

Cardamom Braids-from The Frugal Girl makes 2



1 tablespoon active dry yeast
1/2 teaspoon sugar
1/4 cup warm water
1/2 cup sugar
1 cup milk
1/4 cup (4 tablespoons) butter
1/2 teaspoon salt
2 eggs, beaten
1/2 teaspoon ground cardamom
4 1/2 cups flour
1 beaten egg for glaze

In a small bowl, combine yeast, warm water, and 1/2 teaspoon sugar. Set aside.

Heat 1/2 cup sugar, milk, butter, and salt to 115 F. Pour into a mixing bowl and add beaten eggs, cardamom and 3 cups of flour. Mix well; add the yeast mixture. Mix until combined, then add enough of the remaining flour to make a soft dough.

Turn dough out onto a floured surface; knead 3-5 minutes. Place in a bowl, cover with a wet tea towel, and let rise 1 hour.

Punch dough down; divide into 6 pieces. Roll each piece into an 8-inch rope. Braid 3 ropes together to form a loaf; repeat with remaining ropes. Place loaves into 2 greased 8x4 inch loaf pans. Cover with a wet tea towel; let rise 45 minutes or until doubled.

Brush loaves with a beaten egg and sprinkle lightly with sugar. Bake in a preheated 350 F oven for 30 minutes, or until loaves are brown. Remove from pans and cool on a wire rack.