



Nissua - Finnish Cardamom Bread

350 oven for 20-25 minutes - Makes 3 loaves

INGREDIENTS

2 cups	Milk
1 Cup	Sugar
½ cup	Butter
1 T	Cardamom
3	Eggs
1 ½ T	Dry Active Yeast
1 cup	Warm Water
7 ½ - 8	Unbleached Flour

DIRECTIONS

1. Scald milk, stir in sugar and butter, set aside to cool.
2. Proof yeast with water. Set aside for 10 minutes.
3. Add milk mixture to yeast, add eggs, cardamom, and 1 ½ cups of flour. Mix with bread hook until incorporated. Let rest 20 minutes. It will get REALLY frothy.
4. Mix in the remaining flour slowly. I used ½ cups. Once mixed in, I knead the dough in the mixing bowl until it comes together. Due to high humidity, I added another ½ cup of flour.
5. Place in a greased bowl, turn dough over, let rise for 1 hour.
6. Punch down dough, divide into thirds. Then divide each third into thirds. Roll out each third into long ropes. Braid 3 ropes, turning edges under. Place braided roll onto parchment paper. Two Braids will fit on one sheet. Repeat with each third. Once braided, let rise for 40 minutes.
7. Bake for 20-24 minutes. Try not to eat it all in one sitting. You can ice it if you like, but it's great plain. Next day, French toast, baby!

