



FINNISH *Nisu* BREAD

In large mixer bowl combine 1 cup all-purpose flour, 1 package active dry yeast, and $\frac{3}{4}$ teaspoon ground cardamom. Heat $\frac{3}{4}$ cup milk, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup butter or margarine, and $\frac{1}{2}$ teaspoon salt till warm (115-120°), stirring constantly to melt butter. Add to dry mixture; add 1 egg. Beat at low speed with electric mixer for $\frac{1}{2}$ minute, scraping bowl. Beat 3 minutes at high speed. By hand, stir in $1\frac{3}{4}$ to 2 cups all-purpose flour to make a moderately soft dough.

Turn out on floured surface, knead till smooth (5 to 8 minutes). Place in greased bowl; turn once. Cover; let rise till double (about $1\frac{1}{4}$ hours)., 1 inch apart, on greased baking sheet.

Punch down. Divide in thirds; form into balls. Cover; let rest 10 minutes. Roll each ball to a 16-inch rope. Line up the 3 ropes

Braid loosely. Pinch ends together and tuck under. Cover; let rise in warm place till almost double (about 40 minutes). Brush with milk and sprinkle with 1 tablespoon sugar. Bake at 375° for 20 to 25 minutes. Remove from baking sheet; cool. Makes 1 braid.



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