Panquemado sweet bread

Yield: 4 servings

Ingredients

Dough

Fresh baker's yeast — 10 g

Lukewarm milk — 70 ml

Sugar — 60 g

Extra virgin olive oil or sunflower oil — 50 ml

Lemon zest — to taste

Orange zest — to taste

Sweet aniseed liqueur (optional) — to taste

Salt — pinch

Strong bread flour — 300 g

Eggs (two thirds for the dough and one third for glazing) — 3 pcs

Sugar for topping — to taste

Steps

1. Crumble the fresh baker's yeast into the lukewarm milk and mix until it dissolves. Leave to ferment for 15 minutes.
2. Meanwhile, rub the sugar with the lemon zest and the orange zest with your hands in a large bowl.
3. Set aside a third of the eggs for glazing. Beat the rest of the eggs with the extra virgin olive oil or sunflower oil, the sweet aniseed liqueur if you are using it and half of the strong bread flour.
4. Add the milk with the yeast, start mixing and work in the rest of the flour with the salt.
5. Knead for 10 to 15 minutes until you have a smooth, even, elastic dough. If it is unmanageable, add only a little more flour: a slightly moist dough is preferable.
6. Shape a ball, put it in a large bowl greased with a little oil, cover it and leave it to prove for two to three hours, until it doubles in size.
7. Knock back the dough on a lightly greased surface and knead it a little. Shape a ball with good tension on the surface and place it on a tray with baking paper.
8. Beat the third of the eggs you set aside, glaze the dough with part of it and leave it to prove again, in a place free of draughts, until it doubles in size.
9. Preheat the oven to 200 °C. Glaze again with the beaten egg that is left, cover with the sugar for topping and bake for about 25 minutes, until it is well browned on the outside without burning. If it browns too quickly, cover it with aluminium foil.
10. Let it cool on a rack before cutting.

Sources

Panquemao o panquemado, receta tradicional valenciana de Semana Santa (Directo al Paladar):
https://www.directoalpaladar.com/postres/panquemao-o-panquemado-receta-tradicional-valenciana-de-semana-santa

Entraré a la cuina, Fogassa de Tots Sants (Caroig-Xúquer):
https://caroig-xuquer.com/wp-content/uploads/2024/02/ENTRARE-A-LA-CUINA-con-portadas-PAGINAS-BAJA-coordinadors.pdf