



Greek Cherry Sweet Bread

60 minutes

Hands on

2

Portion(s)

2

Difficulty



Ingredients

- 60 g lukewarm water
- 18 g yeast
- 500 g sweet bread flour
- 160 g granulated sugar
- 7 g mahlab
- 2 g mastic
- 5 g cardamom
- grated zest of 1 orange
- 2 eggs, medium
- 100 g milk
- 100 g butter, at room temperature (50 g + 50 g)
- pinch of salt
- 450 g cherry spoon sweet
- 1 egg yolk, diluted with 1 tablespoon water, for brushing

Method

- In a mixer's bowl, add the water, yeast and 2 tablespoons of the flour.
- Whisk by hand until completely combined and set it aside for 5-10 minutes until the yeast activates and it starts to rise.
- In a food processor, beat 60 g granulated sugar, mahlab, mastic and cardamom for 2 minutes, until the mastic completely breaks down.
- Transfer to the mixer's bowl and add the orange zest, the remaining 100 g of sugar, flour, eggs, milk and last the 50 g of butter.
- Beat with the hook attachment for 2-3 minutes on low speed and then turn speed up to high to beat for another 10-15 minutes.
- Add the remaining 50 g of butter and a pinch of salt. The salt is added at the end so that it doesn't burn the yeast.
- Beat for 2 minutes, until the dough starts to create elastic strands.
- As soon as all of the butter is absorbed, remove the mixing bowl from the stand.
- Transfer the dough to a bowl that has been brushed with oil, cover with plastic wrap and allow it to rise for 1 - 1 ½ hours, until it doubles in size.
- When ready, cut the dough in half and then cut each piece into 4 smaller ones.
- Spread each piece of dough out with your hands to create long strips that are 30 cm long.
- Use a rolling pin to widen each piece to 4-5 cm so that it can be filled.
- Drain the cherry spoon sweet in a strainer and reserve the syrup in a bowl. Allow the cherries to drain as much syrup as possible.
- Spread the cherries along the length of each strip of dough.
- Roll each strip into a long log. Do this carefully, making sure that all of the cherries are rolled in the dough.
- Press on the edges to seal and roll again on your working surface.
- Create a braid with the 4 rolled strips.
- Connect each of the four ends. In order to create your braid, number each strip from 1 to 4 consecutively.

Διατροφικός πίνακας

Nutrition information per 100 gr.

266 Calories (kcal)	7.9 Total Fat (g)	4.4 Saturated Fat (g)	42.0 Total Carbs (g)
13%	11%	22%	16%
15.0 Sugars (g)	5.9 Protein (g)	1.8 Fibre (g)	0.08 Sodium (g)
17%	12%	7%	1%

- Place strip 4 over strip 2, strip 1 over strip 3 and strip 2 over strip 3.
- Repeat the same process as many times as necessary to make a nice braid.
- Make the second sweet bread in exactly the same way.
- Allow them to rise for 30 minutes.
- Preheat oven to 150* C (300* F) Fan.
- In a small bowl, combine 1 egg yolk with 1 tablespoon of water and brush over braids.
- Bake for 45-60 minutes.
- When ready, remove from oven and allow the sweet breads to cool.
- Brush the cherry syrup over them and serve.