



Wedding Breads

Maine Grains just recently learned about Wedding Breads! They are traditional centerpieces at Ukrainian weddings, signifying; love, fertility and faithfulness. Here is a recipe we found that would work great with Maine Grains sifted flour!



Ingredients

- 1 teaspoon Salt
- 3 tablespoon Sugar
- 5 Eggs with Yolks and Whites Separated
- 1/4 cup Milk
- 3 1/2 tablespoon Butter
- 2 teaspoon Dry Active Yeast
- 4-5 cups Maine Grains Sifted Flour

Method

1. Mix yeast with 1 tsp sugar and warm milk
2. Stir egg yolks, sugar and melted butter together. Add yeast.
3. Put flour in large bowl. Make a hole in the middle, pour in the egg yolk mix and beaten egg whites, add salt and knead the dough until it does not stick to your hands -about 30 minutes. Put bowl in a warm place.
4. When the dough doubles in size, knead a little and return to warm place a while longer. When dough rises again, cut about 1/4 of the dough off and set aside. From the rest of the dough, form a round bread and put it on a baking sheet.
5. Make a decoration from the 1/4 piece of dough (flower, hearts, different shapes) Brush bread with water so that decoration will stick. Let bread stay in a warm place until it doubles again. Bake in oven a 350 for approximately 30 minutes, or until wooden kebob stick comes out dry.
6. Remove the bread from the oven, brush with butter or sweetened water, wrap in a clean towel and leave to rest overnight.

Adapted from Bob's Red Mill