

KATES FRUIT PLAIT

Oven Temp. 175°C (no fan oven), bake for 22-24 Min

Ingredients

50g Sugar
50g Butter
1 Egg
Zest of 1 Lemon
200ml hand warm Milk (not warmer otherwise you kill the yeast)
1 Pinch of Salt
400g Strong Bread Flour
21g Fresh Yeast (or 1 Packet of dry Yeast 7g)

Filling Optional

ca. 75g Sultanas or Raisins (I always use Sultanas)

1 egg yolk whisked to be used as egg wash to brush over the plait before baking for a lovely golden colour.

Decoration

Ca. 75g Almond nibs
Ca. 50g Crystal sugar nibs

1. Put all the ingredients, in the exact given order, into the mixing bowl and beat for 7-8 mins. (use the dough hook attachment).
2. If you are making the plait with sultanas then cover them with boiling water while the dough is being beaten. Just before the 7-8 Min is up, pour off the boiling water and dry them with some kitchen roll.
3. Lightly flour your worktop and divide the dough into 3 equal pieces. (I always weigh mine). Roughly flatten each piece of dough and sprinkle the sultanas over it. Roll each of the pieces of dough into a long sausage (about 55-60cm long).
4. Plait the dough loosely and place on a lined baking tray. Cover the plait with a tea towel and leave to prove in a draft free area for 70 mins.
5. Turn the oven on to 175 °C after 60 mins of proving.
6. Brush the plait gently with egg yolk and sprinkle the almonds and sugar nibs over generously. **ONLY DO THIS JUST BEFORE PUTTING IN OVEN!!**
7. Bake for 22-24 Min. until golden brown. Leave plait in baking tray to cool.

KÜCHENSCHMIDE

