

WHOLE WHEAT APPLE BRAID

Ingredients

Bread:

¼ cup butter
½ cup lukewarm water
1 Tbsp active dry yeast
¼ cup milk
2 whole eggs
1 egg yolk
½ tsp salt
¼ cup sugar
2 cups whole-wheat flour
2 cups all-purpose flour

Filling:

3 apples, peeled and minced
⅓ cup brown sugar
1 Tbsp ground cinnamon
½ cup walnuts, minced
¼ cup all-purpose flour
1 egg white

Directions

1. For bread: Melt butter and set aside to cool.
2. Dissolve yeast in water with a spoonful of the sugar; let stand until foamy.
3. Combine the whole-wheat flour with sugar and salt.
4. Beat eggs with cooled butter, yeast liquid, milk, eggs, and egg yolk into flour mixture. Continue beating for about 3 minutes.
5. Add white flour ½ cup at a time to create a workable dough. Turn dough out onto a clean, lightly floured surface and knead until smooth and elastic.
6. Butter a large bowl. Place dough in bowl, turning to coat, and cover with a damp, lint-free cloth. Let rise until doubled in bulk, about 1 hour and 30 minutes.

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Directions, cont.

7. For filling: Combine minced apples, brown sugar, cinnamon, walnuts, flour, and egg white in a large bowl. Mix well and set aside.
8. Preheat the oven to 350 degrees.
9. Butter a baking sheet and set aside.
10. Divide dough in two parts. Keeping one half covered to prevent drying out, roll and stretch the other half into a 10x12-inch rectangle. Cut into three strips, each measuring 10x4 inches.
11. Divide the filling into six equal portions, spreading it lengthwise down the center of each rectangle, and leaving a 1-inch margin all around.
12. Beat the egg white just until foamy and brush all around the edges of the dough.
13. Roll each rectangle up to make a long cylinder and pinch all along the edges to seal well.
14. Braid the cylinders together, keeping the braid very loose, and tuck the ends of the braid underneath, pinching the dough to make sure the braids do not unravel.
15. Transfer the loaf to a buttered baking sheet and cover with a damp, lint-free towel. Repeat with the remaining portion of the dough.
16. Let the loaves rise until doubled.
17. Brush with remaining egg white.
18. Bake for about half an hour, until browned. If the loaves brown too quickly, cover very loosely with foil for the last 5-10 minutes of baking.