

Finnish Pulla

Jacob · 28/09/2024



Prep Time

2 hrs 40 mins

Difficult

Medium

Servings

3 hrs 40 mins

Description

Finnish pulla is a unique bread with a sweet flavor that makes a wonderful holiday gift. It takes about four hours to make, so allow yourself plenty of time.

Ingredients

- 2 cups milk - ½ cup warm water (110 degrees F/45 degrees C) - 1 (.25 ounce) package active dry yeast - 1 cup white sugar - 4 large eggs
- beaten - 1 teaspoon salt - 1 teaspoon ground cardamom - 9 cups all-purpose flour - ½ cup butter
- melted - 1 large egg - 1 tablespoon water - 2 tablespoons white sugar

Instructions

1. Warm milk in a small saucepan over medium heat until it bubbles
2. then remove from heat. Let cool until lukewarm. Stir together warm water and yeast in a large bowl. Let stand until yeast softens and begins to form a creamy foam
3. about 5 minutes. Stir lukewarm milk
4. sugar
5. 4 beaten eggs
6. salt
7. and cardamom into yeast mixture. Beat in 2 cups flour until combined. Add 3 cups flour and beat until dough is smooth and elastic. Add melted butter; beat until glossy. Mix in remaining flour until dough is stiff. Transfer dough to a floured surface
8. cover with an inverted mixing bowl
9. and let rest for 15 minutes. Knead dough until smooth and satiny
10. then place in a lightly greased mixing bowl and turn dough to coat. Cover with a dish towel; let rise in a warm place until doubled
11. about 1 hour. Punch down dough; let rise again until almost doubled
12. about 1 hour. Preheat the oven to 400 degrees F (205 degrees C). Grease 2 baking sheets. Turn dough out again onto a floured surface and divide into 3 equal pieces. Divide each piece into thirds. Roll each piece into a 12- to 16-inch strip. Braid 3 strips into a loaf to get 3 large
13. braided loaves. Lift loaves onto the prepared baking sheets. Cover with a dish towel and let rise for 20 minutes. Beat together 1 egg and water in a small bowl. Brush over loaves and sprinkle with sugar. Bake in the preheated oven until the top is golden brown
14. 25 to 30 minutes. Check occasionally because the bottoms of loaves can burn quickly.