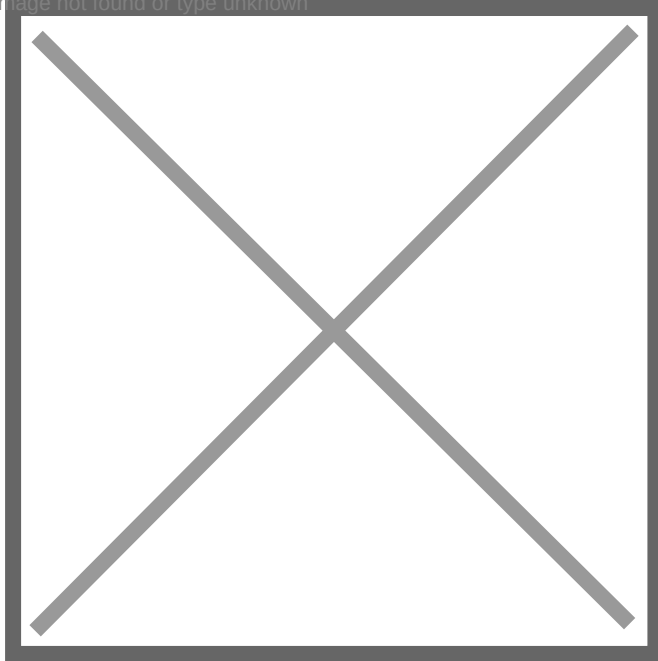




Finnish Nissua

Jacob · 28/09/2024

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Prep Time

2 hrs 10 mins

Difficult

Medium

Servings

3 hrs 20 mins

Description

Nissua is a tender Finnish sweet bread made with cardamom This bread is formed into braided loaves or wreaths and topped with a simple frosting

Ingredients

- - 2 cups milk - ½ cup margarine - 1 cup white sugar - 1 teaspoon salt - 2 (.25 ounce) packages active dry yeast - ½ cup warm water (110 degrees F/45 degrees C) - 3 eggs - 1 teaspoon ground cardamom - 7 ½ cups bread flour - 2 tablespoons butter
- softened - 1 cup confectioners' sugar - ½ teaspoon vanilla extract - 2 teaspoons milk

Instructions

1. Heat the milk in a small saucepan until it bubbles
2. then remove from heat. Stir in the margarine
3. sugar and salt until melted. Let cool until lukewarm. In a small bowl
4. dissolve yeast in warm water. Let stand until creamy
5. about 10 minutes. Pour milk mixture into a large bowl. Beat in eggs
6. 1 1/2 cup flour
7. cardamom and yeast mixture. Cover and let stand for 20 to 30 minutes
8. or until bubbly. Stir in the remaining flour
9. 1/2 cup at a time
10. beating well after each addition. When the dough has pulled together
11. turn it out onto a lightly floured surface and knead until smooth and supple
12. about 8 minutes. Lightly oil a large bowl
13. place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume
14. about 1 hour. Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into three equal pieces and then divide each piece into thirds. Roll out with your hands until the pieces are long enough to braid. Braid three pieces together to form a loaf; repeat twice to make three loaves. Place on lightly greased baking sheets and let rise for 40 minutes
15. until nearly doubled. Meanwhile
16. preheat oven to 350 degrees F (175 degrees C). Bake in preheated oven for 30 minutes
17. until golden brown. Move to a wire rack to cool completely. In a small bowl
18. mix together butter and confectioners' sugar. Stir in vanilla and 2 teaspoons milk to make a spreadable frosting. Spread the frosting over the cooled bread.