

St. Lucy Day Recipe



INGREDIENTS

Dough:

- 1 1/2 cups milk
- 2 1/4-ounce packages active dry yeast
- 1/4 cup plus 1 tablespoon sugar
- 6 tablespoons butter, cut into pieces
- 2 large eggs
- 1/4 cup orange juice
- 1 tablespoon finely grated orange rind
- 1 teaspoon salt
- 5 1/2 o 6 1/2 cups all-purpose flour

Glaze and Garnish:

- 2 1/2 cups confectioner's sugar
- 2 1/2 to 3 1/2 tablespoons orange juice
- 1/3 cup dried cranberries
- Candles (optional)

DIRECTIONS

Warm the milk in a small saucepan, then pour 1/2 cup of it into a large bowl.

Add the yeast and 1 tablespoon of the sugar and let it set for 5 minutes. Meanwhile, melt the butter in the remaining milk.

Add the butter and milk mixture to the yeast mixture. Whisk in the eggs, juice, 1/4 cup of sugar, orange rind, and salt.

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DIRECTIONS (continued)

Stir in the flour, 1 cup at a time, until the dough can be ga ball. Knead the dough on a floured surface for 10 minutes, adding more flour until the dough is smooth and elastic and does not stick to your hands.

Transfer the dough to an oiled bowl, turning it once to coat it. Loosely cover the bowl with plastic wrap and let it rise until doubled in size, about 1 1/2 hours.

Punch down the dough and divide it into 3 equal parts. Roll each part into a 30-inch rope and braid the ropes together.

Transfer the braid to a greased baking sheet, pinch together the ends to form a circle, and let it rise until it has again doubled in size, about 45 minutes.

Heat the oven to 375°. Bake the bread for 25 minutes or until golden brown, then let it cool on a wire rack for about 30 minutes.

For the glaze, stir together the confectioner's sugar and orange juice in a medium bowl until smooth.

Drizzle the glaze mix over the bread, then garnish with the cranberries. Finally, add candles, if you'd like. Serves 12.

Recipe for Saffron Buns (1)



INGREDIENTS

- 1/4 cup hot water
- 1/4 tsp crushed saffron threads
- 1 cup very warm milk
- 1/4 cup sugar
- 1 stick (1/2 cup) softened butter
- 1 tsp salt
- 1 egg
- 2 tbs active dry yeast
- 3 1/2- 4 cups flour

(Makes about 15 buns)

Optional Saffron Bun

Toppings:

- 1 Beaten Egg
- Raisins
- Currents
- Other dried fruits
- Poppy Seeds
- Powdered Sugar
- Swedish Pearl Sugar (or White Sparkling Sugar Sprinkles)



Recipe for Saffron Buns (2)



Start by crushing your Saffron threads. This is what the saffron threads look like when you take them out of the little baggie.



I put mine on a paper plate, and crushed them with the back of a metal spoon.



This way, when I was finished, I could just bend the paper plate and pour them into the measuring spoon with no waste! The 0.03 ounces of Saffron I crushed made 1/2 teaspoon of Saffron total.

Recipe for Saffron Buns (3)



Put your crushed saffron into the hot water, and let it seep for at least 10 minutes. This turned the water golden instantly, and smelled incredible. It actually smelled a lot like tea!



In a large mixing bowl, mix your milk, sugar, butter, salt, egg, yeast, and saffron water. You can mix with a mixer, in the bread machine, or by hand. For experiment's sake, I mixed one batch in my stand up mixer, and one batch in my bread machine. If you don't have a bread machine, you should get one- I love mine!

Recipe for Saffron Buns (4)



The golden color produced by the saffron is really impressive! There is no food coloring in this recipe!



Add the flour slowly while you mix.

Recipe for Saffron Buns (5)



Knead the dough for 6-8 minutes, and then place it in an oiled bowl covered with plastic wrap to rise. You should let it rise for about an hour.



Recipe for Saffron Buns (6)



Mine didn't quite double in bulk. I have a lot of trouble getting things to rise here because my house is so incredibly drafty.



However, the batch in the bread machine more than doubled in bulk– I couldn't believe how it rose! Like I said- I love my bread machine!



Recipe for Saffron Buns (7)



Punch the dough down, and gently shape into your saffron buns. The most traditional shape is a backwards "S" shape. You can also make it into wreaths and insert candles to simulate the crown St. Lucy wore on her head while bringing food to the poor.



Recipe for Saffron Buns (8)



Once you have them shaped, cover with plastic wrap and let them rise again for about 15 minutes. Then, brush the top of each bun with beaten egg, and garnish as desired.



I garnished all of my saffron buns with raisins, and then some were sprinkles with white sugar sprinkles, some with poppy seeds, and some with powdered sugar.



Recipe for Saffron Buns (9)



Bake at 350 F in a preheated oven until golden brown (about 12 minutes) and serve immediately. My internet research shows that saffron dries out the bread, making it get stale quickly, so these are to be eaten same day or put in the freezer.

