

Sesame Braids

by Anand Lila devi dasi



*"Krishna is very kind.
Therefore, He has given us
his remnants of food stuff"*

Ingredients

Active dry yeast.....	1/4 oz or 7 gm
Warm water.....	1/4 C
Warm milk	1 C
Butter, softened	3 Tbsp
Sugar	1 Tbsp
Salt	1 1/2 Tsp
Yogurt	3 Tbsp
All purpose flour	4 C

Topping:

Cornstarch.....	1 1/2 Tsp
Cold water	2 Tbsp
Sesame seeds	1 Tbsp

Preparation :

- 1) In a large mixing bowl, dissolve yeast in warm water. Add the milk, butter, sugar, salt, yogurt and 2 cups flour; beat until smooth. Stir in enough remaining flour to form a soft dough.
- 2) Knead the dough on a lightly floured surface until smooth. Transfer dough to a greased bowl, cover and let rise in a warm place until doubled in size, about 1 hour.
- 3) Punch down the dough and divide into three equal parts. Shape each part into a 12-inch rope. Place the three ropes on a greased baking sheet and braid; press each end to seal and tuck under. Cover and let rise until doubled, about 1 hour.
- 4) Combine the cornstarch and cold water until smooth in consistency; brush over braids. Sprinkle with sesame seeds. Bake at 425 F/200 C for 30 minutes or until golden brown. Remove from baking sheet and cool. Cut in 1-inch thick slices. They can be grilled, toasted or even just simply served with butter. For a full meal, accompany them with a hearty soup and a crisp salad.

Yield : One Loaf

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