

Alba's Sweet Bread | Rosca de Dulce

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 2 hours 45 minutes

Chef's Notes

- Any flavor or type of jam can be substituted.

Step 1: Preparing the Yeast

- 1 1/2 tsp active dry yeast
 - 1 tsp sugar
 - 1/3 cup lukewarm water
- To start, mix the water, sugar and yeast together. Let stand 10 minutes.
- In the mean time, prepare the rest of your mise en place.

Step 2: Preparing Your Mise en Place

- 2 tbsp unsalted butter
 - 3 tbsp sugar
 - 2 1/3 cups all-purpose flour
 - 1/2 tsp salt
 - 1 large egg
 - 1/3 cup whole milk
- Place the butter and sugar into a large bowl (or the bowl of a stand mixer).
- In a medium-sized bowl, stir the flour and salt together.
- In a small bowl, whisk the egg and set aside.
- Measure the milk and place into a small saucepan.

Step 3: Heating the Milk

Bring the milk just to a boil and pour over top the sugar and butter. Stir and let stand to melt.

Step 4: Mixing the Dough

While the milk is still warm, add half of the flour mixture. Using the paddle of the stand mixer (or electric mixer), mix on slow to combine. Then add the yeast mixture, whisked egg and the rest of the flour. Mix again on slow to fully combine.

Step 5: Resting the Dough

Once everything is fully combined, turn the dough out onto a lightly-floured surface. Sprinkle the top very lightly with flour, cover loosely with plastic wrap and let rest for about 10 minutes.

Step 6: Kneading and Resting the Dough

- unsalted butter (for greasing)

After the dough has rested for about 10 minutes, knead until it is very soft and shiny for about 5 minutes. Form into a round.

Lightly grease a large bowl with butter. Place the dough into the bowl and very lightly coat the surface with butter. Cover with plastic wrap and let rest for about 35 minutes.

Step 7: Preparing the Jam

- 1/2 cup peach or apricot jam* (or any flavor)
- 1/2 tsp orange zest (optional)
- 1 tbsp orange juice

Mix together the jam, orange zest (if using) and orange juice. Set aside.

Step 8: Filling the Dough

Once the dough has rested for at least 35 minutes, divide the dough into three equal portions.

On a lightly-floured surface, roll each piece out into a rectangle about 4" × 20" - inches long (10 cm x 50 cm). Spread a thin layer of jam over the middle and roll into a jelly roll. Make sure to pinch the seams and ends together to make a tight seal (otherwise the jam will run out during baking).

Step 9: Shaping the Dough

Once all three pieces of dough have been filled, rolled and sealed, braid the three jelly rolls together.

Step 10: Resting the Dough (2nd Time)

First preheat your oven to 350 degrees Fahrenheit.

Lightly grease a 9" × 9" -inch baking pan with butter.

Place the braided dough into the pan, forming it into a horseshoe or circle.

Cover and let rest at room temperature for approximately 35 minutes.

Step 11: Egg Washing

- 1 large egg
- 1 tbsp water
- 1 tbsp granulated sugar
- 1/2 tsp cinnamon (optional)

Once the dough has rested for about 35 minutes, make the egg wash. Thoroughly whisk the egg and water together. Using a soft pastry brush, gently brush the egg wash over the entire surface of the dough.

Mix the sugar and cinnamon (if using) together. Lightly sprinkle over top and bake immediately.

Step 12: Baking the Bread

Bake the bread in the preheated oven for about 30 minutes or until it is nice and golden.

Step 13: Cooling the Bread and Serving

Once the bread is done, remove from the oven and place onto a cooling rack to cool completely.

Step 14: Serving the Bread

Remove from the pan, slice into wedges and serve.