



ZOPF

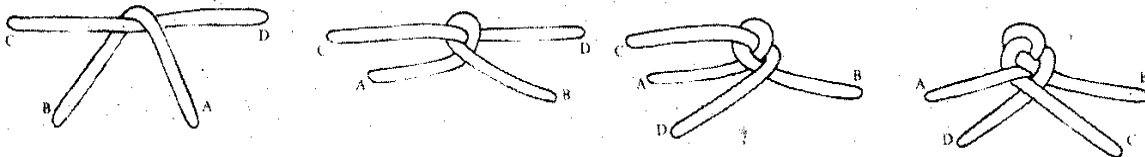
(Platted Swiss Bread)

- 20 g fresh yeast or (two tsp dry yeast)
- 1 teaspoon of sugar
- 1 kg sieved plain flour
- 150 g butter
- 1 3/4 cup milk plus 1/2 cup milk for yeast
- 2 tsp salt (or less if desired)
- 1 egg
- 1 egg yolk with 2 tsp of water



(This recipe works very well with a Kenwood, using the dough-hook)

- Combine yeast and sugar into 1/2 cup lukewarm milk in a small bowl and leave to rest five to ten minutes, until bubbles form on liquid.
- Into large bowl, add melted warm butter, salt, remaining warm milk, egg and yeast mixture.
- Fold half of the flour into the liquid until well combined, mix till bubbles develop in dough. Add rest of flour and keep kneading till dough separates from edges of bowl, approximately 10 Minutes.
- Cover dough in the bowl with damp tea towel and let rise for 1 hr in warm place (till dough rises double in size).
- Remove dough from bowl and knead again for 3 minutes and then cut into two equal parts, roll each half out and plait into Zopf as per diagram.



- Place on greased scone tray, then put into fridge, uncovered to cool, for half hour.
- Remove from fridge and paint with egg yolk, which has been very slightly thinned with water.
- Place small heat proof dish filled with hot water on oven floor (to achieve slightly crusty bread).
- Turn oven on to 220°C and bake for 30 minutes, reduce heat to 180°C and bake for further 30 minutes.
- Remove and place onto cooling rack.

Serve with butter and jam... or of course whatever you like.

This is well worth the effort!