

Pan de Muertos Mexican Bread of the Dead

Jacob · 28/09/2024



Prep Time

2 hrs

Dificult

Medium

Servings

3 hrs 10 mins

Description

This pan de muerto is a version of the bread made for the November 2 celebration known as Día de los Muertos Day of the Dead in Mexico You can also mold the bread into different shapes like angels and animals

Ingredients

- - ¼ cup milk - ¼ cup butter or margarine - ¼ cup warm water (110 degrees F/45 degrees C) - 3 cups all-purpose flour - ¼ cup white sugar - 2 teaspoons anise seed - 1 ¼ teaspoons active dry yeast - ½ teaspoon salt - 2 large eggs
- beaten - 1 tablespoon orange zest - ¼ cup white sugar - ¼ cup orange juice - 2 teaspoons orange zest - 2 tablespoons white sugar

Instructions

1. Gather the ingredients. To make the bread: Heat milk and butter in a medium saucepan over low heat until butter melts. Remove from heat and add warm water. Mixture should be around 110 degrees F (43 degrees C). Combine 1 cup flour
2. sugar
3. anise seed
4. yeast
5. and salt in a large bowl. Beat in warm milk mixture
6. then add eggs and orange zest; beat until well combined. Stir in 1/2 cup flour and continue adding more flour until dough is soft. Turn dough out onto a lightly floured surface; knead until smooth and elastic. Place dough into a lightly greased bowl. Cover with plastic wrap and let rise in a warm place until doubled in size
7. 1 to 2 hours. Punch dough down and shape into a large round loaf with a round knob on top. Place dough onto a baking sheet; loosely cover with plastic wrap. Let rise in a warm place until just about doubled in size
8. about 1 hour. Preheat the oven to 350 degrees F (175 degrees C). Bake in the preheated oven until golden brown
9. 35 to 45 minutes. Cool slightly before brushing with glaze. To make the glaze: Combine 1/4 cup sugar
10. orange juice
11. and orange zest in a small saucepan. Bring to a boil over medium heat and boil for 2 minutes. Brush glaze over top of warm bread. Sprinkle with 2 tablespoons sugar.