



Sunday Zopf (plait)

By Alice Brüngger

Ingredients

500 g plain flour (unbleached)
1 dessert spoon salt
20 g yeast (fresh if possible)
60 g very soft butter
350 ml milk
eggwash 1 egg yellow, pinch salt and sugar, very little milk

All ingredients should be at room temp. 25-30° is ideal, 40° can kill the yeast.

Preparation

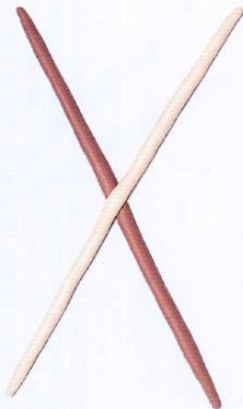
- add flour to a large bowl
- to a well in the flour add yeast, a little milk (lukewarm) and a pinch of sugar, this will activate the yeast
- stand bowl in a little warm water (approx. 30°) for about 10 minutes
- warm up halve of the milk and butter in microwave (one minute on medium)
- add salt to edge of flour, it should not get directly in contact with yeast
- add milk and butter mix with rest of milk and add to bowl stirring with a wooden spoon
- tip all onto a clean surface and knead to a smooth consistency for 10 or more minutes
- add more flour as you go if still sticky or not firm enough
- let dough rise to double its size in bowl and cover with a wet towel (surface should not get dry)
- divide dough into two equal parts and make two long rolls slightly thicker in the middle and form plait (see diagram over the page)
- place on a large baking tray and brush with eggwash

Baking

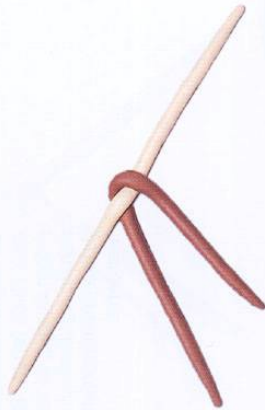
- start in cold oven on lower halve for 20 minutes at 120° (if you have bottom heat use it for the first 20 minutes)
- increase heat (complete) to 180° for another 20 minutes or until colour is a nice brown and Zopf is firm to touch
- cool on a rack

Enjoy with butter and jam or honey and a cup of your favorite coffee.

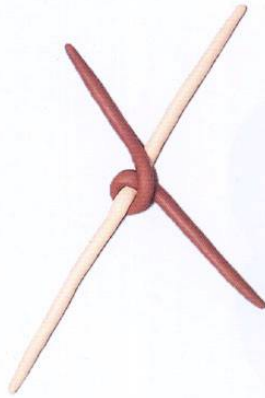
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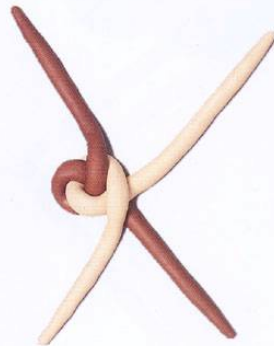
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