

SWISS BRAIDED BREAD

Becky Low, Utah State University Extension - 4 November 1996

Celebrating Utah's centennial and National Bread Baking Month by enjoying Swiss bread. This recipe is shared by Lila Mae Johnson of Midway, Utah in Wasatch County- She makes 6 or more loaves of Swiss bread daily for a local restaurant. During Midway's

Swiss Days each year the town folk will make and sell over 1500 loaves of bread. This recipe is 1/2 of the original size and will make 3 loaves.

1 1/2 cups milk, scalded

1/2 cup shortening

1 1/2 cups warm water

1/2 cup sugar

1 tablespoon salt

2 eggs, beaten

7 cups flour, about

1 package yeast, active dry

NOTE: In place of scalded milk, 1/3 cup instant dry milk and 1 1/2 cups water may be used.

Scald milk, add shortening and cool to luke warm. Combine milk with water, sugar, salt, eggs, 3 cups flour and yeast. Beat until elastic. Set side and allow to rest about 20 minutes. Continue to mix in enough more flour until dough is stiff enough to handle - it may feel just a bit sticky. On a lightly floured surface, knead dough until smooth and elastic and small air bubbles form just under the surface of the dough. Place dough in greased or oiled bowl and let rise until double in bulk.

Punch down or knead out excess air. Divide dough into 3 loaves. Divide each loaf into 2 equal portions. Roll each proportion into a 12-15 inch long rope. To Braid. Place one rope dough over other rope to form a plus sign or cross. Take top of cross and fold top over vertical rope so all ends of rope are facing you. Work from left to right. Take left strand and weave under and over other 3 strands, lay strand down on far right. Pick up next far left strand and weave under and over other 3 strands. Continue to weave to end.

Carefully fold ends of dough under loaf and place in greased standard loaf pan. Cover and allow to rise until double in bulk. (Bread may be brushed with beaten egg to make a shiny surface, if desired.) Bake at 350 degrees for 30-35 minutes.