%), Vitamin B2: 0.1mg (6.03%), Phosphorus: 45.81mg (4.58%), Vitamin B1: 0.07mg (4.5%), Folate: 17.57µg (4.39%), Vitamin D: 0.58µg (3.85%), Vitamin B12: 0.21µg (3.53%), Vitamin B5: 0.33mg (3.26%), Calcium: 28.81mg (2.88%), Vitamin E: 0.39mg (2.57%), Vitamin B6: 0.04mg (1.91%), Zinc: 0.27mg (1.82%), Potassium: 47.56mg (1.36%), Iron: 0.24mg (1.32%), Vitamin B3: 0.23mg (1.13%)